

Out to the Ballgame 5k

Saturday July 25, 2009

Name: _____

Female: _____ Male: _____

Birth Date & Year: _____ Age: _____

Email: _____

Telephone: _____

Address: _____

City: _____

State: _____ ZIP: _____

Emergency Contact: _____

Emergency Telephone: _____

PAYMENT (payable to HOTV Runners):

\$ _____ Entry Fee (\$15) includes admission to the Knights game beginning at 6:35pm! Entries postmarked by July 15 also include a t-shirt.

T-shirt size:

___ S ___ M ___ L ___ XL

(Sorry...no refunds)

Thank You to our Sponsors!



www.hotvrunners.com

July 25, 2009

5:00 pm

Goss Stadium
Oregon State University
Corvallis, Oregon

Start: Goss Stadium
5k walk will start at 5:00pm
5k run starts at 5:30pm

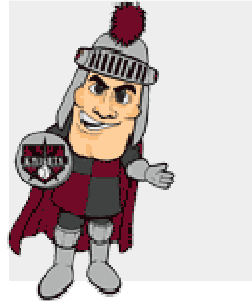
Welcome to the First Annual **Out to the Ballgame 5K**, presented by the Heart of the Valley Runners (HOTV) and the Corvallis Knights. HOTV is a community based running club for all ages. We sponsor middle school cross country teams in Corvallis, help with many local runs, and provide coaching and camaraderie for runners of all levels in the Heart of the Valley. The Knights are a Corvallis based baseball team in the West Coast League of the collegiate baseball wooden bat league. Based in the beautiful Pacific Northwest, the league is a developing ground for aspiring pros and provides an affordable, wholesome, family-oriented entertainment alternative for its member communities.

The exciting 5k course winds around the beautiful campus of Oregon State University. The many twists and turns of this well-marked and accurately measured course take you through the Memorial Union and the Valley Library Quads, past historic and modern classroom building, into the heart of the dorms and intramural fields, around the Reser Stadium complex, and back to Goss Stadium. Finish your run/walk by entering the right field gate, cruising the warning track, and making your last 330 foot dash down the third base line for...what else...home plate! Then, stay for an exciting evening of Knights Baseball.

Your entry fee supports local running programs and gets you into the Knights game. Watch exciting baseball from the region's top collegiate athletes in the

Northwest's most beautiful ballpark. Make it an evening of fitness and fun.

Awards/Categories: Top runners in various categories will be recognized over at the Knights game between innings!



Registration

- Please complete and mail this form with check made payable to:

HOTV Runners
c/o Clint Morrison
1210 NW Fernwood Circle
Corvallis, OR 97330

- The entry fee is \$15 until July 15 and includes entry to the Corvallis Knights game at 6:35 pm vs. the Kitsap Bluejackets and a t-shirt.
- Late entry after July 15 and day of race until 4:45pm. Fee for day of race entry will be \$15. Includes entry to the game, but no t-shirt.

Bib Number Pick-Up

Beginning at 4pm Race Day

Race Information

<http://www.hotvrunners.com>
Email: hotvrunners@gmail.com

Race Waiver

PLEASE READ CAREFULLY BEFORE SIGNING:
I know that running a road race is a potentially hazardous activity. I should not enter to run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. 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 heat or rain, traffic and 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 Heart of the Valley Runners, race officials, volunteers and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all the forgoing to use my photographs, motion pictures, recording and/or record of this event for any legitimate purpose.

SIGNATURE: _____

DATE: _____

(Parent signature required if under 18 yrs old)