

ORRC DUAL DUEL
Team Relay and 10k Solo Run
Daniel Brewer, Director

Events:

Kids Run (Free) - 10 years or younger.

10 Mile, two person relay - 20 laps or 5 miles each - (1/4 mile alternating legs)

10k Solo Track Run (25 laps)

10 Mile Open Racewalk - Team Relay Format
this event will be judged.

When:

Tuesday, August 3, 2010 - Event times:

5:00 Registration Begins

6:20 Children's Run - 400 meters

6:30 Dual Duel Team Relay-All Events

6:30 10k Solo Track Run

Where:

Catlin Cabel School
8825 SW Barnes Rd
Portland, OR

Entry Fee:

ORRC Pre-Reg (before 8/1) 10\$ per runner

Non-ORRC Pre-Reg 15\$

ORRC Day-of-Race 15\$

Non ORRC Day-of-Race 20\$

Children's Fun Run FREE

Entry fee includes commemorative race baton

Results:

Will appear at www.orrc.net, in the Oregon Distance Runner, and will be e-mailed to all participants that leave e-mail addresses.

Questions:

E-mail the race director at dualduel@orrc.net

<http://www.signmeup.com/61316>

Check out the web site at www.orrc.net

Call ORRC at (503) 646-RUNR

Awards and Placement

Placements in these events are NOT eligible for ORRC age group annual awards. This holds true for all races held during this event.

There are NO overall awards or placements for ANY event.

Individual 10k -

ORRC standard age group placement. 3 places deep in eht standard 5-year groups from 19& under to 70 and over.

Dual Dual Team Relay

Combined age of both partners in each race.

Ribbons go 5 places deep in each division. Running Divisions are:

under 35	36-50	51-65
66-75	76-85	86-95
96-105	106-115	116 +

Dual Duel Open RaceWalk

Ribbons 5 places deep in the following divisions:

Open Mens	Open Womens
Open Mixed	

Lap Counters:

All Teams and Individual runners are responsible to count their own laps.

Batons:

All Dual Dual teams will run/racewalk with batons. They will be provided and teams will be able to keep their batons as a commemorative souvenir. (Batons will also be available for purchase after the race.)

Join ORRC

By joining ORRC today, you can take advantage of discounts for this and all other club events.

Join now!

orrc
dual duel
2010

39th annual

tuesday, August 3, 2010

catlin gabel school

portland, oregon

6:30 pm



10 Mile, 2 Person Track Relay

10 Mile, 2 Person Racewalk

10k- Solo Track Run

1/4 mile - Free - Children's Run

6:20 Children's Run

6:30 Dual Duel 10-Mile Relay

6:30 10k Solo Track Run

<http://www.orrc.net>

<https://www.signmeup.com/70066>

Registration Form – please write legibly

Race # _____

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, Catlin Gabel School, 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 in this event.

Relay: Male ____ Female ____ Mixed _____

Racewalk _____ // Individual 10 K _____

Name _____

AGE _____ Gender: M ____ F ____

Signature _____

City _____ St. ____ Zip _____

ORRC Member _____

E-mail _____

Check Fees

- \$10.00 ORRC members
- \$15.00 each non-member.
- \$20.00 Day -of-race .

Please Sign me up as an ORRC member. Enclosed is: \$30 individual or \$40 Family

Please complete and mail to:

ORRC DUAL DUEL
15954 NW Ridgetop Ln.
Beaverton, OR—97006

Total \$ _____

Remember - We will send out results to anyone that leaves an e-mail address
- Please write legibly!

Partner _____

AGE _____ Gender: M ____ F ____

Signature _____

City _____ St. ____ Zip _____

ORRC Member _____

E-mail _____

Check Fees

- \$10.00 ORRC members
- \$15.00 each non-member.
- \$20.00 Day -of-race .

Please Sign me up as an ORRC member. Enclosed is: \$30 individual or \$40 Family