

REC THE CAPITAL 5k RUN/1 MILE WALK

ONE ENTRY FORM PER PERSON

PHOTOCOPY AS NECESSARY

NAME: (LAST) _____ (FIRST) _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

SEX: Male Female AGE ON SEPTEMBER 26: _____ BIRTHDAY: _____

TELEPHONE: _____ RUNNING NICKNAME: _____

EMAIL: _____

EVENT I AM ENTERING: 5k Run 1 Mile Walk

ADULT SHIRT SIZE: S M L XL XXL

Make checks payable to: Willamette Valley Road Runners (WVRR)

Mail entries and checks to:

Jake Risley

Willamalane Park and Recreation District

250 South 32nd Street

Springfield, OR 97478

Thru 9/25

Without shirt

\$15

With long sleeved, high tech, T-shirt

\$25

Willamette Valley Road Runners receive a 20% discount

ENTRY FEE TOTAL

\$ _____

BIB #

Mandatory Waiver (Please read and sign below) I know that a road race/walk or wheelchair event is a potentially hazardous activity. I should not enter and participate in this event unless I am medically able and properly trained and have sufficient stamina to safely and successfully complete this event without harm or injury to myself. In consideration of the acceptance of my entry, my heirs, executors, administrators, and assigns, waive, release, and discharge any and all rights and claims for damages against the REC THE CAPITAL race directors and designated race officials, Eclectic Edge Events, Oregon Recreation and Parks Association, Willamette Valley Road Runners, Salem Parks Department, Gallagher Fitness, and all other participating sponsors, agents and employees of such parties for all claims of damages, demands, actions, whatsoever in any manner arising from my participation in this event. I grant permission to all of the foregoing the use of any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

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

PLEASE NOTE: Entry fees are non-refundable and non-transferable.

DIRECTIONS

From downtown Salem, head west on Marion Street NE, turn right onto Liberty Street NE, turn left onto Union Street NE, turn left onto Water Street NE and continue on Water Street to the parking area adjacent to the Riverfront Park Pavilion.

The site address is 200 Water Street NE, Salem, OR.

AWARDS

Metals will be given to the first 3 male and female finishers overall. Ribbons will be given to the top 3 male and female finishers in each five-year age group. The walk is not timed and there are no awards being presented.

FOR MORE INFORMATION

Call 541-953-1570 between 9am and 5pm or email at jaker@willamalane.org. For additional forms and information, please go to EclecticEdgeRacing.com.

RESULTS

Complete results will be posted at EclecticEdgeRacing.com

AGE GROUP AWARDS (Three deep in divisions)

10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

EVENT SHIRTS

Long sleeved, black, high tech t-shirts with the "REC THE CAPITAL" logo are available with registration or additional shirts may be purchased day of the race for \$20 each.

REC THE CAPITAL IS SPONSORED BY:



Willamette Valley Road Runners

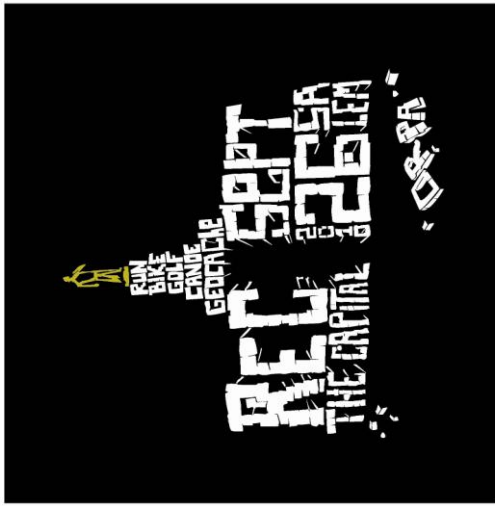
ORPA/MACS

Gallagher Fitness

David Reed & Associates

SiteLines Park & Playground

5k Run & 1 Mile Walk



Riverfront Park
Salem, Oregon

Sunday
September 26, 2010
5k starts @ 9am
1 mile starts @ 9:15am

EclecticEdgeRacing.com

REC THE CAPITAL

Jake Risley
Willamalane Park and Recreation District
250 South 32nd Street
Springfield, OR 97478

REC THE CAPITAL

Sunday, September 26, 2010
Riverfront Park – Salem, Oregon
5k Run/1 Mile Walk

EVENTS

9:00am Start for 5k run
9:15am Start for 1 mile walk
10:30am Awards Ceremony

COURSE DESCRIPTIONS

Both courses start and finish near the large pavilion in Salem's Riverfront Park. The 5k course heads immediately north along the sidewalk, crosses the Willamette River on the new Union Street Railroad Bridge, and drops into Wallace Marine Park. Runners head north along the bark trail, cross the park access road, and run counter clock-wise on the bark trail around the softball complex. They continue back to the Union Street Railroad Bridge, cross back over the river into Riverfront Park, head south on the sidewalk around the Carousel Building to the finish line near the Park Pavilion.

ONLINE REGISTRATION

Register online at EclecticEdgeRacing.com.

IN PERSON REGISTRATION

In person entry may be made on September 25th from 11am – 6pm at Gallagher Fitness, 135 Commercial St NE Salem, Oregon 97301.
Day of race registration will be 7 – 8:45am at the Riverfront Park Pavilion.

ENTRY FEES

\$25 with a long sleeved, high tech shirt/\$30 day of race. \$15 without a shirt/\$20 day of race. Willamette Valley Road Runners receive a 20% discount before day of race. Shirts will be available at packet pick-up for those who registered before September 10th. Additional shirts may be purchased day of race for \$20. Registered participants who did not receive their shirts can pick them up at Gallagher Fitness two weeks after the event (call to verify delivery). Please make checks payable to "Oregon Recreation and Parks Association". Mail completed entry form(s) to:

REC THE CAPITAL

Jake Risley
Willamalane Park and Recreation District
250 S 32nd Street
Springfield, OR 97478

PACKET PICK-UP

Saturday, September 25th from 11am – 6pm at Gallagher Fitness and Sunday, September 26th from 7 – 8:45am at the Riverfront Park Pavilion.

POST RACE

Stick around in the park after you finish and enjoy plenty of post race refreshments, a random prize drawing, and the 10:30am awards ceremony.