

For Immediate Release:

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Real Adventure

Running in the 'Boat



Steamboat Springs, Colorado, also known as Ski Town, U.S.A.® because it is the home of over 50 Winter Olympians, is rapidly becoming known as a summer athlete's destination and training ground. After all, when the snow melts, there's cross training to be done and with all the trails in and around town, visitors seeking a change of scenery (and what beautiful scenery it is) they'll know why Steamboat Springs is more than just a ski town.

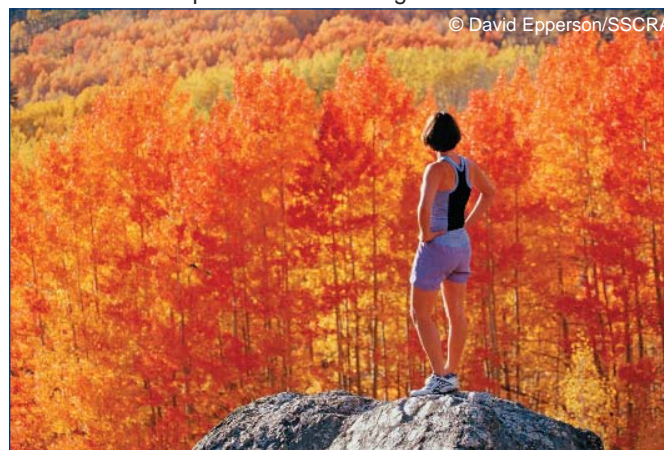


Colorado's largest running series, the Steamboat Springs Running Series includes 14 challenging and fun runs from 400 yards to 195 miles over some of Steamboat Springs' most spectacular terrain! Races include the Steamboat Marathon, the Mt. Werner Classic, which ascends slopes of the Steamboat Ski Area, and the

Continental Divide Trail. For the more casual runner, shorter less intense courses also include some of Steamboat's local favorite trails. The Steamboat Springs Running Series also includes the Wild West Relay, a 195-mile relay starting in Ft. Collins, Colorado and finishing in Steamboat Springs. www.runningseries.com www.runningseries.com

The 2006 Running Series Schedule	May 6	Spirit Challenge
	May 20	Hayden Cog Run
	June 4	25th Steamboat Marathon
	June 17	Hot Springs Shortcut
	July 1	Spring Creek Memorial
	July 4	Steamboat Sprint
	July 9	Mountain Madness
	July 15	Howelsen Hill 8 Miler
	Aug 5	Mt. Werner Classic
	Aug 11-12	Wild West Relay
	Aug 20	Continental Divide
	Sept 3	10K at 10,000 Feet
	Sept 9	Kremmling Road Kill
	Sept 24	20th Pilot Run for Literacy

Below: A pause while running Buffalo Pass in the Fall



Unique Events bring more athletes to Steamboat Springs this Summer

Wild West Relay , August 11-12, 2006

Taking advantage of the full moon, this unique relay event starts in Fort Collins and winds through rural and isolated sections of northern Colorado and Wyoming, passes through several small mountain and ranching communities, crosses over Sand Creek Pass (10,269 feet) and Rabbit Ears Pass (9,426 feet).

Sixty-seven miles of the relay route traverse through Roosevelt, Medicine Bow, and Routt National Forests; fifty-nine miles of the route are on dirt roads. The last leg of the relay is primarily on bike paths and trails through Steamboat Springs, finishing at the Steamboat Springs Middle School. For more information, go to www.wildwestrelay.com

The Steamboat Triathlon, August 27 2006

Boulder, Colorado based 5340 Sports presents its second Steamboat Triathlon. The race will include a three-quarter-mile swim, a 20-mile bike ride and a four-mile run in the Lake Catamount area, just south of the City of Steamboat Springs. For more information contact Barry Siff at (303) 442-0041, or visit www.5430sports.com



For 25 years, the Steamboat Marathon, Steamboat Springs' official opening of summer, attracts runners as far as Hawaii every June

For the most up-to-date information on Steamboat Springs events, activities, and planning a summer vacation getaway log onto:

www.steamboatsummer.com