

# Southern OREGON Runners

## SHAMROCK RUN 5 MILE RUN / WALK

SATURDAY, MARCH 7, 2009  
9:00 A.M.  
CRATER HIGH SCHOOL  
CENTRAL POINT, OREGON



WHEN: SATURDAY, MARCH 7, 2009 9:00 A.M.

WHERE: CRATER HIGH SCHOOL CENTRAL POINT, OREGON

COURSE: **NOTE: RETURN TO ORIGINAL 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  
**FREE LEPRECHAUN LAP WITH IRISH MIKE FOR ALL THE KIDS.**

**NOTE:**

FACILITIES: BATHROOMS AVAILABLE AT REGISTRATION AREA. NO SHOWERS.

ENTRY FEE: MEMBER PRE-REGISTER FEE \$5.00. NON-MEMBER PRE-REGISTER FEE \$8.00  
BY FEBRUARY 29TH. 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 WHEELCHAIR.

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

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ GENDER: M / F

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ TELE. # \_\_\_\_\_

PREREGISTERED BY 2/28/09 (NO REFUNDS)	LATE	ENTRY
MEMBER ENTRY FEE \$5.00 <input type="checkbox"/>	ENTRY FEE AFTER 2-28-09 \$10.00 EVERYONE	FEE RACE DAY \$10.00 EVERYONE
NON MEMBER ENTRY FEE \$8.00 <input type="checkbox"/>	NO REFUNDS	

CIRCLE IF WHEELCHAIR DIVISION

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)

