

**Oregon Road Runners Club
Clackamas
Cross-Country
Classic 5k Run**

**2005 RRCA Oregon State
5k Championship
Sat. NOVEMBER 12, 2005
North Clackamas Park
Milwaukie, Oregon**



19 and under Girls 8:30 am
19 and under Boys 8:30 am
Open Women 9:00 am
Open Men 9:00am
Children's Run 9:30 am
(10 and under - Free !)
Masters Women 9:45 am
Masters Men 9:45 am

**Home of the 2005
RRCA Oregon State
5k Championship!**

WHEN:
Saturday, November 12, 2005

Girls 19 & Under - 8:30 AM
 Boys 19 & Under - 8:30 AM
 Open Women - 9:00 AM
 Open Men - 9:00 AM
 Children's Run - 9:30 AM
 Masters Women (40 & over) - 9:45 AM
 Masters Men (40 & over) - 9:45 AM

You can run the Youth Race AND the open race if you're 19 and under. – You can run the Masters Race AND the open race if your 40 or over. The cost for the second race is \$3 (\$5 Day-of-race).

WHERE:
North Clackamas Park - Rusk Rd., from Hwy. 224 in Milwaukie. Take Hwy. 224 off either I-205 or McLoughlin. Registration is at the covered area near the Senior Center.

ENTRY FEES:
Pre-registration received by - Thursday, November 08, 2001

Students—Pre-Registered \$ 5
 ORRC Pre-Registered \$ 10
 NON-ORRC Pre reg. \$ 15
 All - Day of Race \$ 20
 Second Race - add'l \$ 3

RESULTS:
Results will be printed in the Oregon Distance Runner. They will also appear on the ORRC website and will be E-mailed to any participants that leave their E-mail address.

COURSE:
The course is pancake-flat. Mainly on the grass with some roads. (could be muddy!) It will be a double-loop for a total of 5,000 meters. (3.1 miles) Each race will follow the same course. Course USA/TF certified.

FREE KIDS RUN:
At 9:30 a free Kids run will take place. It will be about a quarter mile in length and finishers ribbons will be awarded to all finishers. All children under 10 are welcome. Adult chaperones are also welcome on the course.

REGISTRATION & VOLUNTEERS:
Must be received by November 10th.
O.R.R.C. - C.C.C.C.
15954 NW Ridgetop Ln.
Beaverton, Oregon—97006

If you would like to Volunteer or need information call Daniel Brewer at (503) 614-0145.

E-mail – Race Director at Daniel@Brewer.net
ORRC Office at ORRC@ORRC.NET

JOIN O.R.R.C. NOW !
Join the Oregon Road Runners Club in our 30th Anniversary year. For \$30, (\$40 for family membership) you'll receive race discounts, (beginning with this one!) our club publications and eligibility to our awards program, as well as other club benefits (such as discounts on shoes at local running stores)

AWARDS:
Plaques for winner of each race. Ribbons 5 deep for each age division. Awards will be given shortly after each race.

Youth Event:	9 & Under 15-19	10-14
Open Event:	Open Youth 25-29 35-39	20-24 30-34 Open Master
Masters Event:	40-44 50-54 65-69	45-49 60-64 75 and over

Pease check out the club's website at:
WWW.ORRC.NET

REGISTRATION FORM - please write legibly

Race #(s) :

Last Name _____ First Name _____

Address _____

City/State _____ / _____

Zip _____ Age _____ Gender: M F

E-Mail _____

Release Form (mandatory). In consideration of my entry, I for myself, my heirs, executors, administrators, and assigns waive, release, and discharge any and all rights, claims or damages against any of the Oregon Road Runners Club, the City of Milwaukie, all participating sponsors and directors, volunteers, employees and agents of such parties for all claims of damages, demands, actions whatsoever in any manner arising or resulting from my participating in said race. I attest and verify that I have full knowledge of the risks involved in the race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, and that I am physically fit and sufficiently trained to participate iRace #(s) :

Signature of Athlete

Signature of Parent/legal guardian if under 18

MAIL DIRECTLY TO :

ORRC - CCCC

15954 NW Ridgetop Ln.

Beaverton, Oregon , 97006

EVENTS:

Youth Girls Open Women

Youth Boys Masters Men Free Kid's Run

Open Men Masters Women

ORRC member ? YES NO

REGISTRATION: (circle fees)

Students before 11/10/05 \$ 5 (Youth Event only)

ORRC Before 11/10/05 \$ 10

NON-ORRC Before 11/08 \$ 15

Day of race - everyone \$ 20

Second Race - additional \$ 3

Sign me up as an ORRC member (qualifying for race discount). Enclosed is \$30 Individual \$40 Family.

TOTAL AMOUNT ENCLOSED \$ _____