

Mail to: ORRC, c/o Dave Green, 900 SW 5th Ave., #2600, Portland, OR 97204

# ORRC 4<sup>th</sup> of July Run & Walk



**Pre-Registration** (must be postmarked or online by June 27):

FREE, for current paid member of ORRC

\$5, for race only (not current paid member of ORRC)

**New Members**

\$25 (individual) for new individual membership & FREE race

\$35 (family) for new family membership & FREE race

Kids 1/2 mi. Run is FREE

**Late Registration** (registered after June 27 or Day of Event):

\$10, for everyone (ORRC and non-ORRC) for race only

**New Members**

\$30 (individual) for new individual membership & FREE race

\$40 (family) for new family membership & FREE race

Kids 1/2 mi. Run is FREE

Family Member Names/ages (if signing up for a new ORRC Family Membership): \_\_\_\_\_

(M/F)

Gender Day Phone? \_\_\_\_\_ E-mail (optional): \_\_\_\_\_

Street Address \_\_\_\_\_

City/Zip \_\_\_\_\_

**CIRCLE ALL THAT APPLY**  
5K 10K Run Walk

My NAME (printed) \_\_\_\_\_

DATE \_\_\_\_\_

ENCLOSED: \$ \_\_\_\_\_  
(checks payable to ORRC)

Signature (with Parent/guardian, if under 18) \_\_\_\_\_

## Need Directions?

**FROM I-5 SOUTHBOUND** - Take the Wilsonville Exit #286 (Stafford/No. Wilsonville); turn left, & proceed over the overpass to Parkway Ave (approx. 1/4 mile); turn right onto Parkway and proceed 1.6 mi. south to Boeckman Rd; turn left onto Boeckman Rd.; Mentor Graphics is about 1/4 mile ahead on the left. Watch for race signs!

**FROM I-5 NORTHBOUND** - Take the Wilsonville Exit #283 (Wilsonville); turn right at end of off-ramp, onto Wilsonville Rd.; immediately get in left lane; turn left at first stoplight (Town Center Loop) & go just over 1/2 mi. to 4-way stop; turn left onto Parkway Ave.; go 1/2 mile to Boeckman Rd; turn right onto Boeckman Rd; Mentor Graphics is about 1/4 mile ahead on the left. Watch for race signs!



## Have Questions?

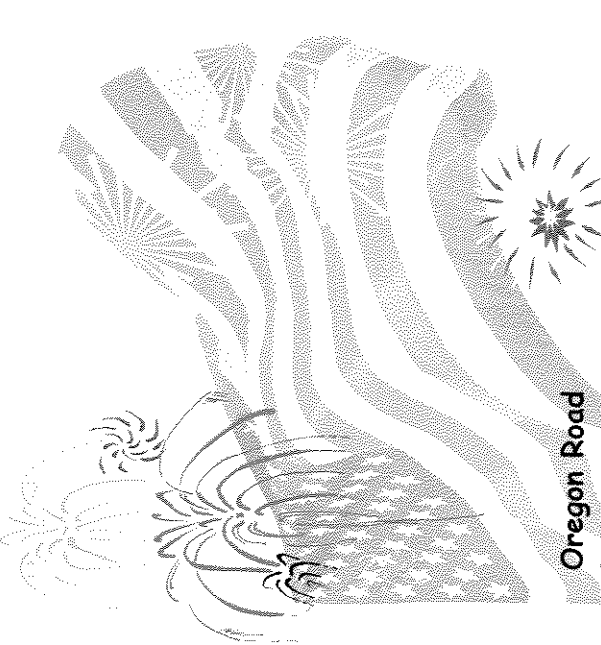
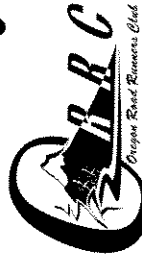
Please call or email **Alanna Woods** (ph: 971-214-1936, email: alanna\_woods@hotmail.com), or **Dave Green** (ph: 503-294-9333, email: dwgreen@stoel.com).

## Want to Volunteer?

Volunteers are greatly appreciated! Please call or email race director **Alanna Woods**, or **Dave Green**, or send an email to: orrc@orrc.net.

# Boogoo

Running Co.



Oregon Road Runners Club

# FOURTH JULY

Celebrate Independence Day!

**10K, 5K & Half Mile (Kids')**

**Run and Walk**

Tuesday, July 4, 2006

9:00-9:15 AM: 5K and 10K Run & Walk

10:15 AM: 1/2 mi. FREE KIDS' Run

Wilsonville, Oregon



See Enclosed Free Race Entry Opportunity!

## When and Where?

Celebrate Independence Day, July 4<sup>th</sup>, with us! 9:00 AM start for 5K (3.1 mi.) and 9:15 AM for 10K (6.2 mi.) Run and Walk. Free Kids' ½ mile Run is at 10:15 AM. Start and finish at Mentor Graphics' Wilsonville Campus (see detailed directions on back).

## What is the Course?

A flat, fast and accurate loop course. Time clocks will show times, but no official results will be posted.

## What Free Race Entry Opportunity?

This event is FREE for current ORRC members (if you pre-register by June 27<sup>th</sup>) and for anyone joining the Oregon Road Runners' Club (ORRC). Take advantage of this rare opportunity to become an ORRC member at this low price and get a free race!

## How Do I Pre-Register & Save Money?

Easy! Registrations postmarked or done online by June 27<sup>th</sup>: FREE for current ORRC members, and \$5 (for race only) for non-ORRC members. **New Members:** \$25 (individual) or \$35 (family) gets you a membership in ORRC for a full 12-month PLUS free entry for yourself and/or your family! Great bargain! **KIDS' RUN** is FREE for all kids.

## What if I Register Late/Day of Event?

Costs more, but you will still have lots of fun. For those registered after June 27<sup>th</sup> or Day of Event: \$10 (for race only) for everyone (ORRC and non-ORRC members. **New Members:** \$30 (individual) or \$40 (family) membership in ORRC for a full 12-month membership PLUS free entry into this race for yourself and/or your family!  
**KIDS' RUN** is FREE for all kids.

**Limited Day of Event registration is at 8:00 AM.**

## How Do I Register Online?

Easy as clicking your mouse! Online registration is at: [signmeupsports.com](http://signmeupsports.com) and is available through July 2, but you need to pre-register by June 27<sup>th</sup> to get the best rate. Note: there is a small charge imposed by the online vendor to register online.

## Benefits of Membership



### Savings on Purchases

Value: ORRC Members save 10% off the price of shoes and running gear at selected stores, saving you \$12-120! The more you spend, the more you save.

### Discounts on ORRC Race Entries

Value: For a year of ORRC events, you can save \$36-60!

### Free 4<sup>th</sup> of July, Run and Walk

Value: Usual entry fee to the event is at least \$5!

### Free Subscription to ORRC's Publications

Value: Cannot be purchased at newsstands! The Oregon Distance Runner newsletter/magazine is published six times per year. Great articles, great features, race results, calendars, & fun stuff!

### Tuesday Night Weekly Workouts, Special Events & More!

Value: Network with others and just watch yourself improve!

### Eligibility for ORRC's Annual Awards

Value: You cannot buy these awards!

### Being Part of an All-Volunteer Club Devoted to Running and Walking, Just like you!

Value: priceless!

If you become an ORRC member today, you too could be saving \$200 or more a year!

## OREGON ROAD RUNNERS CLUB

Your community resource for Running and Walking.

[www.orrcc.net](http://www.orrcc.net)

## Kids' Run Is a ½ Mile Of Pure Fun!

The 1/2 mile Kids' Run is FREE! Just sign up, using the registration form, online registration, or Day of Event. Note: remember to sign the parent's/guardian's waiver form. You can run with your child, but you cannot finish ahead of your child!

## Can I Get a T-Shirt?

Yes, at the event. There are none especially for this race, but there are some cool ORRC shirts, and some bargain-priced ORRC T-shirts from prior ORRC events on sale. This is our annual garage sale, so don't forget to bring plenty of one-dollar bills! All proceeds are used to support the weekly training runs, weekly social runs, and other running and walking programs that ORRC sponsors in the community.

## Are There any Goodies?

Did Ben Franklin fly kites? Of course! Some snacks, and the traditional ICE POPS at the finish!

## Are There Awards (or Prizes)?

No finisher awards at this event. There will be some raffle prizes, thanks especially to ORRC and BooCoo Running of Wilsonville. Also, a special prize, or two, will be awarded to the runner or walker that dresses the most patriotic! Be imaginative, and have some fun!

## Can I Volunteer?

YES, volunteers are appreciated. If you or a family member can help (before, during or after the race), just contact race director **Alanna Woods** (ph: 971-214-1936, email: [alanna\\_woods@hotmail.com](mailto:alanna_woods@hotmail.com)), or **Dave Green** (ph: 503-294-9333, email: [dmgreen@steel.com](mailto:dmgreen@steel.com)).

## Special Benefit: Coats for the Homeless!

It is summer and you know what you should be doing? Cleaning out that closet at home of unwanted coats and donating them to the homeless. We donate coats to the Transition Project, a nonprofit organization that benefits the homeless. Please ask your neighbors and friends and BRING THE COATS AND JACKETS TO THE RACE. **Thank you!**