

Join
ORRC

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.

Champoeg 30k Race
PO Box 2115
Gresham, OR 97030

ORRC Presents Champoeg Park 30k/10k



**On March 7, 2009
At 9:00am**

**Tel: 612-325-4957
Barry_j_m@yahoo.com**

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. **CARPPOOLING** is strongly encouraged.

The Course

It is a beautiful park in farmland setting bordering the Willamette River. The course is basically flat on bike paths, some gravel and rollers (not wheelchair suitable). One loop of the course equals a 10k; 30k entrants complete 3 loops.

Pre-Register and Save!

Pre-registration is by mail. Sign up early (postmarked before 3/2/09) and avoid day of race increased fees! Registration fees include Park day-use parking pass.

**Register on-line at
Signmeup.com**

**Make checks payable to ORRC.
Send completed registration form
to:**

**Champoeg 30k/10k Race
PO Box 2115
Gresham, OR 97030**

Awards

30k run, and 10k run & non-judged race-walk, Open & Masters, Male & Female. Winners receive special awards. Age group awards first through sixth places in both runs. Overall winners excluded from additional age group awards. The awards ceremony will begin at 10:30am for the 10k run and race-walk and 12:30pm for the 30k run.

Race Results

The race results will be posted on the ORRC website at www.orrc.net and in the Oregon Distance Runner (ORRC members' magazine).

Race Day Schedule

8am Registration & 30k Early Start
8:30 5 mile walk (self start maps available)
9am 30k Run, 10k Run & Race-walk
9:05 ¼ mile Kids Run
10:30 10k Awards
12:30 30k Awards

Dri-Release Long-Sleeve Shirt

A Dri-Release long-sleeve 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.

Registration and Shirt Order Form

| | |
|-----------------|--------------------------|
| 30k Run \$20 | 10k Walk \$15 |
| 10k Run \$15 | 5mi Walk \$10 |
| 1/2mi Kids Free | 30k Run Early Start \$20 |

ORRC Members may subtract \$5 from entry fee, only if pre-registered by 3/2/09.

Day of Race all Events are \$25

Dri-Release long-sleeve shirt \$20.00

S M L XL

Name: _____

Address: _____

Phone: _____

Gender: _____ Age on 3/7/09: _____

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 know 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