



30th Annual!
ORRC

5K Race
And 15K
Championship



RRCA Sanctioned
Sponsored by the
Oregon Road
Runners Club

OREGON ROAD
RUNNERS CLUB

BLUE LAKE RUNS

SATURDAY, OCTOBER 23, 2004, 11:00 a.m. [for 15KM][5K Run & Walk -11:05 start; 1K Kids' Run-10:30 start]

5KM AND 15KM EVENTS; FREE 1KM KIDS' RUN

The 30th Annual ORRC Blue Lake Runs - a 5KM (3.1 mi.) race and 5KM walk and the ORRC 15KM (9.3 mi.) Championship, at Blue Lake Park on **Saturday, October 23rd**. All events are open to all - fast, slow and in between. The courses (out and back) are USATF certified, flat and fast! The 15KM starts at **11:00 am** and the 5KM events at **11:05 am**. PLUS, a free 1KM (0.6 mile) Kids' Run starts at **10:30 am** for children 10 years and under (no awards, but all get ribbons). Bring the whole family and friends!

T-SHIRTS, RUNNING GLOVES, RIBBONS, AWARDS, AND FREE HOT FOOD & DRINKS

High quality T-shirts are a part of the entry fees. The top 6 finishers in all ORRC 5-year age groups (to 80 & up) in both running events receive place ribbons. The top 6 male and top 6 female fitness walkers receive place ribbons. All participants receive FREE FOOD, DRINKS and COOKIES and a certificate for a FREE pair of running gloves. Results will be put in ORRC's Publications and posted on the Internet.

This event is sponsored by the Oregon Road Runners Club, a non-profit corporation, which has been recognized by the IRS as a Section 501(c)(3), promoting running, walking, and related activities for health, fitness and fun. All interested runners and walkers are invited to join. **RRCA Sanctioned**

REGISTRATION

The fastest and easiest way to pre-register is by on-line registration. Pre-register online at any time up through October 17, 2004 (or until we suspend the on-line registration in the final week, if later) by going to the ORRC Web Page (Calendar) and following links for Blue Lake Runs registration from there - www.orrc.net, or go to www.signmeupsports.com and go to Events-Running, and you will find the registration page. Or pre-register the "old fashioned way" by mail (postmarked by October 16). Entry fees increase \$4 on October 1. Make checks payable to ORRC & send to: ORRC, PO Box 2115, Gresham, OR 97030. Registration at \$25 day of race (or \$20, without T-shirt, but with running gloves) will be available at the Park between 9:00 a.m. and 10:30 a.m. Register early and save your \$\$ money\$\$!

BLUE LAKE PARK: DIRECTIONS AND RULES

Blue Lake Park is located east of Portland, near Troutdale and Gresham, Oregon. Take I-84 east to Exit #14 and follow signs to Park, or take Marine Drive east of I-205 to Blue Lake Road. NOTE: The Park also charges \$4.00 per car (extra) and prohibits pets and alcohol. Restrooms are available at the Park. Please observe all Park rules!

ALSO: 5 K WALK (for all) & FREE 1K KID'S RUN (for ages 10 yrs and older)



ORRC REGISTRATION FORM BLUE LAKE RUNS - 30th Anniversary Event! Saturday, October 23, 2004

NAME(printed) _____

ADDRESS(printed) _____

Age _____ SEX M F Phone: (____) _____

Email address: _____

Current ORRC member? Yes No Please sign me up as an ORRC member (qualifying for race discount). Enclosed are \$30 individual/\$40 family dues.

Runner Walker 15 KM 5 KM 1 KM Kids' Run VOLUNTEER

T-Shirt Size: S M L XL None

(Please check all that apply to your entry!)

FREE GLOVES, FOOD, & DRINKS!!!!!!

Checks payable to ORRC & send to: ORRC, PO Box 2115, Gresham, OR 97030. Questions? Call race co-directors, Dave or Ruth Green (home phone: 503-642-3838). The Kids' Run is free but an entry form is required and must be signed.

	Current ORRC Members	NON-ORRC
5KM and 15K		
Early entry (by 10/1)	\$12	\$16
Pre-entry (10/1-10/11)	\$16	\$20
Pre-entry without T-shirt	\$11	\$15

DAY OF RACE FEES - \$25 for all runners and walkers, with T-Shirt (or \$20 without), plus RUNNING GLOVES and FOOD for all participants! Kid's Run is FREE (but sign registration).

RELEASE: I know that running and volunteering to work in 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, Gresham, Troutdale, Fairview, Multnomah County, Metro, 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 the event.

Signature _____ Date _____

Signature of parent or guardian if participant is under 18 years of age.



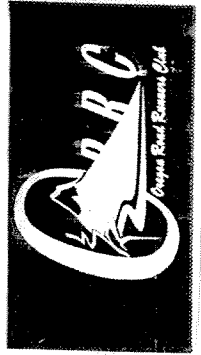
OREGON ROAD
RUNNERS CLUB

BLUE LAKE RUNS

Saturday
October 23, 2004
5K and 15K CHAMPIONSHIP

- ★ T-SHIRTS, RIBBONS
- ★ FREE RUNNING GLOVES
- ★ FREE REFRESHMENTS
AND FOOD

1 KM KIDS' RUN AND 5 KM Walk, too!



OREGON ROAD RUNNERS CLUB UPDATE

BLUE LAKE RUNS

The Blue Lake Runs are Eastside's most popular races, with a 15KM (9.3 mile) race and a 5KM (3.1 mile) run and walk, drawing 350 participants last year. All finishers win participation ribbons, and over 200 special Championship ribbons will be awarded to the top 6 finishers in each age group in both running events and top 6 male and female finishers in the 5KM walk division. The 15KM race starts at **11:00 a.m.** and the 5KM events at **11:05 a.m.** Plus, a free 1KM (0.6 mi.) Kids' Run starts at **10:30 a.m.** for those 10 years and under (no awards, but ALL GET RIBBONS).

5 KM WALK

The 5 KM event includes a special walk division with place ribbons for the top six male and top six female finishers. The 5KM walk will start at 11:05 a.m., with the 5KM Run. The focus of the 5KM walk is fun, fitness and encouraging walking and walkers (and is not a racewalk, but racewalkers are welcome to come and take part).

WHY YOU ARE GUARANTEED* TO HAVE FUN

The ORRC Blue Lake Runs cannot promise sunshine, although October can be a great time to run or walk at Blue Lake Park. Leaves changing colors, hot food waiting at the Finish, and events tailored to provide a race distance to suit all members of the family. Afterwards, enjoy hot dogs, cookies, free soft drinks and other goodies in the covered pavilion while you hear the race results and see if you won a prize drawing. *Disclaimer: [almost certainly!]*

JOIN ORRC NOW !!!

The Blue Lake events are open to all interested runners and walkers, but you can save money on your entry fee by joining the Oregon Road Runners Club. If you want to join ORRC, enclose a separate check for Annual Dues-\$30 individual, or \$40 family membership, good for 12 months. As an ORRC member, you will receive the Oregon Distance Runner, discounts at local running stores, regular mailings, discounts at ORRC races - and join with those who like to run & walk. **Internet Web Page (for info & race results): www.orrc.net** Join ORRC now and support a great organization!



Oregon Road Runners Club

30TH Anniversary of ORRC Blue Lake Runs

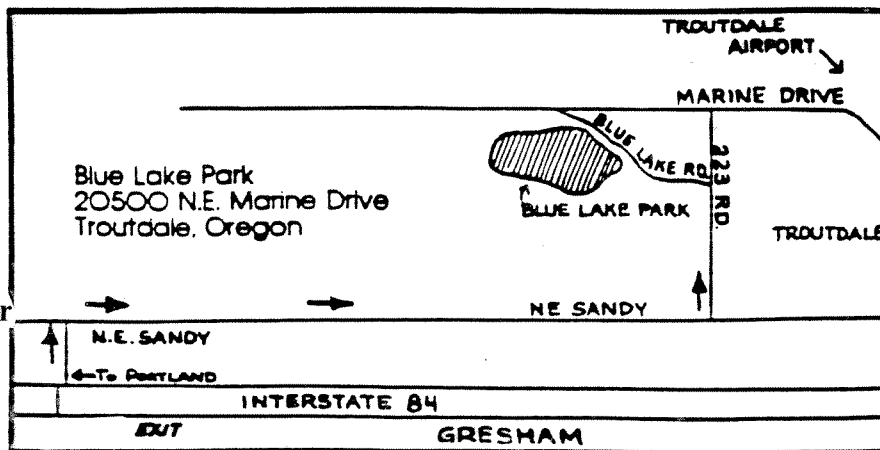
All RUNNERS AND WALKERS Welcome!

ORRC Blue Lake Runs
Oregon Road Runners Club
PO Box 2115
Gresham, OR 97030

Day of Race registration
(9:00 a.m. - 10:30 a.m.)

PARK ADMISSION: \$4/car
(Extra-not part of entry fee)

PARK RULES: No pets!
No alcohol!



BLUE LAKE PARK LOCATION

For information,
contact: Dave & Ruth
Green (ph.: 503-642-3838,
email: dwgreen@stoel.com)
Or co-director: Seth Sundin,
email: run50s@yahoo.com

Online: links from
ORRC webpage or go to
www.signmeupsports.com.
ORRC Web page

TAKE EXIT #14 to Park
(207TH Ave. exit of I-84)