



When:
May 22, 2010
9am

Where:
North Mountain Park
Ashland, Oregon

Facilities:
Parking and bathrooms available
in North Mountain Park.

Course:

The 9k will start on North Mountain Avenue, cross I-5, turn right on East Nevada, right on Pompadour Drive, right on Pilot View Drive, then turn left to trace back on North Mountain Avenue and finish near the North Mountain Nature Center.

The 5k will start out on the same course but will turn around at the 1.5 mile aid station to trace back to the start/finish area.

To Enter:

Participants can register in person at Rogue Valley Runners (RVR) by May 21st or mail in entries to RVR by May 17th. Packet pick-up will be held at RVR (161 East Main Street) on Friday May 21st from 10-7. Race day check-in 7:45-8:45 at North Mountain Park.

Cost:

Early entry fee:

9K - \$20 includes a short sleeved tee to those entered before May 21st.

5k - \$10, with all proceeds going benefit Sheldon (added donations will be made optional) .

Race day entry fee: An additional \$5 on top of the early entry fee, for both distances - no shirt. Checks can be made out to Rogue Valley Runners. No refunds.

Extra shirts will be available for \$10 each at the event.

Interested in volunteering? Contact Rogue Valley Runners.

ROGUE VALLEY RUNNERS

(541) 201-0014 • 161 E Main St, Ashland OR • RogueValleyRunners.com

Name: _____ **Gender:** M F **Age:** _____ **Date of Birth:** _____

Address: _____ **City, State, Zip:** _____

Email Address: _____ **Tele:** _____ **Shirt Size:** S M L XL

I know that running or walking in Rogue Valley Runners events is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in Rogue Valley Runners activities including, but not limited to, falls contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release any and all sponsors including, but not limited to Rogue Valley Runners, USA Track and Field, the City of Ashland, and all sponsors, the representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may rise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent or Guardian if under 18 Years Old): _____ **Date:** _____