

Inaugural

Eola Hills Wine Cellars



“No Hills” 10K Run and 5K Run/Walk

Date: Saturday, November 5, 2011

Co-Sponsor*

Location: Eola Hills Wine Cellars, 501 S. Pacific Hwy W., Rickreall (Highway 99W, across from Polk County Fair Grounds)

Schedule: 9 a.m. 10K Run 9:05 a.m. 5K Run/Walk
10:00 a.m. Pizza and Beverages 10:30 a.m. Awards Ceremony & Prize Drawings

10K Course: Start: Eola Hills Wine Cellars parking lot; south on bike path to Orrs Corner Road; west on Orrs Corner; cross railroad tracks; continue north on Bowersville Road across steel bridge to turnaround; return to starting point.

5K Course: Same starting point; south on bike path to Orrs Corner; west to Riddell Road; south on Riddell Road approximately 0.25 miles to turnaround; return to starting point.

Awards: Wine Glasses and Wine: Top 3 M&F: 21 to 39; and Masters 40+. Ribbons: 3 deep: 14 and under; 15-19; up to 80+



HIGH SCHOOL

Net proceeds to be shared by the Track & Field and the Cross Country programs at DHS and CHS.



CENTRAL HIGH SCHOOL



*Willamette Valley Road Runners Club promotes running, walking & fitness in the Mid-Willamette Valley.

Entry Form – (One Entry per Person) – (Photocopy As Necessary)

NAME: (LAST) _____ (FIRST) _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

MALE _____ FEMALE _____ AGE ON NOV 5: _____ BIRTHDATE: _____

EVENT: 10K Run _____ 5K Run/Walk _____ ADULT SHIRT SIZE: S _____ M _____ L _____ XL _____

Entry Fee: \$35.00 (Prior to Oct 21 - Includes: T-shirt, Pizza, glass of Wine, Beer or Soda)
\$20.00 (No shirt) \$40.00 (After Oct 21 - No shirt, does include Pizza and beverage)
\$7.00 Discount WVRR members Total: \$ _____

Checks payable to: **WVRR** *Entry fees are non-refundable.*

Registration: Online: www.registration.strands.com Info & results: www.wvroadrunners.org

- OR - Mail to: WVRR, P.O. Box 4002, Salem, OR 97302

OFFICIAL WAIVER: I know that participating in a road race is a potentially hazardous activity. I should not participate 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 event. I assume all risks associated with other participants, the effects of the weather, including chilling conditions, 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 entry, I, for myself and anyone entitled to act on my behalf, indemnify and hold harmless Polk County, its Board of Commissioners, its officers, agents and employees, Eola Hills Wine Cellars, Central School District 13-J, Dallas School District, and the Willamette Valley Road Runners, and their members, elected officials, boards, commissions, agents, employees and volunteers, and all other sponsors, their representatives, and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, video, recordings, or any other record of this event for any legitimate purpose. I do understand entry fees are non-refundable. No one may enter without signing this Official Waiver.

Signature (Parent/Guardian if under 18) _____ Date _____