

Directions to Champoeg

Take I-5 Exit 278 (Aurora), 7 miles south of Wilsonville. Follow signs west approximately 5 miles to the park. Allow at least 45 minutes travel time from Portland or Salem.

CARPOOLING is strongly encouraged.

The Course

It is a beautiful park in a farmland setting bordering the Willamette River. The course is basically flat on bike paths and dirt single track. One loop of the course equals a 10k; 50k entrants complete 5 loops, 50 mile 8 loops.

Hammer Gel and Heed sports drink will be available at all aid stations.

Pre-Register and Save!

Register by mail or online. Sign up early (postmarked before 10/27/10) and avoid day of race increased fees! Registration fees include Park day-use parking pass.

Register on-line at

<http://ultrasignup.com/register.aspx?did=7275>

Send completed registration form:

Autumn Leaves 50/50

PO Box 4381

Tualatin, OR 97062-4381

Make checks payable to "ORRC".

Awards

50 mile, 50k, 10k run/walk.

Open & Masters, Male & Female. Winners receive special

awards. Age group awards for 10k first through sixth place.

Overall 10k winners excluded from additional age group awards.

Race Results

The race results will be posted on the ORRC website at www.orrc.net.

Race Day Schedule

5:30 Registration Opens

6:00 am early 50 mile start

7:00 am 50 mile & 50k start

10:00 am 10k race start

Dri-Release Shirt

A Dri-Release shirt will be provided for all 50m/50k runners. For 10k runners a shirt will be available for an extra cost of \$20.00.

Only pre-registered participants are guaranteed a shirt (if ordered). Day of race entrants will be subject to quantities on hand.



ENDURANCE FUELS
& SUPPLEMENTS

Registration and Shirt Order Form

50 mile \$70.00

50k \$55.00

10k \$20.00

ORRC Members may subtract \$5 from entry fee, only if pre-registered by 10/27/10.

Day of Race 10k will be \$25, 50k will be \$65 and 50 mile will be \$80.

Dri-Release shirt included for 50k/50 mile. \$20 for 10k runners

S M L XL

Name: _____

Address: _____

Phone: _____

Gender: _____ Age on 10/30/10: _____

E-mail: _____

Release (Must be Signed). I know that participating in a road race is potentially hazardous activity. I should not enter and participate 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, but not limited to: falls, contact with other participants, the effects of the 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 entitled to act on my behalf, waive and release the Oregon Road Runners Club, Road Runners Club of America, Oregon Parks and Recreation, and 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 though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____

Signature of Parent or Guardian if under 18

Join ORRC Today

If you are still not a member, think about joining now.

Receive discounts at all ORRC runs, receive the award winning Oregon Distance Runner 6 times a year, participate in training runs, and VOLUNTEER!

If you'd rather not participate as a runner or walker there are several opportunities to volunteer and this is a great way to get in on all the action. Interested in the possibilities? Give us a call at 503-671-2324.

Sign me up! I want to be an ORRC member.

- \$30 individual membership
- \$40 family membership.



The 50 mile race is an approved Western States 100 mile qualifying race. It is one of the last chances to qualify for the November 6, 2010 cutoff date.

The 50k is fast and is a great first race for those that want a bit more challenge over a Marathon.

The 10k is the last race of the ORRC 10K Series. This race may decide who will be overall champion!

If you happen to feel the Halloween spirit we might even have an award or two for the best dressed runner.

For more information go to our website at

<http://www.orrcc.net/races/autumnleaves/autumnleaves.htm>

Sign up Online at:

<http://ultrasignup.com/register.aspx?did=7275>

Contact:

AutumnLeavesRD@Hotmail.com

AUTUMN LEAVES 50/50



& 10k too!

Get a PR on a Fast and Flat Course

October 30, 2010

Champoeg State Park

(Between Wilsonville and Newberg, Oregon)

Race Day is:

7:00 am Start for 50k and 50 mile

6:00 am Early Start 50 mile

10:00 am 10k Start