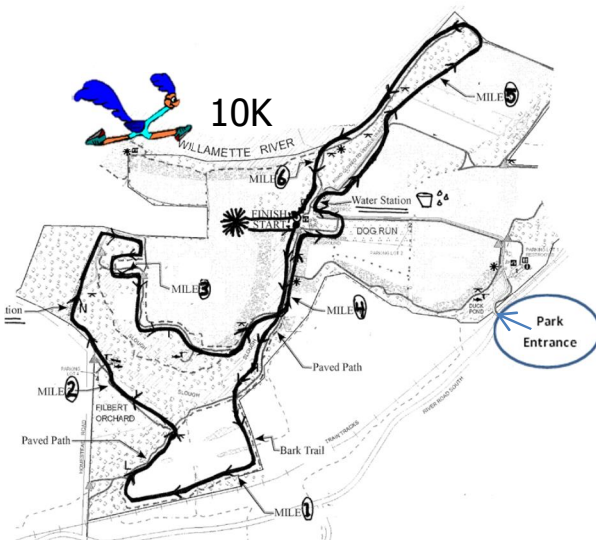
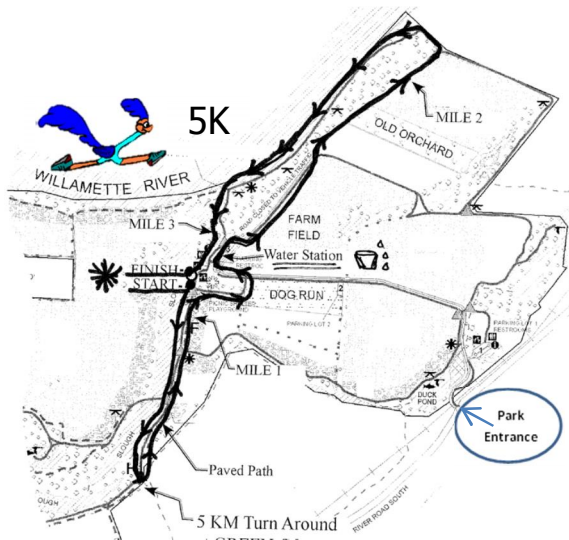


Salem Summer Solstice Course Record Holders

	Female	Male
5K	Ashley Boyle 17:58 ~ 2012	Devin White 16:41 ~ 2012
5K Master	Theresa Kollars 21:11 ~ 2009	Louis Leblanc 18:08 ~ 2009
10K	Anna Denn 39:01 ~ 2013	Joseph Hambrick 34:35 ~ 2010
10K Master	Lisa Henrick 43:15 ~ 2012	Kevin Hutchins 35:42 ~ 2009



Willamette Valley Road Runners

Salem Summer Solstice 5/10K

Minto Brown Park, Salem, Oregon

WVRR, P.O. Box 4002, Salem, Oregon 97302

7TH ANNUAL WVRR

Salem Summer Solstice

5K & 10K

7 PM ~ FRIDAY

JUNE 20, 2014

MINTO BROWN PARK

SALEM, OREGON



Join us for an old timey
sundae social in the
parkō with "edge".



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 shortly after.

ENTRY:

\$12 if registered by June 1st. (\$8 preregistration for WVRR members)
\$15 June 1-18 for all registrations
\$18 Day-of-race for all registrations

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

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 that race timing and course monitoring will end at 8:30 P.M.** Contact Lesley for possible early start option.

REGISTRATION:

All pre-registration closes June 18, 2014

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

On June 20, 2014 -- 6:00 PM, Minto Brown Park

WILLAMETTE VALLEY ROAD RUNNERS:

WVRR is a **non-profit** running/walking club supporting fitness activities in central Willamette Valley and the running programs for athletes in our area schools. We hope you will consider joining and supporting our group.

Proceeds from this event benefit the cross country running team at McKay High School.

HAVE QUESTIONS? WILLING TO VOLUNTEER A FAMILY MEMBER? ☺

Contact: Lesley Johnson
lesleyjoe@msn.com with SSS in subject line



----- Fill out completely. Each person must have an individual form. Please print legibly. -----

SALEM SUMMER SOLSTICE ~ JUNE 20, 2014 ~ 7 PM

Make checks payable to: WVRR
____ \$8 WVRR member* before June 1st
____ \$12 non-member before June 1st
____ \$15 June 1 - 18, all registrations
*Want to join WVRR today? Register above as a member and add \$10 below for membership dues through end of 2014
____ \$10 WVRR dues-half year, new member

First name _____ Last name _____
____ M ____ F DOB: _____ age on 6/20 _____ Event: 5K ____ 10K
Address _____ City _____
State _____ Zip Code _____ contact # or email _____

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 foregoing 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, and therefore my entry fees are non-refundable.

Signature (parent's signature if entrant is under 18) _____
Mail to: WVRR Salem Summer Solstice, P.O. Box 4002, Salem, OR 97302