

WAIVER

I acknowledge that a trail running event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THIS EVENT.

I certify that I am capable of completing this event and that I am physically fit and have sufficiently trained.

I agree to abide by the competitive rules. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I hereby waive, release and discharge from any and all claims losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation in this event, whether or not caused by the negligence of any of the released parties. I agree not to sue, and to hold harmless any and all persons, organizers sponsors, volunteers, participants or government agencies for any and all claims or liabilities that I have waived, released or discharged herein. I understand that this course is open to normal uses during the event.

Further, I hereby grant full permission to any and all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising. The entry fee is non-refundable and non-transferable. **A parent or guardian must sign for all persons under age 18.**

As with any remote outdoor activity, persons allergic to bee stings are highly advised to carry their emergency supplies.

X _____

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**HOSTED BY:
North Valley High School
Athletics Committee**

KNIGHT COLISEUM RACE

**2010
5K Walk/Run
10K Run**



WHEN:

**Saturday, May 15, 2010
10:00am Start Time!**

WHERE:

**North Valley High School
6741 Monument Drive
Grants Pass, Or. 97526**

Course will consist of:
90% packed dirt
10% pavement

RACE PACKETS:

Event T-shirt, race numbers,
sports drink, Power bar

PACKET PICKUP:

8:00am – 9:30am
Saturday, May 15th
North Valley High School Track
6741 Monument Drive

DIVISIONS:

14 & Under, 15-19, 20-29, 30-39
40-49, 50-59, 60-69, 70-79, 80+

RESTROOMS:

Located at the North Valley Castle

WATER STATIONS:

2 mile, 4 mile and Finish

FINISH LINE:

Water, fruit, snacks.
For runners/walkers only please.

AWARDS

AGE DIVISION WINNERS:

1st, 2nd, 3rd (MALE AND FEMALE)

MEDALS

OVERALL 5K WINNERS:

1st MALE/FEMALE

OVERALL 10K WINNERS:

1st MALE/FEMALE



**PLEASE THANK ALL THE
VOLUNTEERS!**

QUESTIONS? CONTACT
Jeaneen Beagley 541-474-1431
Becky Tappan 541-476-2083

KNIGHT COLISEUM RUN ENTRY FORM

Name _____

Street _____

City _____

Phone (____) _____

E-mail _____

Emergency
Contact _____

Emergency Phone _____

Age _____ Gender _____

Shirt size:
XXL _____ XL _____ L _____ M _____ S _____

RACE FEES

_____ 5K run - \$20.00
*Walkers & K-12 Students-\$10.00

_____ 10K Run - \$25.00
*K-12 Students- \$10.00

**ANY ENTRIES RECEIVED AFTER
MAY 7TH
WILL NOT GUARANTEE A PACKET**

PLEASE SIGN WAIVER ON BACKSIDE AND
RETURN TO ADDRESS BELOW WITH PAYMENT
BY **MAY 7TH**

PLEASE MAKE CHECKS PAYABLE TO:

N.V.H.S. ATHLETICS COMMITTEE
P.O. BOX 2224
GRANTS PASS, OR. 97528

**OR DROP OFF AT
NORTH VALLEY HIGH SCHOOL**