

Valley of the Rogue 5k

"XC styled race"



July 23rd, 2011 @ 8:30 am

What: All profit will benefit the Rogue River XC Team, so come out support your local high school team. **GO CHIEFTAINS!!!**

When: Saturday July 23rd, 2011

Where: Valley of the Rogue State Park I-5 exit 45b park in gravel area about 1 mile into park.

Course: 5K: is a cross country race with primarily rolling newly developed bike path with some rolling bark chip trail along the river bank.

Facilities: Portable toilets will be available at the large gravel parking lot.

Aid Stations: Water will be provided at mile 1 1/2.

Awards: Ribbons for all age groups thru 80's in 5k. Overall winners will receive a medal.

Restrictions: ABSOLUTELY no roller blades, roller skates, bicycles, baby joggers, dogs, head phones, in-line skates or unregistered participants due to insurance purposes.

Packet Pickup: At gravel parking lot between 7:15 - 8:15

Registration: Pre-registration must be postmarked by Friday July 15th. Day of race is \$18.

Entry: Mail your entry to Rogue River HS XC . 973 2nd avenue; Gold Hill, OR, 97525.

Race Directors: JJ Moses - 541-601-1626

----- (Please print, detach and return) -----

Name _____ Age _____ Gender _____

Street Address _____ City _____ State _____ Zip _____

Telephone # _____

Pre-Registration: MUST BE post marked by July 15th

PAYABLE TO: Rogue River High School XC

PLEASE CHECK:

5k - \$15

I know that running and volunteering to work in Team Rock Star's races are potentially hazardous activities. I should not enter and run in team rock star's activities unless I am medically able and properly trained. I agree to abide by any decision of the event organizer or official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in Team Rock Star's races including, but not limited to: falls, contact with other participants, the effects of weather and conditions to the road and traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Team Rock Star's and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence or carelessness on the part of the persons and entities named in this waiver. I grant permission to all of the foregoing to use my name, likeness and identity in any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

_____ Date _____

Signature of Runner If under 18: Parent or Guardian Must Sign