

Oregon Road Runners Club

Your community resource for running and walking

MARCH MUD

1st Annual **MARCH MUD** *ness* Trail Run
½-Marathon / 50km Ultra Marathon / 100km Ultra Marathon
Saturday, March 26, 2005

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 experiences!

Mark your calendars for the last Saturday in March (26th), 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. Time 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!

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

Date: Saturday, March 26

Start: 100km 7AM (Early start at 5:00am); 8:30AM 50km & Half Marathon

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 53rd 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, 53rd Dr., and Germantown Rd. Chili, sandwiches and drinks at the finish line.

Half-Marathon Aid: Upper Macleay and 53rd.

Entry: \$50 for 100km/50km by March 1st, \$60 after March 1st. ORRC Members take \$5 off registration fee. Mail in entries must be postmarked by March 21, 2005. Ultra runners must be 18 by day of race. Pre-registered entries are guaranteed a fleece ¼ zip jacket. To register on-line, use www.signmeup.com until March 18, 2005. There will be no pre-run day packet pick-up, only day of race before start.

Awards: Open Male and Female, Masters Male and Female (40 and over), Super Male and Female (50 and over), Super Duper Male and Female (60 and older). One award per winner. Awards and prizes will be presented at 4pm.

Contacts: Bob Boss 503-970-4228 longrun@pcez.com or Monika Gold monika.c.Gold@tek.com 503 816-4550

2005 March Mudness Registration Form

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

Entry Fee: ORRC Members 轉 100km (\$45 by 3/1, \$55 after)
轉 50K (\$45 by 3/1 \$55 after)
轉 13.1 Mile (\$35 by 3/1 \$45 after)

Non –ORRC 轉 100km (\$50 by 3/1, \$55 after)
轉 50K (\$50 by 3/1, \$60 after)
轉 13.1 Mile (\$40 by 3/1 \$50 after)
轉 Sign me up for ORRC Membership (\$30 individual, \$40 family)
轉 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, Oregon Parks and Recreation Division, City or 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 should be postmarked by March 18, 2005