



# LONGEST DAY RUN

SOR Runner of the Year Event

5K RUN/ WALK

TUESDAY, JUNE 18<sup>th</sup>, 2019

7:30 P.M. EVENING



ONLINE REGISTRATION: [sorunners.org](http://sorunners.org)

(Please use online registration if possible)

WHEN / WHERE: Tuesday, June 18<sup>th</sup>, 2019 \* Bear Creek Park Pavilion next to the tennis courts.

COURSE: Out and back on the Bear Creek Greenway. Starting and finishing near the pavilion.

FACILITIES: Bathrooms available at registration area. No Showers.

ENTRY: Entry fee \$20.00 for Non-SOR Members, \$15.00 for SOR Members (Mail must be received by 06/13) Online Registration Ends 11:59 PM 06/16. Day of race will be \$25.00 for all runners except 17 and under is always \$7.00. **No change on race day, exact change or check only.**

PARKING: Overflow parking will be available at Peoples Bank of Commerce. (Highland & Barnett)

AWARDS: Awards provided by Peoples Bank of Commerce. Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each age group male and female. (9 and Under, 10-14, 15-18, 19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+) **8" X 10" Walnut Plaques for 1<sup>st</sup> through 5<sup>th</sup> Overall Male and Female Winners**

AFTER RACE: Random drawings. Winners must be present. Refreshments, include pizza provided by Little Caesars.

RESTRICTIONS: Absolutely no roller skates, bicycles, skateboards, baby joggers, dogs, headphones, or unregistered participants.

DONATIONS: Please include any donation that you can for Friends of the Animal Shelter. [www.fotas.org](http://www.fotas.org)

RACE DIRECTOR: Charles Hodge, telephone 541-878-3457 Email: [cwdjh@earthlink.net](mailto:cwdjh@earthlink.net)

MAIL ENTRY TO: Longest Day Run **\*\*\* USAT&F Certified OR15018LB**  
c/o Southern Oregon Runners  
P.O. Box 665  
Medford, Oregon 97501



Little Caesars

(Please Print)

One Entry Per Form, Photocopies OK.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ AGE: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

\$20.00 Preregistration received by June 13th ( Non-SOR members)  \$25.00 Day of Race (All Adults)

\$15.00 Preregistration received by June 13th (SOR members)  \$7.00 17 and Under (Even on Day of Race)

Entry Total	_____
Donation	_____
For FOTAS	_____
TOTAL for	_____
Race	_____

### 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 T&F, TAC, the city of Medford, the Parks and Recreation, 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: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Legal Guardian if Under 18 Years of Age)

\* One third of all net proceeds go to FOTAS (Friends of the Animal Shelter) TAX ID #94-3153463