



LONGEST DAY RUN

5K RUN/ WALK

SATURDAY, JUNE 19, 2010

7:30 P.M. EVENING

Railroad Park Picnic Area * 2222 Table Rock Road
Table Rock Rd. / Berrydale Ave. Extension

- WHEN / WHERE: Saturday, June 19th, 2010 * Railroad Park Picnic Area
- COURSE: Starting line is over the bridge on the bike path. Then go up the bike path, turn around, and back to the finish over the bridge next to the park.
- FACILITIES: Bathrooms available at registration area. No Showers.
- ENTRY: Entry fee will be \$8.00 if preregistered by June 11, \$5.00 for SOR members. After June 11th or day of race, entry fee will be \$10.00 for all.
- REGISTRATION: Day of race from 6:30 p.m. to 7:15 p.m.
- STARTING TIME: 7:30 p.m. sharp
- AWARDS: All divisions medals for first place, ribbons for second and third
- AFTER RACE: Random drawings. Winners must be present. Refreshments, which includes pizza provided by little Caesars.
- RESTRICTIONS: Absolutely no roller skates, bicycles, skateboards, baby joggers, dogs, headphones, or unregistered participants.
- RACE DIRECTOR: Charles Hodge, telephone 541-878-3457
Email: cwdjh@earthlink.net
- MAIL ENTRY TO: Longest Day Run
c/o Southern Oregon Runners
P.O. Box 665
Medford, Oregon 97501



Little Caesars

(Please Print) One Entry Per Form, Photocopies OK.

NAME: _____ PHONE: _____ AGE: _____ M _____ F _____

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

\$8.00 Preregistration received by June 11th (Non-SOR members) \$10.00 after June 11 and day of race for all.

\$5.00 Preregistration received by June 11th (SOR members)

Mandatory Release Form:

I know that running or walking in Southern Oregon Sizzlers 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 T&F, TAC, the city of Medford, the Parks and Recreation, 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: _____ Date: _____

Signature of Parent or Guardian: _____