



When:
March 13th,
2010,
9am

Where:
Lithia Park @ the
Winburn Way Bridge,
Ashland, Oregon

Facilities:
Parking and bathrooms available
in Lithia Park. Pre and post race
beverages will be available.

Course:

A mixture of road and trail in and around Lithia Park, Hald-Strawberry Park, and the side streets of Ashland. Course will be marked and there will be some course marshals to help direct runners. One water aid station will be provided at the 3-mile mark of the race. (Absolutely no littering or taking shortcuts on the trail)

To Enter:

Participants can register in person at Rogue Valley Runners (until 3/12/10) or mail entries to Rogue Valley Runners (until 3/6/10). Race day entry and packet pick-up will be available at Lithia Park from 7:30am to 8:30pm. Checks can be made out to Rogue Valley Runners. No refunds.

Cost:

Early entry fee: \$15, includes short-sleeve technical tee
Student entry fee: \$8, includes short-sleeve technical tee
Race day entry fee: \$20, tee included until supplies last
Age group awards will be presented after the race.

Proceeds will benefit the Ashland Woodlands & Trail Association.



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: _____