

**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 503-266-1744.

- Sign me up! I want to be an  
ORRC member. Enclosed is  
a separate check for  
\$30/individual, or \$40/family  
annual membership.

Champoeg 30k Race  
PO Box 2115  
Gresham, OR 97030

# ORRC Presents Champoeg Park 30k/10k



**On March 12, 2005  
At 9:00am**

Tel: 503-266-1744  
[oldrunner@canby.com](mailto:oldrunner@canby.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 (before 3/9/05) and avoid day of race increased fees! Registration fees include Park day use parking pass.

**Register on-line at**  
**www.signmeupsports.com**  
**Make checks payable to ORRC.**  
**Send completed registration form**  
**to:**  
**ORRC Champoeg 30k/10k Race**  
**PO Box 2115**  
**Gresham, OR 97030**

## Awards

10k & 30k, run & non-judged race-walk, Open & Masters, Male & Female. Winners receive special awards. Age group awards first through sixth places. 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](http://www.orrc.net) and in the Oregon Distance Runner (ORRC members' magazine).

## Race Day Schedule

8 am 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

## Fleece Vest

A sleeveless Timberline fleece vest will be available for an extra cost of \$16.00. Only pre-registered participants are guaranteed a vest (if ordered). Day of race entrants will be subject to quantities on hand.

## Registration and Vest Order Form

### Day of Race all Events are \$25

- |  |   |
|--|---|
| <input type="checkbox"/> 30k Run \$18    | <input type="checkbox"/> 10k Walk \$15            |
| <input type="checkbox"/> 10k Run \$15    | <input type="checkbox"/> 5mi Walk \$10            |
| <input type="checkbox"/> 1/2mi Kids Free | <input type="checkbox"/> 30k Run Early Start \$18 |

Fleece Vest  S  M  L  XL  
**\$16.00**

ORRC Members may subtract \$3 from entry fee, only if pre-registered by 3/8/05.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Gender: \_\_\_\_ Age on 3/12/05: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Release (Must be Signed).** I know that participating in a road race is a 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 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 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