

Limited Parking; Take the Max!

Oregon Zoo has limited parking. Ride **Tri-Met**. Call 503-238-RIDE for Max information. Earn \$5 in ORRC Bucks for riding Max to the event. (Good for apparel or ORRC race fees through 2008 Turkey Trot)

Restrictions

No pets, bikes, or rollerblades allowed. Strollers and child carrier backpacks allowed only in the 4 Mile. Walkers and runners share the same course.

More Info

503-667-0480

www.orrc.net

Leave a message and one of our volunteers will call you back.

Volunteers Needed

Phone 503-667-0480 or email orrc@orrc.net

If you can help out before, during or after the events, even if you're not sure how, give us a call and we'll find the perfect job for you. The Zoo animals and Turkey Trot thanks you!

Sponsors

A big "thank you!" to **WEST COAST BANK**, our prime corporate sponsor - **a great place to do your banking.**

Benefit: Approx. \$15,000 of entry fees go to benefit the Oregon Zoo. Some proceeds also go to ORRC, a 501(c)(3) not for profit organization.



WEST COAST BANK



P.O. Box 2115
Gresham, OR 97030



West Coast Bank / Oregon Road Runners Club

Turkey Trot

At the Zoo

A Benefit for the Oregon Zoo

Gobble up a good time at the Oregon Zoo on Thanksgiving Day!

Thursday, November 22, 2007 at the Oregon Zoo

Events

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

Visit us online at www.orrc.net

Non-Profit
U.S. Postage
PAID
Portland, Oregon
Permit No. 3790



West Coast Bank/ORRC Turkey Trot at the Zoo

4 Mile Run 8:00 am
4 Mile Fitness Walk 8:00 am
1/2 Mile 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.

1/2 mile Tot Trot

Getting youth age 11 and younger off on the right foot, a route tours the Zoo. Free long sleeved T-shirts to every pre-registered kid age 11 or younger (11/15 cutoff).

It's Easy to Register

- By mail if received by 11/15
- Online (until 11/18) 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. 21 1pm - 7pm (avoid the crowd!)

Day of Event Registration

Cheatham Hall, 7:00 to 7:45 am,

Thanksgiving Morning, November 22. 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 11/15.

Also, a limited quantity (300) of ORRC Turkey Trot "tech"(microfiber) shirts may be purchased until 11/8.

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.

West Coast Bank / ORRC Turkey Trot at the Zoo. Thanksgiving, November 22, 2007

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

Address _____ First _____ State _____ Zip _____ email _____

City _____ Phone _____

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

- Run Walk Tot Trot
- 4 Mile Run or Walk - Adult Rate* \$22 Pre-Registration (received by 11/15) Day of Event \$35
- Youth Rate (age 11 & under) \$8 \$12 \$20
- Family rate (Max. 2 Adult Rate and 3 Youth, immediate family - fill out & sign separate entry form for each participant) \$50 \$65 \$80

Sign me up as an ORRC member (ill qualify for race discount). Enclosed is an additional \$30 individual or \$40 family membership, good until December 2008, payable to ORRC.

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

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.

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

TOTAL AMOUNT ENCLOSED: \$ _____

Please make check payable to ORRC