

**Oregon Road Runners Club**



**10.4 Mile  
Run/Walk  
10K Run/Walk**

**Saturday May 1, 2010  
9:00am**

8:00am early start for 10.4 Mile Walk

**LOCATION:** Approximately 4 miles south of Forest Grove on Highway 47. Follow signs to Henry Hagg Lake. Take the first left after the toll booth and cross the dam to the start/finish area. Allow 45 minutes to travel from downtown Portland to the lake.

**COURSE:** The 10.4 mile run is one loop around the lake. The 10K is an out and back run. Both races have a few hills. *This race is part of the ORRC 10K Run Series.*

**START TIME:** The 10k run, 10K walk and 10.4 mile run start at 9am. The 10.4 mile walk starts at 8am.

**REGISTRATION:** Mail-in registration must be postmarked by April 26th. Online registration at [www.active.com](http://www.active.com) (this closes 48 hours before the event). Fees go up on race day. Register early and save!

**AWARDS:** Plaques to overall winners (open and masters) and ribbons six deep in all ORRC age categories for the 10.4 mile and 10K runs. Ribbons five deep for competitive walkers in all ORRC age categories. All participants and volunteers are eligible for random drawings, including pies. Must be present to win. Awards will not be mailed.

**SHIRTS:** Only preregistered participants who order a shirt will be guaranteed a shirt. Day of race entrants get shirts as quantities last.

**RACE RESULTS:** Results are published in the Oregon Distance Runner and at [www.orrc.net](http://www.orrc.net).

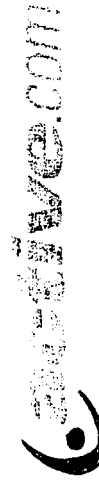
**FOR FURTHER INFORMATION OR TO VOLUNTEER:** Contact Mark Barrett (Race Director) at 503-821-9577 or at [MBarretts@aol.com](mailto:MBarretts@aol.com).

**PARK ADMISSION:** \$5.00 per vehicle. Please display your pass on the dashboard. CARPOOLING IS ENCOURAGED.

WE THANK OUR SPONSORS:



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**FRYE'S ACTION  
ATHLETICS**

**ORRC Hagg Lake Run Entry Form**

Name \_\_\_\_\_ Run \_\_\_\_\_  
 Address \_\_\_\_\_ Walk \_\_\_\_\_  
 City \_\_\_\_\_ Age \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Sex(M/F) \_\_\_\_\_  
 Email \_\_\_\_\_ Shirt Size \_\_\_\_\_

RELEASE: I know that running, walking and volunteering at races are potentially hazardous activities. I should not participate in activities 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, without limitation, falls, contact with other participants, the effects of 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 enlisted to act on my behalf, waive and release the Oregon Road Runners Club, Washington County, Road Runners Club of America, & 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, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver, and grant permission to them to use photographs, motion pictures, or other record of me in this event.

Signature (Required)

Date

Signature of Parent/Guardian (if participant is under 18)

<p><b>ORRC Member?</b> Yes No</p> <p>Please sign me up as an ORRC member!</p> <p>Enclosed is \$30 individual \$40 family dues</p>	<p><b>ENTRY FEES BY 4/29/10</b></p> <p>\$15 ORRC (No shirt)                  \$25 ORRC (with shirt)                  \$20 Non-ORRC (No shirt)                  \$30 Non-ORRC (with shirt)</p>	<p><b>ENTRY FEES</b></p> <p><b>Day of Race:</b>                  \$25 without T-shirt                  \$35 with T-shirt                  No ORRC discount                  Day of race</p>	<p><b>Make checks payable to ORRC and send to:</b>                  ORRC                  Hagg Lake Run                  P.O. Box 1035                  Forest Grove, OR 97116</p>
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