



SATURDAY, OCTOBER 10, 2009, 11:00 a.m. [for 15 K Run & Walk] (5 K Run & Walk-11:10 start; 1 K Kids' Run-10:30 start)
5K AND 15K EVENTS; 1K KIDS' RUN

The **35th Annual ORRC Blue Lake Runs** - a **5K** (3.1 mi.) **race & walk** and the **ORRC 15K race & walk** (9.3 mi.) **Championship**, at Blue Lake Park on **Saturday, October 10th**. All events are open to all - fast, slow and in between (15K event must be completed in two hours). The course (out and back) is flat and fast! The 15K starts at **11:00 am** and the 5K events at **11:10 am**. PLUS, a free **1K** (0.6 mile) **Kids' Run** starts at **10:30** for children 10 years and under (no shirt or awards, but all get ribbons). Bring the whole family and friends!

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

Free T-Shirts for preregistered 5K and 15K participants only. 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 in the 5K walk receive place ribbons. All participants receive **FREE FOOD, DRINKS and COOKIES** and 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.

REGISTRATION

The quickest way to pre-register is by on-line registration. Pre-register **online** through October 8, 2009 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. Also, pre-register the "old fashioned way" by mail (postmarked by October 5). Make checks payable to ORRC & send to: ORRC, PO Box 2115, Gresham, OR 97030. Day of race registration is **\$25** (without T-shirt) 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 **\$5/car**, car-pooling is strongly encouraged. Pets and alcohol are prohibited. Restrooms are available at the Park. Please observe all Park rules!

Also: 5 K WALK (for all) & 1 K KIDS' RUN (for ages 10 yrs. & under)

ORRC REGISTRATION FORM
BLUE LAKE RUNS – 35th Anniversary Event!
Saturday, October 10, 2009

NAME(printed)

ADDRESS(printed)

Age _____ SEX: M F Phone: (_____)
 (Day of race)

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.

(Please circle all that apply to your entry!)
 Runner Walker 15 K 5 K 1 K Kids' Run VOLUNTEER

T-Shirt Size: S M L XL

We look forward to seeing you and your family at Blue Lake Park on Saturday, October 10th!

Checks payable to ORRC & send to: ORRC PO Box 2115, Gresham, OR 97030
 Questions? Contact race director, Jeff Wehrman (wehrmanj@comcast.net)
 The Kids' Run is **free**, but an entry form is required and must be signed.

5K and 15K	ORRC Members	NON-ORRC
Pre-entry (until 9/6)	\$20	\$25
Pre-entry (after 9/6)	\$25	\$30

DAY OF RACE FEES - \$25 for all runners and walkers (no T-Shirt) BUT ... **RUNNING GLOVES** and **FOOD** for all participants! Kid's Run is **FREE** (but sign registration).

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 Oregon Road Runners Club, Gresham, Troutdale, Fairview, Multnomah County, Metro, RRCA, & all sponsors, and their respective directors, officers and successors, Road Runners Club of America, 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.

Signature: _____ Date: _____

_____ Date: _____

Parent's signature if under 18 yrs. of age.



**OREGON ROAD
RUNNERS CLUB
BLUE LAKE RUNS**

**Saturday
October 10, 2009
5K and 15K CHAMPIONSHIPS**
★ RIBBONS
★ FREE RUNNING GLOVES
★ FREE REFRESHMENTS
AND FOOD

BLUE LAKE RUNS

The Blue Lake Runs are Eastside's most popular races, with a 15K (9.3 mile) run and walk, and a 5K run and walk, drawing 350 participants last year. All finishers win participation ribbons! Walkers are welcome in the 15K but you must be able to finish the course in two hours and will be included in the running awards.

Over 200 special Championship ribbons will be awarded to the top 6 male and female finishers in each age group in both running events and top 6 male and female finishers in the 5K walk division. The 15K event starts at **11:00 a.m.** and the 5K events at **11:10 a.m.** Plus, a free 1K (0.6mi.) Kids' Run starts at 10:30 a.m. for those 10 years and under (no awards or shirts, but ALL GET RIBBONS)

5 K WALK

This event includes a special walk division with place ribbons for the top six male and top six female finishers. The 5K walk will start at 11:10 a.m. with the 5K Run. The focus of the walk is fun, fitness and encouraging walking and walkers (and is not a racewalk, but racewalkers are welcome to come and take part). **YOU MUST WALK 100% OF THIS EVENT IF YOU SIGN UP FOR THE 5K WALK!!!**

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!**

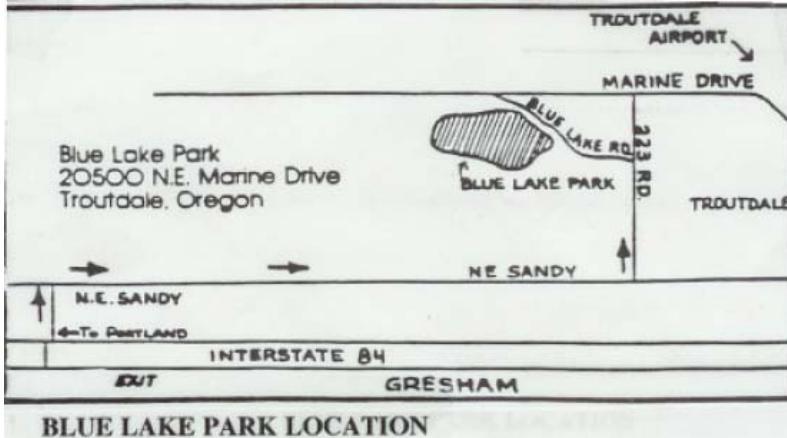
ALL RUNNERS AND WALKERS WELCOME!

Jeff Wehrman and Susan Fugate- Race Directors

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

PARK ADMISSION \$5/car (Extra-not part of entry fee)

**PARK RULES: NO PETS!
No alcohol!**



For information, contact: Jeff Wehrman (ph:503-705-5313), email: wehrmanj@comcast.net

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

Take EXIT #14 to Park (207th Ave. exit off I-84)