

# Oregon Road Runners Club

Your community resource for running and walking

## MARCH MUD *ness* Trail Run

2nd Annual  
1/2-Marathon / 50km Ultra Marathon / 100km Ultra Marathon  
Saturday, March 25, 2006

The team that brought you the biggest and best ever Mt. Hood PCT 50/50 last July is off with another new grand adventure! This time, we will forgo the dry dusty conditions present on the mountain, and give you great slogging through the mud **action!**

Mark your calendars for the last Saturday in March (25th), forgoing the basketball madness for this romp on Wildwood Trail. We have got one destined for greatness!

From Hoyt Arboretum, you will charge over the hill to the start of 30.14 miles of Wildwood Trail, out to Newberry Road and return for the fastest 100k trail run around. **Plan** for either a 50k or 100k PR! Others will bus to the 50k start at Newberry Road and accost the really long distance runners in motion, while those just shaking off the winter blahs are confined to their 13.1 mile effort! All distances have been wheeled for accuracy, and clearly signed for convenience and direction.

**\$5 of each registration will be donated to Friends of Forest Park for Forest Park trail maintenance.**

**Date:** Saturday, March 25th

**Start:** 100km 7AM (5:00AM EARLY START); 50km & Half Marathon 8:30AM

**Check-In:** 5:00am to 8:00am at **Start/Finish**. Race packets will be distributed before the start only.

**Place:** Hoyt Arboretum, 4000 SW Fairview Blvd. Portland, OR 97221 (Overflow parking at the Zoo)

**Course:** Straight out and back for 100km, Newberry to Hoyt Arboretum for 50km, a 13.1 mile Out-Back to 53<sup>rd</sup> Dr. for the Half Marathon. It is OK to change distances before race start but you **must** start at the correct time for the correct race distance. Ultra Runners will not be allowed out of the last Aid Station after 7:00PM. Volunteers have been there all day so please no exceptions.

**Ultra Aid:** Aid Stations at Upper Macleay Park, 53rd, Saltzman Rd, Germantown Rd and Newberry Rd. Drop bags to Upper McLay, 53<sup>rd</sup> Dr., and Germantown Rd. Any unclaimed items will be donated immediately, we will not hold and return. **Be** responsible for yourself. Chili, Burgers, and drinks at the finish line.

**Half-Marathon Aid: Upper Macleay Park and 53rd. Drive.**

**Entry:** \$ 50 for the half, \$60 for 100km/50km by March 1st, \$10 **additional fee** after March 1st. ORRC Members take \$5 off registration fee. Mail in entries must be postmarked by March 18, 2006. Ultra runners must be 18 by day of race. Pre-registered entries are guaranteed a **FLEECE JACKET**, in the size you order only. To register on-line, use [www.signmeup.com](http://www.signmeup.com) until March 18, 2006. **Packet pick-up is day of race only, no exceptions.**

**Awards:** Open Male and Female, Masters Male and Female (40 and over). First through third place. One award per winner. Awards and prizes will be presented at 4pm.

**Contacts:** Bob Boss 503-970-4228 [longrunpdx@gmail.com](mailto:longrunpdx@gmail.com) or Monika Gold [monika.c.Gold@tek.com](mailto:monika.c.Gold@tek.com) 503 816-4550

## 2006 March MUDness Registration Form

Name:	Day of Race	Age:	Sex:	F	M			
Address:								
City:	State:	ZIP:	Email:					
Phone: Home( )		Work:( )						
Jacket Size:	XS	S	M	L	XL	Is this your first ultra?	Yes	No

**Entry Fee: Non - Members**  100km (\$60 by 3/1 \$70 after)  
 50Km (\$60 by 3/1 \$70 after)  
 13.1 Mile (\$50 by 3/1 \$60 after)

**ORRC Members**  100km (\$55 by 3/1 \$65 after)  
 50K (\$55 by 3/1 \$65 after)  
 13.1 Mile (\$45 by 3/1 \$55 after)  
 Sign me up for ORRC Membership (\$30 individual, \$40 family)  
 Additional Donation to Friends of Forest Park \$ \_\_\_\_\_

Waiver: 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, the State of Oregon, Department of Transportation, Portland Parks and Recreation Division, City of Portland, its officers, agents and employees, all participating sponsors and directors, volunteers, employees and agents of such for all claims, demands, actions or causes incident to my participation in this event. I attest and verify that I have full knowledge of the risks involved in this race, that I assume those risks, that I 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.

Signature:	Date:
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Make Checks Payable to ORRC, **Mail to: March MUDness/ORRC, 3606 SE Steele St., Portland, OR 97202**

Mail in entries must be postmarked by March 18, 2006  
***Races limited to the first 300 entries***