



2007 WALKING EVENTS

Jan. 7	<u>Y2K7 New Year's Run</u>	10K run with walkers welcome. Also a 2-mile fun run/walk.
March 3	<u>Champoeg Park 30K/10K</u>	10K non-judged competitive walk (no running or jogging) with awards. Also a 5-mile fun walk.
April 7	<u>Vernonia Half Marathon</u>	13.1 mile run with walkers welcome (time limit of 3:00).
May 5	<u>Hagg Lake Run</u>	10K run with walkers welcome.
May 28	<u>Up The Lazy River 10K</u>	10K run with walkers welcome.
June 21	<u>Summer Solstice 5K</u>	5K run with walkers welcome.
July 4	<u>July 4th Members 5K/10K</u>	5K/10K run/walk: Free to members if pre-registered.
Aug 1	<u>Dual Duel</u>	10-mile/2 person relay with race walking divisions.
Aug. 11	<u>Garlic Festival 10K</u>	10K run with walkers welcome. Also a 2-mile fun run/walk.
Sept. 3	<u>Wildwood Trail Trial</u>	10K run with walkers welcome.
Sept. 22	<u>Best Dam Run</u>	10K non-judged competitive walk (no running or jogging) with awards.
Oct. 20	<u>Blue Lake Runs</u>	5K non-judged competitive walk (no running or jogging) with awards. 15K run with walkers welcome (2 hour time limit).
Nov. 3	<u>Autumn Leaves</u>	10K run with walkers welcome.
Nov. 22	<u>Turkey Trot</u>	4-mile noncompetitive run /walk. Geared toward family event. No age-group awards.

*Unless otherwise noted, "Runs with walkers welcome" means that walkers can do a walk/jog if they would like or just walk and they will be included in the age-group awards. Visit www.orrc.net for more information on each race.