

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:

Monday, August 1, 2011 – 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)	15\$ per runner
Non-ORRC Pre-Reg	20\$
ORRC Day-of-Race	20\$
Non ORRC Day-of-Race	25\$
Children's Fun Run	FREE

Entry fee includes commemorative race baton

Results:

Will appear at www.orrcc.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@orrcc.net
<http://www.signmeup.com/76835>
Check out the web site at www.orrcc.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.)

Celebrate the 40th Running of the Dual Duel! To celebrate, all participants will receive a special commemorative gift.

Join ORRC

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

ORRC Dual Duel 2011

Special 40th "Anniversary" edition!

Monday, August 1, 2010
catlin gabel school
portland, oregon
6:30 pm



10 Mile, 2 Person Track Relay
10 Mile, 2 Person Racewalk
10k— Solo Track Run
¼ 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.orrcc.net>
<https://www.signmeup.com/76835>

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

- \$15.00 ORRC members**
- \$20.00 each non-member.**
- \$25.00 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

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