



Couple Truffle Shuffle
5K Couple's Classic
Saturday, February 14, 2009 9:00 am
Griffin Creek School
2430 Griffin Creek Road Medford, Oregon



Entry: CTS: c/o Southern Oregon Runners
P.O. Box 665 Medford, OR 97501

Day of race: Packet pick up and registration at Griffin Creek School 8:00-8:45

Entry Fee: \$8 solo \$12 couple

Awards: Chocolate truffles to all finishers * Ribbons for 1st, 2nd, 3rd * Special drawings

Facilities: Limited: Restrooms available

Restrictions: ABSOLUTELY no roller blades, roller skates, bicycles, baby joggers, dogs, head phones, in-line skates...for insurance purposes

Course: Out and back on Griffin Creek and West Griffin Creek. There's one lovely hill! Each partner runs a 5K relay.

Aid: None on course.

Race Director: Susan Holt 857-8002

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

Name _____ Sex _____

Address _____

City, State, Zip _____ Phone _____

Running Partner's Name _____ Sex _____

Category - Circle One

- Mother~Daughter Father~Daughter Mother~Son Father~Son Husband~Wife
Brother~Sister Male Open Female Open Mixed Open
Grandparent~Grandchild Male Solo Female Solo

Mandatory Release

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, and 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, USAT&F, their 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 carelessness or negligence on the part of the persons named in this waiver.

_____/_____ Date:_____

Signature Runner 1

Signature Runner 2:
If under 18: Parent/Guardian must sign