

Events

- 4 Mile Run 8:00 am
- 4 Mile Fitness Walk 8:00 am
- 1K Tot Trot 9:30 am

Mile splits will be marked. Three noncompetitive events: a run, a walk and a trot just for kids. The Run and Walk start in front of the Forestry Center and finish in the Zoo's concert amphitheater. The Tot Trot starts and finishes in the Zoo amphitheater.

4 Mile Run/Walk

Run and walk events will traverse Southwest Portland hills on streets. A clock will be provided for self-timing at the finish.

1K Tot Trot

Getting youth age 11 and younger off on the right foot, a 1 kilometer (just over 1/2 mile) route tours the Zoo. Free long sleeved T-shirts to every pre-registered kid age 11 or younger (11/16 cutoff).



It's Easy to Register

- By mail if received by 11/16
- Online (until 11/21) at SignMeUpSports.com
- Special \$4 Early Registration discount off the Adult Rate if registered before 11/1. Save \$\$\$!

Early Packet Pickup

Cheatham Hall (Forestry Center)
Nov. 22 1pm - 7pm (avoid the crowd!).

Day of Event Registration

Cheatham Hall, 7:00 to 7:45 am,
Thanksgiving Morning.
Event is limited to the first 3,000 entries.

Day of Event Packet Pickup

Cheatham Hall (Forestry Center),
starting at 7:00 am. Runners and
walkers should be registered, have their
packets and be ready to start by 7:45 am.
Tot Trot: 9:15 am.

T-shirts Will Be Sold; "Tech" Shirts

Registration fee does not include a T-shirt (except for under-12 kids), so be sure to include your T-shirt purchase with your entry by 11/16. Also, a limited quantity (300) of ORRC Turkey Trot "tech" (microfiber) shirts may be purchased until 11/9.

Drop Bags

Provided at registration area to check extra clothing. Retrieve yours after the run/walk is over.

Water Stops

Water will be provided on the course for everyone.

Only paid registrants will be able to enter the zoo. Discounted admission is available for spectators after 8:00 am. One parent for each registered Tot Trot participant will receive a free admission coupon at registration.

ORRC Turkey Trot at the Zoo. Thanksgiving, November 23, 2006

Name: Last _____ first _____ for Zoo purposes M F <12 12-64 65+

Address _____

City _____ State _____ Zip _____ email _____

Phone _____

Release form (mandatory). 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 Oregon Zoo, Road Runners Club of America, Metro, City of Portland, West Coast Bank, and all participating sponsors and directors, volunteers, employees and agents of such parties for all claims of damages, demands, actions whatsoever in any manner arising or resulting from my participating in said event. I attest and verify that I have full knowledge of the risks involved in the event, that I assume those risks, that I will 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 in this event, and grant permission to use photographs and other records of me in the event for any legitimate purpose.

Signature of athlete or parent (if participant is under 18) _____

- Run Walk Tot Trot
- 4 Mile Run or Walk - Adult Rate* _____
- Youth Rate (age 11 & under) _____
- Family rate (Max. 2 Adult Rate and 3 Youth, immediate family - fill out & sign separate entry form for each participant) _____

DISCOUNTS & ADDITIONS: *Discount: Current ORRC Member, subtract \$4 from Adult Rate

T-Shirt Order: ADD \$10 for Long-sleeve Shirt \$20 for "tech" (microfiber) Long-sleeve Shirt

Adult Shirt: S M L XL XXL

Kids Shirt: S M L

Sign me up as an ORRC member (I'll qualify for race discount). Enclosed is an additional \$30 individual or \$40 family membership, good until December 2007, payable to ORRC.

Mail to: ORRC, PO Box 2115,
Gresham OR 97030

Pre-Registration (received by 11/16)	Day of Event
\$26	\$35
\$12	\$20
\$65	\$80

TOTAL AMOUNT ENCLOSED: \$ _____

Please make check payable to ORRC