



Southern  
**OREGON**  
Runners

# LONGEST NIGHT MILE



**Thursday December 22<sup>nd</sup>**



**LOCATION:** North Medford High School

**TIME:** Slow Mile: 6:30p.m (Slower than 6:30/mile) Fast Mile: 7:00p.m

**RIBBONS:** 1<sup>st</sup> through 3<sup>rd</sup> in each age group

**AGE GROUPS:** 14 and Under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

**COURSE:** One mile on the Bowerman Field Track

**RACE RESTRICTIONS:** Absolutely no headphones, roller skaters, bicycles, skateboards, baby joggers, dogs

**COST:** All participants just need to provide 2 cans of food for their entry!

**CONTACT:** Race Director – Pieter Voskes (541-944-5460)

**SPONSORS:** SOUTHERN OREGON RUNNERS & TORNADO TRACK CLUB

**Please fill out and bring the following release form to turn in on race day.**

Check One: 1 Mile Slow \_\_\_\_\_ 1 mile fast Division \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

I know that running/walking in a road race is a potentially hazardous activity. I should not enter this event 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 this event 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, the city of Medford, the Medford School District, Southern Oregon Runners, RRCA, and race organizers, 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 negligent or carelessness on the part of the persons named on this waiver.

**Signature** (Parent or Legal Guardian Must Sign For Runner Under age 18)

**Date**