ORRC Up the Lazy River 10K Run and Walk

Portland, Oregon
Monday, May 31, 2010 9:00 AM (Pacific Daylight Time)

About This Event
Run or walk in the ORRC 10K championship on Memorial Day, Monday, May 31, 2010! Run begins at 9:00, competitive walk at 8:30. Back this year by popular demand: all participants will wear their ages on their backs, for the benefit of the participants behind them! Run along the banks of the Willamette River, starting in the Mary S. Young State Park in West Linn, Oregon. The Up the Lazy River 10K is one of the ORRC 10K Series!

LOCATION
Mary S. Young Park is on Highway 43, in West Linn, between Lake Oswego and I-205. Parking in the Park is limited, so car-pooling is encouraged. If it had an address, it'd be 19980 Willamette Drive, West Linn, OR 97068.

AWARDS FOR THE MULTITUDES!
RIBBONS for first, second, and third place male and female in each age year for all masters finishers. (Yes, that's 40, 41, 42, etc. age brackets!) A special award, the Nancy Hinkle Award, goes to the fastest 41 year-old female, in honor of Nancy Hinkle, who set the female course record in 1995. For younger runners (below 40), the regular 5-year brackets apply to age group awards.

RESULTS
Results will be e-mailed to each entrant, posted on www.orrc.net, and published in the ORRC publication, the ODR. The event counts for the annual ORRC age-group awards!

AWARD CEREMONY
Festivities will follow the run, at about 10:30 a.m. Fruit and bagels will sustain finishers.

SPECIAL FEE FOR ORRC MEMBERS
Current ORRC members receive a $5 discount!! Not a member—become one! And save BIG! For $45, you become a member AND race entrant--$55 if purchased separately! Not only do you save, but you support a volunteer organization whose goal is to support running and walking in Oregon.

YOU ARE INVITED TO JOIN ORRC NOW
This event is open to all, but you can save money by joining with others who like to run & walk, as an ORRC member. Dues are $30 individual, or $40 family membership, good for 12 months. As an ORRC member, you will receive the Oregon Distance Runner, discounts at local running stores, regular mailings, & discounts at ORRC races. Join ORRC now and support a great organization! And if you sign up with this race, the individual membership and race are $45!

VOLUNTEERS GREATLY APPRECIATED
If you, or a family member or friend, would like to support the participants on the course, we'd love to have your help. Volunteers help with set-up, registration, help on the course, and at the finish. Our participants appreciate the hard work of our volunteers, and your sideline cheers give them a boost. Just e-mail upthelazyriver@orrc.net, and we'll assign a place to assist! AND, this fulfills the volunteer requirement for the ORRC Age Group Awards!

NEED MORE??
More details at www.orrc.net or e-mail: upthelazyriver@orrc.net

Mail this entry form to:
ORRC Up the Lazy River Run
P.O. Box 2115
Gresham, OR 97030

Please select a category -- register before May 25. The last day to guarantee race t-shirt is May 14.*

- ☐ 10K Run, current ORRC member - no shirt $15.00
- ☐ 10K Run, non-member - no shirt $20.00
- ☐ 10K Run, current ORRC member - w/ shirt $25.00
- ☐ 10K Run, non-member - w/ shirt $30.00
- ☐ Individual ORRC membership plus 10K race and shirt (Save $$$) $45.00
- ☐ 10K Walk (8:30 am) current ORRC member - no shirt $15.00
- ☐ 10K Walk (8:30 am) non-member - no shirt $20.00
- ☐ 10K Walk (8:30 am) current ORRC member - w/ shirt $25.00
- ☐ 10K Walk (8:30 am) non-member - w/ shirt $30.00

Waiver and Release

I know that participating in a road race is potentially hazardous activity. I should not enter or 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, Oregon Parks and Recreation Division, Clackamas County, West Linn, Lake Oswego, Road Runners Club of America, and 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 the event for any legitimate purpose.

☐ I understand and agree to the waiver and release*

_____ _____

Name, Last First

☐ M ☐ F _____ _____

Age Date of Birth

_____

Address (Street, City, State, ZIP)

Size Small: Wicking short-sleeve T-shirt	$25.00	Quantity
Size Medium: Wicking short-sleeve T-shirt	$25.00	Quantity
Size Large: Wicking short-sleeve T-shirt	$25.00	Quantity
Size X-Large: Wicking short-sleeve T-shirt	$25.00	Quantity