

The South Coast Running Club presents
The 44th Annual

Circle the Bay

30K Run or Walk Championship

30K Run or Walk Relay

RRCA Sanctioned

Saturday August 11, 2017

30K **walk & walk relay** starts @ 6:30 a.m.
30K **run & run relay** starts @ 8:00 a.m.



Course Description: This challenging course covers 30 kilometers (18.6 miles), from Ferry Road Park in North Bend through Coos Bay's waterfront finishing back at Ferry Road Park. Aid stations with water are located at about 3, 6, 9, 12 and 15 miles. For 3-person relay teams, each participant will travel about 10K. There are two exchange zones on the course. Find course maps and other details at southcoastrunningclub.org and Day of Race (DOR). The first leg is relatively flat, the second is moderately rolling, and the third is for your hill lover!

Age Divisions for Individual 30K (both men and women): 14 and under, 15-18, 19-24, every 5 year, and 80+.

Relay Team Categories: All Men; All Women; and Mixed.

Relay Team Age: Grandmasters (50+); Masters (40+); Youth (<18); Open; and Walkers.

For no extra charge, a registered 30k individual participant may take the first leg on a relay team, but please coordinate and use one vehicle per team.

Walkers and Walk Relay Teams: All walkers start at 6:30 a.m. Pick up packets or register by 6:15 and carry food and water.



Runners and Run Relay Teams: Individual 30K and Relay team #1 runners start at 8:00 a.m. DOR registration and packet pick up are from 6:45 a.m. to 7:45 a.m. at Ferry Road Park. Registration closes at 7:45 a.m. Come dressed to run; no space is provided for changing/showering. There are plumbed toilets at the start/finish area and chemical toilets at the exchanges. Runners should assemble at the starting line no later than 7:50 a.m.

Amenities: Participants registered by 07/31/2018 receive a technical, short sleeve shirt. Participants, their fans, and all volunteers are invited to enjoy post-race food and beverages. 30K finishers will be awarded the Circle the Bay medal! Purchase a limited amount of shirts DOR or order for delivery.

Awards: The awards ceremony, to 8 places, will begin about 11:15 a.m. in Ferry Road Park.

30 km Course Records

Male	Don Stearns	1:39:14, 1992
Female	Heather Tolford	1:55:35, 1989
M Masters	Scott Buckles	1:47:43, 1995
F Masters	Karen Louise White	2:18:02, 2004

Relay Course Records

Men "O Wow"	1:44:38, 2000
Women "Rogue River Express II"	2:04:57, 2001
Mixed "Consolidation in Action"	1:56:34, 2002
Youth "No Clue"	1:48:31, 2000

Volunteers: This event has the best volunteers in the known universe! If your sweetheart, lover, friend, child, or parent is not participating, and would like a cool volunteer's t-shirt and unending gratitude, contact the Race Director.

For Fun & Safety: The course is open to vehicle traffic so be extremely cautious. Many safety people protect participants; please be safe, have fun, and remember the vehicles are tougher than walkers & runners.

Race Director: D. Anthony Collins: 541.404.0728 :: acollins@socc.edu :: southcoastrunningclub.org

30K Run/Walk Individual ~ Entry

Category: Runner Walker Male Female

- ✓ Postmarked by 07/31/2017, fees include shirts \$25 SCRC, includes shirt, \$40, all others, includes shirt
Shirt Size Male: MS MM ML MXL Shirt Size Female: FS FM FL FXL
✓ Postmarked after 07/31/2017, Shirts not included \$15 SCRC, no shirt \$25, all others, no shirt

Print Name: _____ Age on Race Day: _____

Address: _____ Phone: () _____

City: _____ State: _____ Zip: _____

3-Person Relay ~ Entry ~ Team Name _____

Relay Category: (All Men) - (All Women) - (Mixed) - (All Walkers)

Relay Age: (Grandmasters, All >50) - (Masters, All >40) - (Open, lotsa ages) - (Youth, All <18)

- ✓ Postmarked by 07/31/2017, (\$66, 22 ea, SCRC with shirts) (\$82.50, \$27.50 each, all others, with shirts)
✓ Postmarked after 07/31/2017, No Shirts. (\$45 SCRC, no shirts) (\$75, all others, no shirts)

Relay Runner, Captain: _____ Age on Race Day: _____

Address: _____ Phone: () _____ City: _____ State: _____ Zip: _____

Runner 1 Shirt Size Male: MS MM ML MXL Shirt Size Female: FS FM FL FXL

Relay 2, Captain: _____ Age on Race Day: _____

Address: _____ Phone: () _____ City: _____ State: _____ Zip: _____

Runner 2 Shirt Size Male: MS MM ML MXL Shirt Size Female: FS FM FL FXL

Relay 3, Captain: _____ Age on Race Day: _____

Address: _____ Phone: () _____ City: _____ State: _____ Zip: _____

Runner 3 Shirt Size Male: MS MM ML MXL Shirt Size Female: FS FM FL FXL

Enclose check payable to: SCRC, Mail to: SCRC, 436 Simpson Avenue, North Bend, OR 97459

READ THIS! - I know that running a road race 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 in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic, acts of Mother Nature, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts and in consideration of you accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the South Coast Running Club, Road Runners Club of America, Cities of North Bend and Coos Bay, Coos County, the State of Oregon, and most especially the Circle the Bay race committee, director, and all sponsors, supporters, and their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I assume payment for any and all medical emergencies of mine that may arise. I certify that I have read the above and all information provided on this form is true and complete with my signature.

Print 30K Individual: _____ Sign: _____ Date: _____

Print Relay 1 Name: _____ Sign: _____ Date: _____

Print Relay 2 Name: _____ Sign: _____ Date: _____

Print Relay 3 Name: _____ Sign: _____ Date: _____

Parents/Guardians must sign for minor athletes, those under 18 years of age. This is to certify that my child has my permission to compete in this event, is in good physical condition and the event organizers may authorize necessary emergency treatment. I know and understand that this event is RRCA sanctioned and will abide by these guidelines.

Parents/Guardians! Please sign above for any participants under 18.