

Friday, June 19, 2020 7PM
Willamette Valley Road Runners

Salem Summer Solstice 5/10K

Minto Brown Park, Salem, Oregon



COURSE:

The 5K and 10K courses are flat trails through a natural setting and along the Willamette River. Starting time for 10K is 7:00 P.M. and the 5K at 7:10 P.M.

ENTRY*:

\$12 (\$8 WVRR members) until June 1st.
\$16 June 2nd-18th for all. **Preregistration ends 6/18.**
\$20 Day-of-race registration

Entry fee includes a post-race ice-cream sundae.
Guest sundaes available for \$2.

TIMING: Eclectic Edge



Salem Summer Solstice Course Record Holders

	Female	Male
5K	Ashley Boyle 17:58 - 2012	Devin White 16:41 - 2012
5K Master	Tonya Lutz 19:08 - 2018	Louis Leblanc 18:08 - 2009
10K	Anna Denn 39:01 - 2013	Joseph Hambrick 34:35 - 2010
10K Master	Lisa Henrick 43:15 - 2012	Donald Gallogly 35:18 - 2014

AWARDS:

Ribbons: All 5 year age groups, 3 deep.
Medals: Overall and Masters male & female 5K and 10K.

RESTRICTIONS:

No roller blades/skates, skateboards, dogs, or unregistered participants. Baby joggers and strollers are allowed. Walkers are always welcome in the 5K.

Note: Race timing and course monitoring ends at 8:30 P.M.

REGISTRATION:

- Online: www.wvroadrunners.org
- Drop Off: Gallagher Fitness Resources
135 Commercial St. NE, Salem
- Mail in: WVRR, P.O. Box 4002, Salem, OR 97302

Pre-registration ends June 18, 2020. Race day registration opens 6:00 pm at the Minto Brown shelter.

This event benefits the McKay High School Cross Country Team

QUESTIONS? Please contact Jason Zellick
salemsummersolstice@gmail.com (SSS in the subject line ☺)
VOLUNTEER OPPORTUNITIES AVAILABLE!



***** Salem Summer Solstice 5/10K*****Friday, June 19, 2020, 7 PM*****Minto Brown Park, Salem, Oregon, *****



First name _____ Last name _____

___M___F DOB: _____ age on 6/19 _____ Event: ___5K or ___10K

Address _____ City _____

State _____ Zip Code _____ Phone/Email _____

Check payable to **WVRR**

___ \$12 until June 1st

___ \$8 WVRR Members

___ \$16 until June 18th

WAIVER: I know that participating in a road or cross country race is a potentially hazardous activity. I am medically able and properly trained. I agree to abide by the decisions of race official relative to my ability to safely complete the event. I assume all risks associated with other participants and park visitors while attending this event, the effects of the weather - including heat, cold, water, and humidity - possible traffic problems, and problems arising from the conditions of trails and roadways, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of WVRR accepting my entry, I and anyone entitled to act on my behalf, waive and release the State of Oregon, the City of Salem, Marion County, the Willamette Valley Road Runners club, and all other sponsors/representatives and successors, from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all the forgoing to use any photographs or other record of this event for any legitimate purpose, and I understand that costs have been incurred to a non-profit, whether or not I participate: **my entry fees are non-refundable.**

Signature (parent's signature if entrant is under 18) _____

