



# Rogue Valley Challenge 100K Relay



September 3, 2011

**Time of event:** 6am - 9am start times, staggered starts, determined by average pace.

**Where:** Blue Heron Park, Phoenix, Oregon, \*\*\*New Start Location\*\*\*

**Course:** Beginning in Blue Heron Park, the 100 kilometer course follows the Bear Creek Greenway north through Medford, winding its way toward the Rogue River and into Gold Hill. From there the course heads south through the valleys scenic foothills as it passes through Jacksonville, Phoenix and Talent and into Ashland. From Ashland the course follows the Bear Creek Greenway back to the finish line at Blue Heron Park. The course consists of 20 legs ranging from 2 to 4 miles each.

A detailed **course map** and your teams **start time** will be e-mailed or mailed upon verification of your entry.

**Divisions:** Race divisions will be split between teams consisting of 1-5 runners and teams of 6-10 runners. Additional divisions include **Male**, **Female**, and **Mixed** (At least 1/3 of the members must be female to be considered a mixed team).

**High School** teams will consist of 6-10 members on a team with at least 1/3 female team members.

**Cost:** \$20 per person by Aug. 20th late registration: \$25 per person. High School teams: \$12 per person Race shirts will be available for an additional \$10 for participants registered by Aug. 20th.

Make checks payable to **Southern Oregon Runners**. Mail to PO Box 665, Medford, OR 97501

**Registration:** Register online at [www.sorunners.org](http://www.sorunners.org) or by filling out the form below. One form per team.

**Packet Pickup:** Day of race.

**Traditional mugs for the first 120 runners to sign-up.**

For more information call Mike Davis at 541-535-6968 or visit [www.sorunners.org](http://www.sorunners.org)

Name of team: \_\_\_\_\_

Number of team members: \_\_\_\_\_ Division: Male \_\_\_\_\_ Female \_\_\_\_\_ Mixed \_\_\_\_\_

Combined age of team members \_\_\_\_\_ Average mile pace \_\_\_\_\_

Team captain: \_\_\_\_\_ E-mail \_\_\_\_\_

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

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

T-Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ (please write total quantity needed for each size)

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 Phoenix, 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.

Waiver to be signed day of event before the start of the race to allow for substitutions.

Parent or Legal Guardian Must Sign For Runner Under age 18

\*\* Mail entries and payment to: Southern Oregon Runners, P.O. Box 665, Medford, Oregon 97501

Only one application needed per team.