

Southern  
**OREGON**  
Runners

# FROSTBITE

## RACE 2012

5<sup>TH</sup> ANNUAL FROSTY RUN!

### 5K AND 10K RUN

Saturday January 14, 2012

Start time: 9:30 AM

**NOTE** Race is at Madrone Trail Public Charter School this year!

3070 Ross Lane ~ Central Point, OR 97502

**New Location same FROSTY RUN!**

**COURSE:** 5K is out & back on Ross to Hanley. 10K is out & back on Ross to Hanley to Beall

**FACILITIES:** Bathrooms available at registration area. No showers.

**ENTRY:** Entry fee will be \$10.00 if preregistered by January 10, ~ \$8.00 for SOR members.

After January 10<sup>th</sup>, or day of race \$10.00 all runners.

**REGISTRATION:** Day of race from 8:30 AM to 9:15 AM

**AWARDS:** Age division ribbons for first, second, and third

Refreshments & hot chocolate available before & after run.

**RESTRICTIONS:** Absolutely no rollerskaters, bicycles, skateboards, baby joggers, dogs, headphones, or unregistered participants.

**RACE DIRECTOR:** Krista Peterson, telephone (541) 951-1495 E-mail: [kristalp71@hotmail.com](mailto:kristalp71@hotmail.com)

**SPONSORED BY:** Southern Oregon Runners

**MAIL ENTRY TO:**

Frostbite Run c/o Southern Oregon Runners, P.O. Box 665, Medford, Oregon 97501



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

Check One: 5K \_\_\_\_\_ 10K \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone \_\_\_\_\_

**Mandatory Release Form:**

I know that running or walking in Southern Oregon Runners events is a potentially hazardous activity. I should not enter and run 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 SOR activities 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, RRCA, SOR, USA, TAC, the City of Central Point, the Medford School District, and all sponsors, 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 negligence or carelessness on the part of the persons named in this waiver.

\_\_\_\_\_  
Signature (Parent or Guardian if under 18 Years Old)

Date: \_\_\_\_\_