

INAUGURAL



5K RUN/WALK

SATURDAY, SEPTEMBER 24, 2011

Location: Start/Finish at Central High School Track, 16th Street, Independence

Schedule: 9:00 a.m. **"HIP HOP" Warm-up Exercises for All**, conducted by Meg Greiner
(Nationally acclaimed Physical Education Specialist from IES & Ash Creek)

9:20 100 Meters, ages 4 and younger
9:30 200 Meters, ages 5 to 9
9:40 400 Meters, ages 10 to 14
10:00 5K Run/Walk
11:00 Awards Ceremony and Prize Drawings (Must be present to win.)

Entry Fees:

100, 200, 400 Meters	\$3.00	
5K Run/Walk	\$25.00	(before Sept 17 - with technical shirt)
	\$15.00	(before Sept 17 – no shirt)
	\$3.00 off	WVRR members)
	\$20.00	(<u>after Sept 17</u> – no shirt)

Checks payable to "WVRR" Mail to: WVRR, PO BOX 4002, Salem, OR 97302

Registration: Online: www.strands.com
Mail-In: WVRR, PO BOX 4002, Salem, OR 97302
Drop Off: M-I Chamber office (new location): 311 Monmouth Street, Indep
Day of Race: 8 a.m. to 8:45 a.m. - South end of Central's track, Registration Desk

Awards: 100, 200, 400 Meters Top 3 Girls and Boys in each event Participant Ribbons to All
5K Run/Walk Trophies to Overall, M&F, in 3 age groups 10-19; 20-39; 40 +
Ribbons 3 deep in all 5 year age groups 10-14 to 80+

Restrictions: You may run or walk this event! Baby joggers/strollers are allowed.
No roller blades/skates, skateboards, dogs, or unregistered participants.
(Be aware there is a graveled area on the course.)



CENTRAL HIGH SCHOOL



Net proceeds from the events will benefit Central High School Cross-Country and Track & Field Teams, Monmouth-Independence Chamber of Commerce and the Willamette Valley Road Runners Club which promotes running, walking and fitness in the mid-Willamette Valley.

COURSES: 100, 200, 400 Meters, will be on Central's track; all finishing on the west side.
5K: Starts on the track. North on 16th St; out and back on Ash Creek Trail; north to Hoffman Rd; east to Gun Club Rd; south to Monmouth St; west to CHS parking lot entrance; north through wrought iron gate; Finishes on track.

RESULTS: www.wvroadrunners.org and Polk County "Itemizer-Observer"

Questions or to Volunteer: Al and Jayne Oppliger 503-838-1353 jcoppliger@aol.com



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

NAME: (LAST) _____ (FIRST) _____

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

TELEPHONE: _____ **EMAIL:** _____

MALE ___ **FEMALE** ___ **AGE ON SEPT 24:** _____ **BIRTHDATE:** _____

EVENT: 5K ___ 100 M ___ 200 M ___ 400 M ___ **ADULT SHIRT SIZE:** S ___ M ___ L ___ XL ___

See reverse side to calculate your Entry Fee:

Total: \$ _____

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 along with the City of Independence, Central School District, Monmouth-Independence Chamber of Commerce, the Independence Hop & Heritage Festival, 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** _____