

# Southern OREGON Runners

present



Tough As Nails  
10 Mile or 5 Km.  
Mountain Run



Prescott Park on Roxy Ann Peak

May 8, 2010 9:00 am

Packet Pick-up at start/finish 8:00- 8:45 am.

Prescott Park is off Hillcrest Rd. in East Medford

entry: \$15 with tech shirt, \$8 w/o by May 1st, Day of Race entry \$10, tech shirt (ltd. #) \$10  
(Any unclaimed tech shirts on day of race become property of SOR)

Mail entries to:

Tough As Nails  
% Southern Oregon Runners  
PO Box 665  
Medford, OR 97501

awards: Ribbons to top three male and female in each division  
Divisions: All

facilities: Limited: this is a mountain trail run; trees and bushes are plentiful. Porta-potty at start/finish  
Parking is limited. Please carpool if possible.

restrictions: ABSOLUTELY no roller skates, bicycles, skateboards, baby joggers, dogs,  
headphones, or in line skates (for insurance reasons)

course: Scenic (and I mean scenic) and difficult trail course (10 mile) or 'flat' loop (5K)

aid: At least two stations on 10 mile course. Beverages and treats at finish.

race director: Clayton Gillette 541-535-7212 e-mail; gillette@connpoint.net Sponsored by: SOR and RRCA

Directions to race start- From South- I5 to Barnett, E. on Barnett, N. on N. Phoenix, E. on Cherry to Hillcrest.

From N.- Biddle, Court, or Foothills to McAndrews, E. up hill, E. on Hillcrest.

From Hillcrest proceed to R. turn on Roxy Ann Dr., 2 miles up access road to parking area (past 2nd gate)

_____	_____	M F	_____
(name)	(age)	(sex)	(address)
_____	_____	_____	_____
(city)	(state)	(ZIP)	(phone)
			(e-mail)

fee: \_\_\_\$15 s m l xl \_\_\_\$8 (no shirt) \_\_\_\$10 (day of race)

**mandatory release form**

In consideration of your acceptance of this entry, I, for myself, my heirs, administrators or assigns, forever waive, release and discharge any and all rights, demands, claims for damages and causes of suit or action, known or unknown, that I may have against any and all participating sponsors, contributors, supporters, and directors, officers, employees and agents of such parties, for any and all injuries and damages in any manner arising or resulting from my participation in the Tough as Nails Run, including negligence. I attest and verify that I have full knowledge of the risks involved in this event, that I assume those risks, that I will assume and pay my own 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. I grant permission to any and all the foregoing to use my likeness taken in connection to this event.

_____	_____	_____
(signature)	(date)	(parent or guardian if under 18)

**NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THE WAIVER**