

**Pre-Registration** (must be postmarked or online by June 20):

\_\_\_ FREE, for current paid member of ORRC

\_\_\_ \$8 – race only (not current paid member of ORRC)

**New Members**

\_\_\_ \$25 (individual) – new solo membership & FREE race

\_\_\_ \$35 (family) – new family membership & FREE race

\_\_\_ Kids' 1/2 mi., Run – FREE

**Late Registration** (registered after June 20 or Day of Event):

\_\_\_ \$10 for everyone

**New Members**

\_\_\_ \$40 (individual) – new solo membership & FREE race

\_\_\_ \$50 (family) – new family membership & FREE race

\_\_\_ Kids' 1/2 mi., Run – FREE

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

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

\_\_\_ M / F \_\_\_

Gender

Day Phone

E-mail

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

Signature (or parent or guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_

**WAIVER/RELEASE:** I know that running, walking and volunteering at races are potentially hazardous activities. I should not participate in activities unless I am medically able and properly trained. I agree to abide by any decision of a race official concerning my being allowed to participate in or complete this event. I assume all risks associated with participating in this event, including, without limitation, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, 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 enlisted to act on my behalf, waive and release ORRC, Foot Traffic, Sauvie Island Fire Fighters Assn., RRCA, & all sponsors, and their respective directors, officers and successors from all claims or liabilities of any kind arising out of my participating in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver, and grant permission to them to use photographs, motion pictures, or other record of me in this event.

P.O. Box 2115  
Gresham, OR 97030



# July Fourth 5

and Half-Mile Kids' Run



Monday, July 4, 2005  
Independence Day  
8:15 a.m.

Sauvie Island  
Portland, Oregon

\*Share the course with the  
Flat Half Marathon and  
Flat Marathon\*



### Getting There:

Take US 30 to the Sauvie Island Bridge, 4 miles northwest of downtown Portland. Parking is limited to 665 cars, so please carpool (find another runner on the ORRC message board), or leave the driving to TriMet Bus #17.

### The Course:

It's an out-and-back course, starting at the Howell Bybee House, proceeding north for one mile then east on Reeder Road, 0.1 mile up Oak Creek Road, and then return on the same route.

### Volunteer

If you'd like to hand out water at ORRC's main aid station for the 5-Miler and Flat Half, call Dave at 503-226-6993. There are other volunteer options, too!

### ???Questions???

You can leave a message on the ORRC voicemail, 503-646-7867, or email us at [orrc@orrc.net](mailto:orrc@orrc.net).

### Coats for the Homeless:

Clean out your closet and donate your unwanted coats to the Transition Project, a nonprofit organization helping the homeless get back on their feet. In 2004 your efforts netted over 50 coats that helped people through last year's winter. We'll be collecting them again at this July 4 event.

### Entry forms to

ORRC, PO Box 2115, Gresham OR 97030

### ORRC Member Appreciation Event

To show our appreciation for our members, the July Fourth 5-miler is free to all ORRC members if you register by June 20! (And free is a very good price!) For non-ORRC members and everyone registering after June 20, the event is \$10. Or become a member, and the 12-month membership plus entry fee are only \$25, by June 20.

For long-standing ORRC members (2004 and earlier), run the Flat Half for only \$15! See the separate entry form.

### Awards

A special award will be given to the most "patriotic" participants (red, white, and blue). Every one is eligible for great random prizes!

### Post Race Carbo Loading

Enjoy the Island strawberry shortcake at the finish line. While your on Sauvie Island, visit the fruit markets, nurseries, and beautiful Columbia River beaches.

### Results

The ORRC time clock will be present, but no official results will be posted.



### Benefits of ORRC Membership

#### Savings on Purchases

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

#### Discounts on ORRC Entries

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

#### Free 4th of July Run and Walk

Value: Usual entry fee to the event is \$8.

#### Free Subscription to ORRC's Publications

Value: Cannot be purchased at newsstands. The ODR (Oregon Distance Runner) magazine is published six times per year. Great articles, great features, race results, calendars, & photos of you, maybe!

#### Tuesday Night Weekly Workouts, Social Runs.

Value: Network with others and just watch yourself improve!

#### Eligibility for ORRC Annual Awards

Value: You cannot buy these Awards!

#### Being Part of an All-Volunteer Club Devoted to Running and Walking

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.orrc.net](http://www.orrc.net)