

Coburg Run in the Country Registration Form - Sunday July 19, 2009, Coburg, Oregon *Presented by Eugene Physical Therapy*

EVENTS

- Half Marathon Walk, 6:00am
- Half Marathon Run and Relay, 7:00am
- Kids Fun Run, 9:45am
- Awards and Raffle, approx 9:55am

REGISTRATION

- Complete and mail this form to the address below or drop it off at Eugene Running Coby 7/2/09,
- Register on line at www.RunInTheCountry.com. Online registration open until 7/17/09
- Last chance to register is on 7/18/09 11am - 5pm **with payment by cash or check at:**
Coburg Grange, 32661 E Mill St, Coburg.
Race shirt guaranteed only if registered by July 2. Extra shirts may be available for purchase at packet pick up and on race day.

NO DAY-OF-RACE REGISTRATION EXCEPT KIDS FUN RUN.

PACKET PICKUP

- Saturday 7/18/09 11am-5 pm at Coburg Grange, 32661 E Mill St, Coburg.
- 7/19/09 Day of race, 5:45 AM in Norma Pfeiffer Park (Diamond and E. McKenzie St)

START LOCATION

All events except the Kids Fun Run start at the intersection of E McKenzie and Willamette St.
Kids Fun Run start N Harrison and E McKenzie St.

Early Entry Fees 7/2/09 OR EARLIER

- Half Marathon Walk With T-shirt: \$35
- Half Marathon Walk Without T-shirt: \$25
- Half Marathon Run With T-shirt: \$35
- Half Marathon Run Without T-shirt: \$25
- Half Marathon 3-Person Relay With T-shirt (per person): \$25
- Half Marathon 3-Person Relay Without T-shirt (per person): \$15

Late Entry Fees Late registration only available on line through

- 7/17/09 or in person the day before the race
- Half Marathon Walk Without T-shirt: \$35
- Half Marathon Run Without T-shirt: \$35
- Half Marathon 3-Person Relay Without T-shirt (per person): \$25

Relay (Each teammate must complete and sign a separate entry form)

Team Name _____ (make sure to include teammate names below)

Category: (see definitions on other side of this brochure)

- Family Corporate Team High School **Teammate name** _____
- Open Men Open Women Coed Open **Teammate name** _____
- Masters Men Masters Women Super Masters

Kids Fun Run Pre register until 7/2/09 or register on Race Day. T Shirt only available w/ pre registration

- Kids Fun Run with T-shirt \$5
- Kids Fun Run Without T-shirt FREE, but must register

<i>Please check event at left and enter fee below.</i>	
Race Entry Fee	\$ _____
Optional Donation to Charity	\$ _____
Total	\$ _____

NO DAY OF RACE REGISTRATION EXCEPT KIDS FUN RUN. ONE FORM PER PERSON. FEES ARE NON-REFUNDABLE & NON-TRANSFERABLE. PLEASE PRINT CLEARLY

First Name _____ Last Name _____ Birth Date _____ Age on 7/19/09 _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ Gender: Male Female

Shirt Size: Adult: S M L XL XXL Kid's Run Shirt size: Youth Med. Youth Large

MAIL FORM AND FEE TO: Run in the Country, P.O. Box 8220, Coburg, OR 97408 Note: Mail-in must be postmarked 7/2/09 or earlier. Make checks payable to: Coburg Hills Running LLC.

Visa/Mastercard payment only available with online registration.

PLEASE READ AND SIGN WAIVER: I know that participating or volunteering in a road race/walk/wheelchair event is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained with sufficient stamina to safely and successfully complete this event without harm or injury to myself. I agree to abide by any decision of a race official relative to my ability to safely complete the event and I further agree that race officials may authorize necessary emergency treatment for me. I also know that there will be traffic on the course and assume the risk of running/walking in traffic. 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, 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 hereby for myself, and anyone entitled to act on my behalf, waive and release the City of Coburg, Lane County, the State of Oregon, Road Runners Club of America, Eclectic Edge Racing, Coburg Hills Running LLC, the charities receiving proceeds from the event and all sponsors, their representatives and successors, directors, officers, employees, volunteers, agents, and any other personnel in any way assisting or connected with this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence, or carelessness on the part of the persons named on this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of this event for any legitimate purpose. I have read the entry information provided and certify my compliance by my submission of this entry. If registrant is a minor, I am the parent or guardian and agree to all terms of this waiver for the entrant. I also understand that the entry fee is nonrefundable.

Signature _____ Date _____

Signature required to participate in any Run in the Country events.

Signature of parent or guardian (if under 18) _____ Date _____

OK to photocopy or register online at www.RunInTheCountry.com

Registration Options: Note No day-of-race registration.

- On-line-- www.RunInTheCountry.com. Online registration available until 7/17/09.
- Pick up and drop off forms at Eugene Running Company, Oakway Center, Eugene by 7/2/09
- By Mail—complete form, include payment, and mail to Coburg Run in the Country, PO Box 8220, Coburg OR 97408. Mail-in registration must be postmarked 7/2/09 or earlier.
- Day-Before-Race, Sat 7/18/09, 11am-5pm payment by cash or check only at Coburg Grange, 32661 E Mill, Coburg OR

Packet Pick-up:

- Day before race, 11am-6pm at Coburg Grange, 32661 E Mill, Coburg OR.
- Day of race, starting at 5:45am in Norma Pfeiffer Park (Diamond & E. McKenzie St.) downtown Coburg OR

Event History and Charity: Run in the Country started out 12 years ago to be an event “designed by runners, for runners.” We continue to make all of our decisions based on making the race better for the participants. We donate profits from the event to charities, primarily those focused on youth health and fitness. Organizations providing 4 or more volunteers to the race receive priority when we choose where the profits will be directed.

Awards:

- Half Marathon Run-top 3 overall male and female, plus 3 deep for age groups in 5-year increments.
- Half Marathon Walk-no awards offered since it is a non-competitive and not officiated.
- Half Marathon Relay-top team in each category.

Safety Reminders: Insurance restrictions require us to exclude any wheeled devices (except for racing wheelchairs) from the course. Dogs and baby strollers not allowed. Roads will remain open to traffic and our County permit requires that we run in the direction of traffic (not against it).

Volunteers: We can always use more volunteers!. To volunteer email us at racedirector@RunInTheCountry.com. A good rule of thumb: run five and volunteer for one.

Course: This flat and fast course winds through Coburg and then moves into the countryside. It follows a loop created by Bottom Loop Rd. on the south, Powerline Rd. on the west, Herman Rd. on the north and N. Coburg Rd. on the east. The finish line will close at 10:00 AM. 6 Aid Stations w/ Porta Potties at each.

Events:**Half Marathon Non-Competitive Walk:**

6am start on N. Willamette Street/E. McKenzie intersection next to Coburg’s Pavilion Park. This start time is for walkers only; it is not intended to be an early start option for runners.

Half Marathon Run:

7am start at the same location as the Half Marathon Walk.

Half Marathon Relay:

7am start at the same location as the Half Marathon Walk. Form a team of any three individuals. The first two legs are 5 miles in length, while the final leg is a 5K. Teams provide their own shuttle. Exchange locations and more details will be in the packet.

Relay Divisions include:

- Family-All members related by blood or marriage
- Corporate-All members employed by the same organization.
- High School-All members enrolled in same high school in upcoming school year.
- Super Masters-Combined age is over 180.
- Masters Men-All members 40 or older
- Masters Women-All members 40 or older
- Coed Open-At least one female member
- Open Men-All men
- Open Women-All women

Kids Fun Run: 9:45am start on N. Harrison/E. McKenzie intersection. This non-competitive event makes a 400m loop around Norma Pfeiffer Park where the kids cross the main finish line and receive a special award. Registration required. FREE!

Post-Race Awards Ceremony and Raffle:

Approximately 9:55am in Coburg’s Norma Pfeiffer Park, near the finish line. Awards will be presented for race and age group winners. All participants and volunteers are eligible for the raffle drawings. Must be present to win.

Run With The Race Directors:

Saturday, 7/18/09, 7am on the Half Marathon course for all volunteers and sponsors who are unable to race on Sunday. This is a no cost, no frills, no aid (bring your own water), non-timed fun run.

Directions: All events start in downtown Coburg, Oregon. From the north or south, take I-5 to exit #199, Coburg National Historic District, approximately 7 miles north of Eugene. Head west from the I-5 exit on Pearl approximately 1 mile. Norma Pfeiffer Park is 1 block north of Pearl between Diamond and Harrison. Please respect our neighbors by keeping the noise down and not parking on private property.

Special Thanks: to all of our volunteers, Coburg Police and Fire Dept, KapArt, Manley Temporary Services, A-1 Auto Glass, Pepsi Bottling of Eugene, and Smart Wireless-Sprint. RITC is presented by: Eugene Physical Therapy.

Questions: Check our website www.RunInTheCountry.com or Email us at: racedirector@RunInTheCountry.com

Coburg Run in the Country

July 19, 2009

In conjunction with the Coburg Golden Years Celebration



TWELTH ANNUAL HALF MARATHON

and Three Person
Half Marathon Relay

Half Marathon Walk	6:00 am
Half Marathon Run and Relay	7:00 am
Kids Fun Run	9:45 am

Presented by:



www.RunInTheCountry.com