

Oct 31, 2010 Monster Dash Run—Registration Form

Participation in this race presumes runner's acceptance of all risks.

FIRST & LAST NAME (Complete One Form Per Person—PLEASE PRINT)

MAILING ADDRESS

CITY STATE ZIP

PHONE NUMBER

T-SHIRT (Optional—for Early registrations only)

Circle size: Adult S M L XL XXL

Child S(6-8) M(10-12) L(14-16)

This waiver must be signed by all entrants: In consideration of my entry, for myself, my heirs, executors, and administrators and assigns, waive, release and discharge any/all rights and claims or damages against the Ashland Parks & Recreation Department, City of Ashland, County of Jackson, State of Oregon, Ashland Kiwanis, ASF, the race director, and any or all sponsors of this race. I attest and verify that I have full knowledge of the risks involved in this run, that I assume and will pay all medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this event.

SIGNATURE OF RUNNER OR LEGAL GUARDIAN

DATE

RACE 5K (2pm) 1-Mile (2:10pm) GENDER Male Female

BIRTH DATE _____ AGE (on race day) _____ years

REGISTRATION FEE (Check one) & PAYMENT METHOD (Check one)

Age	Registration Deadlines		Registration Fee	
ADULT 12 & up	Early	by October 15	WITH Shirt	\$23
	Late	October 16–28	NO Shirt	\$15
	RACE DAY	OCTOBER 31	NO Shirt	\$20
CHILD 11 & under	Early	by October 15	WITH Shirt	\$18
	Late	October 16–28	NO Shirt	\$10
	RACE DAY	OCTOBER 31	NO Shirt	\$10

Check # _____ Make Payable to ASF Cash (In person only)

Credit Card: Visa MasterCard American Express Discover

Card # _____ Exp _____

Name on Card (print) _____

Signature _____ Date _____

2010 Monster Dash Run Registration & Packet Pick-Up

DEADLINES & WAYS TO REGISTER

When (received at ASF)	Fees	How	Where
EARLY By Friday, October 15	Adult \$15 Child..... \$10 T-shirt... +\$8*	Mail or Bring to	Ashland Schools Foundation (ASF) 100 Walker Avenue (Ashland Middle School) Ashland OR 97520
LATE October 16–28†	Adult \$20 Child..... \$10	Fax	541-482-8112 (Pay by Credit Card) To confirm receipt of fax call 541-482-8192.
		Online	www.AshlandKiwanisMonsterDash.com (Pay by Credit Card. Small convenience fee incurred.)
RACE DAY Sunday October 31 10:00am–1:30pm ‡	Adult \$25 Child..... \$10	In Person	Race Headquarters: Pioneer Hall 73 Winburn Way in Lithia Park

PACKET PICK-UP

October 30 & 31
Saturday, October 30 12:00–5:00pm @ Rogue Valley Runners 162 E Main St, Ashland
Saturday, October 31 10:00am–1:45pm @ Race Headquarters

+T-Shirts are optional and cost \$8. *No Shirts will be printed for those who register after Friday, October 15 !!

†Registrations received on October 29 & 30 will be charged the Race Day fee.

‡Race Day registration closes 30 minutes before race time to ensure runners arrive at the starting line on time.

Packet includes Race Number, Safety Pins, T-Shirt (if eligible) & Race Course Map.

For more information about registration or the event, visit www.AshlandKiwanisMonsterDash.com or call 541-488-4897.

5K and 1-Mile Race Courses & Event Start Times

RACES START & FINISH in Lithia Park by the Pioneer Hall (73 Winburn Way).

THE 5K RACE (←→) is a fun and challenging run through the beautiful streets of Lithia Park, including a gentle 1.2 mile hill on the dirt back road of the park, followed by a fast downhill to East Main St. and the Finish line on Winburn Way.

▲ Water and First Aid Stations (3 total)

THE 1-MILE RUN/WALK (←→) follows Winburn Way to a turnaround at the Upper Duck Pond, and finishes back near Pioneer Hall.

Costume Contest is at Pioneer Hall—1:30pm!
Halloween Parade begins on Main St—3:15pm!

COSTUME CONTEST... 1:30pm
5K Run..... 2:00pm
1-Mile Run/Walk..... 2:10pm
Halloween Parade..... 3:15pm

