

**Limited Parking; Take the Maxi!**

Oregon Zoo has limited parking. Ride **Tri-Met**. Call 503-238-RIDE for the Holiday schedule for MAX times. Earn \$5 in ORRC Bucks for riding Max to the event. (Good for apparel or ORRC race fees through 2010 Turkey Trot)

**Restrictions**

No pets, bikes, or rollerblades allowed. Strollers, Child carrier backpacks allowed only in the Third Wave (4 mi). 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 thank you!

**Sponsors**

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

**Benefit:** Approx. \$17,000 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/ORRC Turkey Trot at the Zoo**

8:00 am First Wave (4 mi) Run  
8:15 am Second Wave (4 mi) Walk  
8:30 am Third Wave (4 mi) All  
9:30 am Tot Trot (1/2 mi)

Mile splits will be marked. Three noncompetitive events: a run, a walk and a trot just for kids. The run/walk events 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.

**New 3 "Wave" Start**

A new "wave" start: Runners at 8:00 am, walkers at 8:15 am, all late starters and others at 8:30 am. Catch the "wave"!

**1/2 mile Tot Trot**

Getting youth age 11 and younger off on the right foot, a 1/2 mile route tours the Zoo. Free long sleeved T-shirts to every pre-registered kid age 11 or younger (11/17 cutoff).



**It's Easy to Register**

- By mail if received by 11/17
- Online (until 11/21) at SignMeUp.com/66396
- Special \$4 Early Registration discount off the Adult Rate if registered before 11/1. Save \$\$!



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 26, 2009 at the Oregon Zoo**

**Events**  
8:00 am First Wave (4 mi) Run  
8:15 am Second Wave (4 mi) Walk  
8:30 am Third Wave (4 mi) All  
9:30 am Tot Trot (1/2 mi)

Visit us online at [www.orrc.net](http://www.orrc.net)

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

**Early Packet Pickup**

Cheatham Hall (Forestry Center)  
Nov. 25 1pm - 7pm (avoid the crowd!).

**Day of Event Registration**

Cheatham Hall, 7:00 to 7:45 am,  
Thanksgiving Morning, November 26.  
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: Be ready by 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 11/17. Also, a limited quantity (300) of ORRC Turkey Trot "tech"(microfiber) shirts may be purchased until 11/17.

**Drop Bags**

Provided at Cheatham Hall 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 26, 2009**

Name: Last \_\_\_\_\_ First \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ email \_\_\_\_\_

M  F  <12  12-64  65+ for Zoo purposes. Age on Event Day.

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 2010, payable to ORRC. **Mail to: ORRC, PO Box 2115, Gresham OR 97030**

Registration	Pre-Registration (received by 11/17)	Late/Day of Event
Early Sign Up (before 11/1)	\$22	\$35
Run	\$8	\$20
Walk	\$8	\$20
Tot Trot	\$50	\$60
4 Mile Run or Walk - Adult Rate*	\$26	\$26
Youth Rate (age 11 & under)	\$12	\$12
Family rate (Max 2 Adult Rate and 3 Youth, immediate family. Mail sign request early form for each participant)	\$65	\$65

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

DISCOUNTS & ADDITIONS: \*Discount:  Current ORRC Member, subtract \$5 from Adult Rate  
 ESshirt: Add  \$12 for Long-sleeve Shirt  \$20 for "tech" (microfiber) long-sleeve Shirt  
 Adult Shirt:  S  M  L  XL  XXL  
 Kids Shirt:  XS  S  M  L

**TOTAL AMOUNT ENCLOSED: \$** \_\_\_\_\_

Please make check payable to ORRC