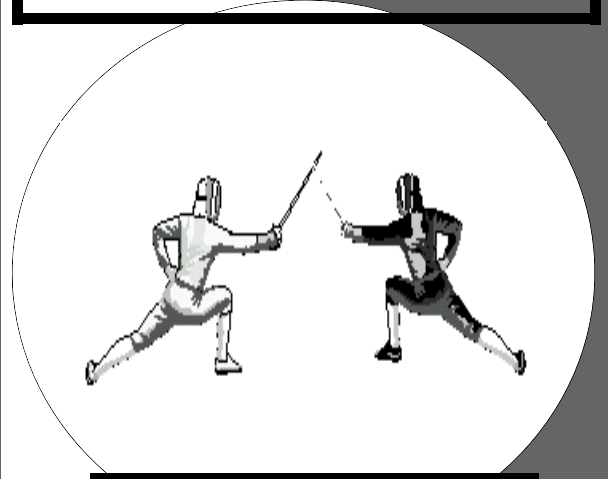


PLEASE NOTE LOCATION:  
LINCOLN HIGH SCHOOL



ORRC DUAL DUEL  
Tuesday, August 8, 2006



10 MILE, 2 PERSON TRACK RELAY  
10 MILE, 2 PERSON OPEN RACEWALK  
10 MILE SOLO TRACK RUN  
1/4 MILE – FREE – CHILDRENS RUN

LINCOLN HIGH SCHOOL  
PORTLAND, OREGON

6:20 CHILDREN'S RUN  
6:30 MALE/MALE RELAY  
6:30 OPEN DUAL RACEWALK  
6:30 MIXED RELAY  
6:30 FEMALE/FEMALE RELAY  
6:30 INDIVIDUAL 10K

## ORRC DUAL DUEL TEAM RELAY AND SOLO RUN

DANIEL BREWER, DIRECTOR

### EVENTS:

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

10k Individual race (25 laps)  
10 Mile Racewalk – Team Relay Format  
- This event will be judged.

### WHEN:

**TUESDAY, AUGUST 8, 2006**– Event times:

5:30 Registration Begins  
6:20 Children's Run — 400 meters  
6:30 Male/Male Relay  
6:30 Open Dual Racewalk  
6:30 Mixed Relay  
6:30 Female/Female Relay  
6:30 Individual 10-Miler



### WHERE:

**Lincoln High School**  
1600 SW Salmon Street  
Portland, Oregon 97205  
Near PGE Park

### AWARDS:

Team Relay. Combined age of both partners in each race. 5 places deep in each division. Running Divisions are: under 35, 36-50, 51-65, 66-75, 76-85, 86-95, 96-105, 106-120, and 120 and over. Racewalkers—Open Male, Open Female, Open Mixed.  
- Individual Runs. Ribbons 3 places deep in the standard 5 year groups from 19 & under to 70 & over.  
**There are NO overall awards for ANY event.**

### LAP COUNTERS:

All Teams and individual runners are responsible for counting their own laps.

### QUESTIONS:

Call ORRC at (503) 646-RUNR / orrc@orrc.net  
E-mail the race director at daniel@brewer.net  
Check out the web site at www.orrc.net

### REGISTRATION FORM — PLEASE WRITE LEGIBLY

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, Lincoln High School, all participating sponsors and directors, volunteers, employees and agents of such parties for all claims of damages, demands, claims 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.

Race # \_\_\_\_\_

Name \_\_\_\_\_ AGE \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Signature \_\_\_\_\_ ORRC Member \_\_\_\_\_

Address \_\_\_\_\_ Daytime Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Event : Relay: Male \_\_\_\_\_ Female \_\_\_\_\_ Mixed \_\_\_\_\_ Racewalk \_\_\_\_\_ // Individual 10 mile \_\_\_\_\_

E-mail Address (if applicable) \_\_\_\_\_

Check Fees [ ] \$10.00 each ORRC member. [ ] \$15.00 each non-member. [ ] \$5.00 extra each day-of race (everyone).

Partner \_\_\_\_\_ AGE \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Signature \_\_\_\_\_ ORRC Member \_\_\_\_\_

E-mail Address (if applicable) \_\_\_\_\_

Check Fees [ ] \$13.00 each ORRC member. [ ] \$18.00 each non-member. [ ] \$5.00 extra each day-of race (everyone).

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 Ridgeway Ln.—Beaverton, OR 97006

Total Enclosed \$ \_\_\_\_\_