



CAPITOL MILE

~ THE MILE TO BUILD YOUR YEAR ON ~

January 1, 2012 10:00 a.m. Enter For Only \$10

Until December 26th

PRESENT:

Online Registration

www.wvroadrunners.org/capitolmile/

or

MAIL TO: **WVRR**
P.O. Box 4002
Salem OR 97302

Forms available: Gallagher's Fitness,
Monmouth Fitness, West Salem Courthouse

After Dec 26th Registration: \$20.00

Day of Race registration 9 a.m. to 9:45 a.m.

Course: One mile begins on Glenn Creek Road
at the entrance to Wallace Marine Park.

Race Supporters:

Awards: Trophies: M/F in 4 categories,
19 & Under, Overall 20-39, Masters 40-59,
Super Masters 60+. Ribbons, 3 deep, in five
year age groups (14 & under to 80+)

**Benefits: ** Net Proceeds support the
West Salem High School Cross-Country
and Track Teams and the annual WVRR
Kelsy Oldham Memorial Scholarships ****



Jamba
Juice

Capitol Auto Group

-----cut on the dotted line----- cut on the dotted line----- cut on the dotted line-----

2012 CAPITOL MILE JANUARY 1, 2012 Wallace Marine Park

Pre-registration must be received by Monday, December 26th.

One entry form for each race entrant. PLEASE PRINT NEATLY.

FIRST NAME _____

LAST NAME _____

M **F**
Circle one

AGE _____
Age on 1-1-12

D.O.B. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Cash or Check payable to **WVRR** must accompany application.

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, waive and release the State of Oregon, Polk County, City of Salem, West Salem High School, Courthouse Athletic Club, Willamette Valley Road Runners, 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.



FEE: \$10 until Dec 26th
WVRR Members \$8 “
after Dec 26 \$20 Everyone
Registration includes a
Commerative Ceramic Mug
w/Hot Chocolate to the
FIRST 175 registrants.

Signed: _____

(Parent or Guardian if participant is under age 18)

Date: _____