

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 6, 2010  
9:00am 10k/30k  
*8:00am early start for  
30k runners*

Tel: 612-325-4957  
Champoeg10k30k@gmail.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. One loop of the course equals a 10k; 30k entrants complete 3 loops.

**New this year:** One Hammer Gel stop will be available for the 30k participants, and Hammer Heed will be at both water stops!



ENDURANCE FUELS  
& SUPPLEMENTS

### Pre-Register and Save!

Pre-registration is by mail. Sign up early (postmarked before 2/27/10) and avoid day of race increased fees! Registration fees include Park day-use parking pass.

Register on-line at

[http://www.active.com/event\\_detail.cfm?event\\_id=1824630](http://www.active.com/event_detail.cfm?event_id=1824630)

### Send completed registration form:

**Champoeg 30k/10k Race**

**PO Box 2115**

**Gresham, OR 97030**

**Make checks payable to ORRC.**

### Awards

30k run, 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.

### 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

7:45 Registration Opens  
8am 30k Early Start  
8:10 ¼ mile Kids Run  
9am 30k Run, 10k Run & Race-walk  
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 \$25

10k Walk \$20

30k Run Early Start \$25

1/2mi Kids Free

10k Run \$20

ORRC Members may subtract \$5 from entry fee, only if pre-registered by 2/27/10.

**Day of Race 10k will be \$25, and 30k will be \$30.**

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 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