



FROSTBITE RETURNS



2nd Annual Frosty Run!
5K & 10K Race



Saturday January 17th, 2009
5K and 10K start at 9 AM Sharp

WHERE: Talent Middle School
102 Christian Avenue • Talent, OR

COURSE: 5K out and back on Foss • 10K out and back on Foss to Adams to Anderson

FACILITIES: Bathrooms available at registration area. No showers.

ENTRY: Pre-registered/postmarked by January 11th. \$7.00 SOR members • \$9.00 non-members

Family of 3 or more a discount of \$2.00 per person

Day of race late fee of \$3.00 for all runners

LATE REGISTRATION: Day of race from 8:00 AM to 8:45 AM

STARTING TIME: 9:00 AM sharp

AWARDS: Age division ribbons for first, second, and third

This is a *Runner of the Year* scoring event

AFTER RACE: Random drawings. Winners must be present.

RESTRICTIONS: Absolutely no roller-skates, 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

Make check payable to: Southern Oregon Runners

Entry Form: Mail this portion only. Please print. One name per entry. Photocopies OK

Check One: 5K 10K

Name _____ Age _____ Male Female

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.

Signature (Parent or Guardian if under 18 Years Old) _____ Date: _____