



# #SHRED4NATE



Stratton Community Foundation, Stratton Mountain School,  
Stratton Winter Sports Club, and Stratton Mountain Resort present  
**6TH ANNUAL #SHRED4NATE MEMORIAL RACE**  
March 15, 2025

#### **Entry Fee:**

\$75+

#### **Entry Procedure:**

Registration through Admin Ski Racing: <https://adminskiracing.com/event/127>

#### **Race Format and Trail:**

Dual panel on Franks Fall Line. U8 through Masters, this is an all-ages race. Viewing area is at the bottom of the trail below the finish shack on Frank's Fall Line

#### **Racer Tickets:**

Passholders do not need racer tickets. **Non-passholders must select the no-price ticket option when registering for the race on ASR** (failure to do so may result in inability to participate in the event). Bib return will be in the finish area.

#### **Registration and Bibs**

Registration will take place in the west wing of base lodge (closest to the gondola) from 9:00-10:00am. Bib return will be in the finish area on Frank's Fall Line

#### **Spectator Access:**

No discounted ski tickets are available for spectators. Those wishing to access the race venue via lift may purchase a scenic ticket for \$27 plus tax and ride the American Express lift to and from the race venue viewing area. Spectators wishing to hike or skin may access the race venue viewing area via Yodeler trail (please stay to the right of the trail).

**Lodge Access Information:**

Stratton Resort has restrooms available at all open lodges. Racers and families should utilize the upstairs of Mid Mountain lodge during the race, and the west wing of the Base Lodge before and after the race.

**Awards:**

Awards will be distributed approximately one hour after completion of the race in the outdoor west wing alcove by the DJ.

**Lift and Safety Information:**

When riding the lift the safety bar must be down per VT State Law. Please be familiar with Stratton's Safety Policy for all areas the mountain: <https://stratton.com/the-mountain/safety-and-responsibility>

**Stratton's Spectator Policy:**

In an effort to implement SafeSport guidelines and maintain the safest race environment possible, SMS, SWSC and Stratton restrict the race area (including the finish corral) to key personnel – athletes, coaches and staff. Spectators will be allowed in proximity to the finish corral only to the extent that these guidelines can be maintained. Racer live times and unofficial standings will be available in real time via Live Timing; please be aware that Live Timing only represents the data from timers and not the actual race results. Final race results will be published at the time of awards.

**Schedule:**

9:00-10:00 Registration in the west wing of main base lodge (closest to the gondola)  
9:45 Athletes load American Express lift + Ursa lift (or Gondola) to race trail Frank's Fall Line  
10:00 Course inspection opens  
10:45 Course inspection closes  
10:55 Forerunners  
11:00 Run 1 followed immediately by Run 2  
2:00 (approx) Awards in the west courtyard of the main base

**Medical Plan:**

In the event of any injuries to an athlete Stratton has a medical plan of action in place:

<https://drive.google.com/file/d/1eJqZNDiAvC4oLkQWgo7AEICIs7oTv3k4/view?usp=sharing>

Stratton adheres to U.S. Ski & Snowboard's Athlete Safety policies, the SafeSport Code, and the Minor Athlete Abuse Prevention Policies (MAAPP). For more information on these policies, or if you witness any conduct at this event that needs to be reported, please follow the QR link below:



### **Fundraise or donate!**

In addition to the race, there is raffle with amazing prizes as well as volunteer opportunities if you are unable to race but would like to contribute to the event. Just click the links below:

**SHRED4NATE.org**

**Donate to the Nathan M. Carreira Fund**

For information please contact Katie at [katie@strattonfoundation.org](mailto:katie@strattonfoundation.org)

### **A message from the Carrier Family and the Nathan M. Carreira Endowment**

Dear Stratton Community and #Shred4Nate Supporters,

Losing a child to depression and suicide changes absolutely everything in your life. The grief and recovery process is individual and some days are much harder than others. It changes with time, but the ache is always there. By collaborating with the Stratton Community Foundation on Nathan's endowment we found a path and a purpose that gives us light and brings light to others.

One important step to supporting the community is elevating awareness about mental health. We all have it, and balanced emotional wellness is critical to overall health. When food, safety, and basic necessities are insecure, mental health is impacted. The Stratton Community Foundation works hard to meet the basic needs of children and their families to set them on a path for success.

We help fortify this awareness by hosting events like #Shred4Nate, coordinating training opportunities like Mental Health First Aid, and collaborating on exciting new programs like "Nate's Corner". It gives us meaningful opportunities to remember him and help others at the same time.

Please consider joining us in supporting the overall mission of the Stratton Community Foundation and the focused efforts of the Nathan M. Carreira Endowment for Mental Health.

Karen & Michael Carreira

### **Your impact:**

The Nathan M. Carreira Fund for Youth Mental Health has raised over \$180,000 since its inception. These dollars fund mental health education, training, and programming for youth. Suicide remains the second leading cause of death for youth in Vermont. By working together we are creating connections that bring about hope and healing.

What is mental health? "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices." (SAMHSA)

**Nathan's Endowment strives to:**

- Broaden and deepen partnerships to bring more advocacy, attention and funding to mental health issues;
- Support Mental Health First-Aid Training for teachers and school administration;
- Provide critical services and education;
- Inspire peer-to-peer mentorship programs to establish meaningful, lasting relationships;
- Fund mental health, bullying, and substance abuse interventions at schools;
- Execute mental health goodwill activities with clubs and youth leaderships;
- Innovate best-practice and successful programs that have a direct impact on youth, families, schools and community.

Contact us at [info@strattonfoundation.org](mailto:info@strattonfoundation.org) or 802.297.2096

