

Monroe Country Fun Run

May 30th, 2009

At 9:00am



THE COURSE

The rural town of Monroe is located 20 miles south of Corvallis and 30 miles north of Eugene along Highway 99W.

Monroe is nestled at the foot of the Coast Range among the Christmas trees and vineyards. The course consists of mostly paved roads with limited elevation gain. Strollers are

permitted but please no dogs. Parking is available at the high school parking lot. START and FINISH are in the high school parking lot.

Awards

10k run, 5k run, 5k walk, and Kids 1 mile run

*Top male & female winners receive awards.

*Age group winners receive medals/ribbons (1st -3rd places in all events). Overall winners excluded from additional age group awards.

The awards ceremony will begin around 10:30am for all races.

Race Results

The race results will be posted on www.racecenter.com.

Night Before-packet pick-up

Packets can be picked up at Monroe High School Friday, May 29th between 3:30pm and 7:00pm.

Race Day Schedule

7:30am Registration/Package Pick-up

9:00am 10k and 5k start

10:15am Kids 1 mile run (course is around the track)

10:30am Awards for all events

12:00pm Course closes

Aluminum Water Bottle

Only pre-registered (on or before 5/1/09) participants are guaranteed a water bottle. Later registrations and day of race entrants will be subject to quantities on hand.

REGISTRATION

The registration form is available to print off on the Monroe High website. <http://www.monroe.k12.or.us/high/>

-Mail your registration or drop off the form at the Monroe High School Office between 8am-4pm.

We are proud to present the 3rd Annual Country Fun Run

This event is a fundraiser for the Monroe High Track and Volleyball Team and National Honor Society

Entry Fees are Non-Refundable

Please mark the race you are registering for:

Individual Entry: before 5/1 after 5/1

10k Run \$20 \$25

5k Run/Walk \$15 \$20

Kids 1 mile run \$5 \$10

Team Entry:(no late fees)

Must have 5 or more entries to qualify as a team

5k Run \$10

5K Walk \$10

10k Run \$10

Team Name/School(TEAM ENTRIES ONLY)

NO BOTTLE PLEASE

(\$5 off registration fee)

First Name

MI

Last Name

Mailing Address

City

State/Province

Gender

Age

Date of Birth

Zip Code

Phone Number

Email Address(please print clearly)

Waiver-(Must be Signed): I know that participating in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official concerning my being allowed to participate in or complete this event. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, 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, waive and release the Monroe School District, and all sponsors, and their respective directors, officers, and successors from all claims or liabilities of any kind arising out of my participating in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

X _____
Signature of applicant

X _____
Date Signature of parent/legal guardian if under the age of 18 Date

Mail completed entry form or drop off at the High School Office with entry fee payable by check/money order to:
Monroe High School
Attn: Christina Walker
365 North 5th Street
Monroe, OR 97456