

Join
ORRC

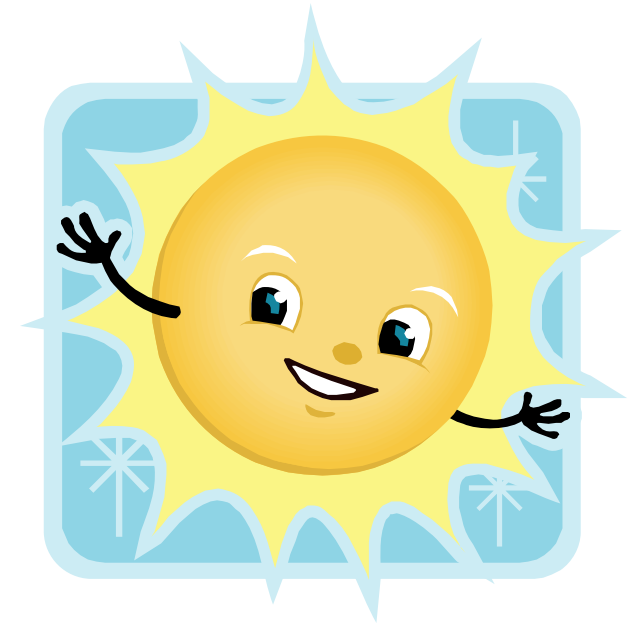
If you are still not a member, think about joining now. Receive discounts at all ORRC runs, receive the award winning Oregon Distance Runner 6 times a year, participate in training runs, and **VOLUNTEER!**

If you'd rather not participate as a runner or walker there are several opportunities to volunteer and it is a great way to get in on all the action. Interested in the possibilities? Give us a call at 503-266-1744.

Sign me up! I want to be an ORRC member. Enclosed is a separate check for \$30/individual, or \$40/family annual membership.

ORRC Summer Solstice
PO Box 2115
Gresham, OR 97030

ORRC Presents Summer Solstice Sundowner 2007



**On June 21, 2007
At 7:15pm**

Tel: 503-266-1744
Or
oldrunner@canby.com

Location

Take exit #10 off I-205. Go 3 miles south on HWY 213. Clackamas Community College, Randall Hall Gymnasium Parking Lot, Oregon City.

The Course

The course will include a 5k Run and Walk. They start together and follow the same course (mostly flat), a double loop around the campus. The course will consist of blacktop and bark dust trails.

There is a free $\frac{1}{4}$ mile children's run which will start 15 minutes before the start of the race.

Pre-Register and Save!

Pre-registration is by mail. Sign up early (before 6/18/07) and avoid day of race increased fees!

Awards

The awards ceremony will follow the race. Ribbons will be awarded six deep in standard 5-year age divisions through the most senior participant. Walkers will fall into the running age categories for awards.

Race Results

The race results will be available on the ORRC website at www.orrc.net and in the Oregon Distance Runner (ORRC members' magazine).

Register on-line at

www.signmeupsports.com

**Make checks payable to ORRC. Send completed registration form to:
Summer Solstice Sundowner 2007
PO Box 2115
Gresham, OR 97030**

Registration and Shirt Order Form

Day of Race all Events are \$17

\$10 ORRC Member & Pre-Registered

\$15 Non-ORRC Member & Pre-

Registered

\$17 Day of Race

1/4mi Kids Free Run

T-Shirts (Self Wicking) \$10

◇ S ◇ M ◇ L ◇ XL

Name: _____

Address: _____

Phone: _____

Gender: ____ Age on 6/21/07: _____

E-mail: _____

Release (Must be signed). I know that participating in a road race is potentially hazardous activity. I should not enter and participate 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, but not limited to: falls, contact with other participants, the effects of the 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 entitled to act on my behalf, waive and release the Oregon Road Runners Club, Road Runners Club of America, Clackamas Community College, 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 though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____

Signature of Parent or Guardian if under 18