



lithia loop trail marathon

When:

Nov 7th,
2009,
8am

Where:

Lithia Park @ the
Winburn Way Bridge,
Ashland, Oregon

Facilities:

Parking and bathrooms available
in Lithia Park. Post race food and
beverages will be available.

Course:

Approximately 2 miles pavement, 3.5 miles single track and 21 miles dirt
road – 4,700 feet of gain – circumnavigating the Ashland Watershed.
Course will be marked. 5 well stocked aid stations along the course.
(Absolutely no littering or taking shortcuts on the trail)

To Enter:

Space is limited to the first 300 runners. Participants can register in person
at Rogue Valley Runners (RVR) by 11/6, mail entries to RVR by 11/1, or visit
Active.com to register online. Packet pick-up is from 10-7 at RVR the Friday
before the race. Race day entry and packet pick-up will be available at
Lithia Park from 6:30am to 7:45pm.

Cost:

Early entry fee: \$60, Patagonia Capeline shirts to those entered before 11/1.
Race day entry fee: \$75, no shirt.
Checks can be made out to Rogue Valley Runners. No refunds.

Top finisher prizes and age group awards will be presented after the race at
Pioneer Hall (located near the race start).

Interested in volunteering? Contact Rogue Valley Runners.



ROGUE VALLEY RUNNERS

(541) 201-0014 • 161 E Main St, Ashland OR • RogueValleyRunners.com

Name: _____ Gender: M F Age: _____ Date of Birth: _____

Address: _____ City, State, Zip: _____

Email Address: _____ Tele: _____ Shirt Size: S M L XL

I know that running or walking in Rogue Valley Runners events is a potentially hazardous activity. I should not enter and run 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 run. I assume all risks associated with running or walking in Rogue Valley Runners activities 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 application, I, for myself and anyone entitled to act on my behalf, waive and release any and all sponsors including, but not limited to Rogue Valley Runners, USA Track and Field, the City of Ashland, and all sponsors, the representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may rise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent or Guardian if under 18 Years Old): _____ Date: _____