

Southern OREGON Runners

SHAMROCK RUN 5 MILE RUN / WALK

SATURDAY, MARCH 13, 2010
9:00 A.M.
CRATER HIGH SCHOOL
CENTRAL POINT, OREGON



WHEN: SATURDAY, MARCH 13, 2010 9:00 A.M.

WHERE: CRATER HIGH SCHOOL CENTRAL POINT, OREGON

COURSE: OFFICIAL PEAR BLOSSOM RUN TUNEUP
COME TEST YOUR TRAINING PROGRESS ON THIS FLAT
FAST OUT AND BACK COURSE
START AND FINISH OLYMPIC STYLE ON THE CRATER TRACK

NOTE: **FREE LEPRECHAUN LAP WITH IRISH MIKE FOR ALL THE KIDS.**

FACILITIES: BATHROOMS AVAILABLE AT REGISTRATION AREA. NO SHOWERS.

ENTRY FEE: MEMBER PRE-REGISTER FEE \$5.00. NON-MEMBER PRE-REGISTER FEE \$10.00
BY MARCH 1ST. SEND CHECK OR MONEY ORDER.
DAY OF RACE ENTRY FEE WILL BE \$10.00. No Refunds.

REGISTRATION: **DAY OF RACE FROM 7:30 A.M. TO 8:30 A.M.**
SAVE MONEY - JOIN NOW TO SAVE ON THIS RACE AND SELECTED OTHER S.O.R. EVENTS.
SEE APPLICATION ON REVERSE SIDE.

STARTING TIMES: 5 MILE RUN AND WALK 9:00 AM SHARP; LEPRECHAUN LAP 8:50 SHARP.

DIVISIONS: ALL INCLUDING WHEEL DEVICES.

AWARDS: RIBBONS FOR ALL AGE GROUPS THRU 80'S. (FIRST THROUGH THIRD PLACE)

DRAWINGS: RANDOM DRAWINGS FOR PRE-REGISTERED ONLY. WINNERS MUST BE PRESENT

RESTRICTIONS: ABSOLUTELY NO ROLLERSKATERS, BICYCLES, SKATEBOARDS, BABY JOGGERS, DOGS,
HEADPHONES, OR UNREGISTERED PARTICIPANTS.

RACE DIRECTOR: MIKE BARRETT TELEPHONE 541-779-1214.

SPONSORED BY: SOUTHERN OREGON RUNNERS.

MAIL ENTRY TO: SHAMROCK RUN
C/O SOUTHERN OREGON RUNNERS
P.O. BOX 665
MEDFORD, OREGON 97501



PLEASE PRINT, detach and return

NAME: _____ AGE: _____
ADDRESS: _____ GENDER: M / F
CITY: _____ STATE: _____ ZIP: _____ TELE. # _____

PREREGISTERED BY 3/1/10 (NO REFUNDS)
MEMBER ENTRY FEE \$5.00
NON MEMBER ENTRY FEE \$10.00

LATE
ENTRY FEE AFTER 3-1-10 \$10.00 EVERYONE
NO REFUNDS

ENTRY
FEE RACE DAY \$10.00 EVERYONE

CIRCLE IF WHEELCHAIR DEVICE

EVENT (Check One) 5 Mile Walk 5 Mile Run

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 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, THE CITY OF CENTRAL POINT, CENTRAL POINT 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.

SIGNED _____ SIGNATURE OF PARENT OR GUARDIAN
IF PARTICIPANT IS UNDER 18 YEARS

NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THE ABOVE WAIVER

(SEE OTHER SIDE)

COURSE RECORDS

Male			Female		
9-Under	Open		9-Under	Open	
10-14	Wilder Schaaf	29:46	10-14	McKenzie Yeoman	34:20
15-18	Geoffrey Donaldson	27:03	15-18	Kendall Nelson	33:53
19-29	Glen Tucker	26:49	19-29	Bree Ray	31:11
30-39	Bob Julian	26:43	30-39	Susan Holt	32:33
40-49	Bob Julian	27:44	40-49	Susan Holt	33:19
50-59	Gary Clarida	30:50	50-59	Suzanne Ray	34:20
60-69	Jim Clover	36:03	60-69	Elaine Delsman	41:38
70-79	Peter Fish	40:33	70-79	Shirley Crossen	1:14:36
Wheel Device	Cory Hartgrave		Wheel Device	None	

SOUTHERN OREGON RUNNERS

-APPLICATION FOR MEMBERSHIP-

(PLEASE PRINT)

NAME: _____
.Last First Middle

Street City State Zip

RES. PHONE: _____

EMAIL: _____

BIRTHDAY: _____

Mail applications with dues to:	DUES
SOUTHERN OREGON RUNNERS	Individual \$12.50
P.O. BOX 665	Family \$15.00
MEDFORD, OREGON 97501	Student \$ 5.00

OCCUPATION: _____

PLEASE CHECK: New Membership
 Renewal

WAIVER: I understand, by being a member of this club, that the club is not responsible for any injuries to ,yself or people around me due to runs, whether trainging or racing.

Signature _____