

# SPECIAL INVITATION

to the

27th Year



## Best Dam Run



## and Walk

### 2010

Co-Sponsored by



Dr. Richard Orth



Eagle Foundry

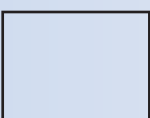


Curves



Estacada, Oregon  
Saturday September 25, 2010  
10:00 AM

The Best Dam Run & Walk  
PO Box 2115  
Gresham, OR 97030



To Register complete and mail to:  
Oregon Road Runners Club, The Best Dam Run & Walk, PO Box 2115, Gresham, OR. 97030

Name: \_\_\_\_\_ Age (day of race) \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) - , Day ( ) - , Eve. Email: \_\_\_\_\_ Run \_\_\_\_\_ Walk \_\_\_\_\_

### Entry Fees:

\_\_\_\_\_ \$15 Early Bird (before 9/1/10) \_\_\_\_\_ \$20 Advance Reg (postmark by 9/21/10) \_\_\_\_\_ Day of Race \$25 (No Discounts)

**T-Shirts** (limited number of t-shirts only guaranteed to those pre-registered):

\_\_\_\_\_ \$20 Long Sleeve Microfiber \_\_\_\_\_ XL \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ S

**ORRC Members** Subtract \$5. Membership # \_\_\_\_\_ . I would like to join ORRC \_\_\_\_\_ \$30 Individual \_\_\_\_\_ \$40 Family

**Total Enclosed:** \$ \_\_\_\_\_ (Advanced Registration must be postmarked by 9/21/10.) Online through 9/23/10 at  
<http://www.signmeup.com/70635>

Enclose check made out to Oregon Road Runners Club for Best Dam Run & Walk & sign back of form.

# YOU'RE INVITED!

You have been selected to receive this special invitation to the 27th Anniversary Best Dam Run & Walk. We are offering you, your friends and family, an exclusive invitation to this year's race— selected by the Oregon Road Runners Club (ORRC) as one of 8 in the NW for the 2010 10K series of races. In addition to the usual awards, entrants may also enter the series and win additional recognition and prizes. Please see [www.ORRC.net](http://www.ORRC.net) for details.

The all paved course features views of pristine waters, shaded forests, interesting geology, bald eagles, osprey and rare waterfowl. The course meanders along the wild and scenic Clackamas River to finish at Estacada's historic City Hall. In addition to the race's great course we have special prizes and awards so don't gamble as we are limited by our permits to 500 entrants.

*The Oregon Road Runners Club partners with the Estacada Development Assn. to produce a superb event with proceeds compensating sponsoring non-profits and the remainder dedicated to help renovate Little League ball fields.*

**Accommodations:** *In Estacada:* Red Fox Motel (503)630-4243. **Within 15 miles:** Hidden Lake Retreat (B&B) (503) 637-3407, Brookside Bed & Breakfast 503-668-4766. **Within 20 miles:** Monarch Motel 503-652-1515, Courtyard by Marriott 503-652-2900, **RV and Camping Options Available.**

**Suggestions:** **Lunch:** *Harmony Bakery*, 221 SW Wade (503)630-6857. **Celebrate at the brewpub:** *Fearless Brewing*, 326 S. Broadway, (503) 630-2337. **Dining on the River:** *Cazadero Inn*, 352 SE Hwy 211 (503)630-2900. **Many local options provide varied cuisine.**

For more information contact the race director, Steven Floyd at (503) 632-4676 or Email: [sjfloyd@bctonline.com](mailto:sjfloyd@bctonline.com) or the Estacada Area Chamber of Commerce 503-630-3483.

# SIGN-UP NOW!

**What?** The Best Dam Run & Walk: an ORRC certified 10K (6.2 mile) road run and walk in Estacada. Wheel-racers will be accommodated but not animals, buggy or infant carriers. More info at [www.ORRC.net](http://www.ORRC.net). Mail in by 9/21/10. Online registration available through 9/23/10 at <http://www.signmeup.com/70635>.

**Sponsors? Pace Setter Athletic, Co-sponsors:** Oregon Road Runners Club, Brooks Shoes & Apparel, Dr. Richard Orth, PGE, Eagle Foundry, Trillium Web Solutions, Willamette Falls Hospital, Curves.

**When?** Be at Estacada City Hall by 9:30 AM for bus to race's start. Race starts at 10:00AM on Saturday, 9/25/10.

**Where?** Take Freeway I-205 South from Portland to Clackamas exit 12A. Take Hwy 224 19 miles to Estacada. Meet at Estacada City Hall, 475 SE Main Street & Hwy 224.

**Awards?** Personalized podium Jackets will be given to first male and female winners in both running and walking categories. Ribbons will be given for all ORRC age categories for runners and walkers. Commemorative medals for this 27th Anniversary event will be given to finishers as they last.



## Liability Waiver

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 Oregon Road Runners Club, the City of Estacada, Oregon Department of Transportation, Portland General Electric Co., Road Runners Club of America, the Estacada Development Association, 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, 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.

Date \_\_\_\_\_

Date \_\_\_\_\_

Participant Signature \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

**Participants under 18 must have parent/guardian signature**