

Sunday February 18, 2007

2007 Riverfront Trail Run
5K Run and Walk and Kid's ¼ Mile Fun Run
Astoria, Oregon

Start Time: 10:00 AM (5K Run and Walk), 9:30 AM (¼ Mile Kid's Fun Run); Check in 9 – 9:45

Location: Old Astoria Train Depot, 20th St. & Marine Dr., Astoria, OR

The Course

The run starts and finishes at the old Astoria Train Depot, a few hundred meters east of the Columbia River Maritime Museum in Astoria, Oregon. This scenic, out-and-back, 5k route traverses Astoria's historic waterfront from its commercial district to just past Pier 39. The flat, paved course, run on the Astoria Riverfront Trail, is ideal for fast times. Both walkers and runners follow the same course.

Awards

Awards will be given to the top overall male and female finisher in the 5K run and top three male and female finishers in the following age divisions: 12 and under, 13 – 15, 16 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 and over. Ribbons will be awarded to all ¼ Mile Kid's Fun Run finishers.

Directions

The old Astoria Train Depot is about ½ mile east of downtown Astoria on the north side of the highway (Marine Dr.). From Oregon towns bordering the Columbia River and north Portland, take US-30 into downtown Astoria. Look for the depot on the right (north) side of US-30 (Marine Drive), across the street from the Astoria Aquatic Center. From most other points in Oregon, take US-101 into Astoria and head downtown on US-30. Look for the old Astoria Train Depot on the left (north) side of US-30 (Marine Drive).

2007 RIVERFRONT TRAIL RUN 5K RUN/WALK OFFICIAL ENTRY FORM

5K Run and Walk

Early Registration Without Shirt (Entry Must Be Received by Thursday February 1, 2007).....\$7.00
Early Registration With Long-Sleeve Race Shirt (Entry Must Be Received by Thursday February 1, 2007).....\$17.00
Late Registration and Race Day Registration Without Shirt (Feb. 2 - Feb. 18).....\$10.00
Late Registration (& Additional) Shirts (Shirt Orders Received After Feb. 1 Are Guaranteed Only While Supplies Last)...\$10.00 Per Shirt
*Elementary, Middle and High School Student "Commitment to Health and Wellness" Discount: \$2 off 5K registration fee

¼ Mile Kid's Fun Run - \$2.07

PERSONAL ENTRY INFORMATION (please print clearly):

FIRST NAME _____ LAST NAME _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
AGE (On Day of Race) ____ || MALE || FEMALE DAY PHONE # (____) _____ E-MAIL: _____
RACE (CHECK ONE): || 5K RUN || ¼ Mile Kid's Fun Run
SHIRT SIZE (CHECK IF APPLICABLE): || SMALL || MEDIUM || LARGE || X-LARGE
AMOUNT ENCLOSED: _____

RELEASE I attest that I am physically fit to participate in this event. I personally assume all risks incident to my participation in the 2007 Riverfront Trail Run 5K Run and Walk, and ¼ Mile Kid's Fun Run, including, but not limited to, use of facilities, paths and streets, and all hazards from running this race. I hereby release for myself, my heirs, executors and administrators all sponsors of this race (including the Columbia River Maritime Museum, the Astoria Department of Parks and Recreation, the City of Astoria, the Astoria Running Club, Clatsop County, all race sponsors and their officers and members) from any and all claims, demands, action or causes of action incident to my participation in this race. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals and radio headsets are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use any photographs, motion pictures, video recordings, or any other record of this event for any legitimate purpose. I also understand that no part of the entry fee is refundable.

SIGNATURE: _____ DATE: _____
SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OF AGE _____

IMPORTANT: Payment must accompany application. Make check or money order payable to:

Astoria Running Club
1140 Nautical Drive
Hammond, Oregon 97121

Mail-in registration deadline - entry must be received by February 16, 2007

OFFICIAL USE ONLY Run Number _____ Amount paid \$ _____ Date _____