

Southern
OREGON
Runners

FROSTBITE RACE 2010

3RD ANNUAL FROSTY RUN!
5K AND 10K RUN

Saturday January 16, 2010
Start time: 9:30 AM
Talent Middle School
102 Christian Avenue – Talent, OR 97540



COURSE: 5K is out & back on Foss. 10K is out & back on Foss to Adams to Anderson

FACILITIES: Bathrooms available at registration area. No showers.

ENTRY: Entry fee will be \$10.00 if preregistered by January 12, ~ \$7.00 for SOR members.

After January 12th, 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

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 Talent, the Phoenix Talent 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.

Date: _____

Signature (Parent or Guardian if under 18 Years Old)