

The Oregon Road Runners Club  
presents the  
Vernonia Marathon  
and Half Marathon

The Event

The ORRC Vernonia Marathon and Half Marathon are on Sunday April 15, 2012. Runners start at 9:30 am. Walkers start at 8:30am. The marathon course closes at 3:30pm (7 hours), and the half marathon course closes at 12:30pm (4 hours). If marathoners are unable to reach the last aid station at Crossman Road (Mile 23) by 3pm they will be pulled from the course. The early start is ONLY for walkers and runners who need extra time.

The Course

Both races begin at Cedar Ridge Retreat Center in Vernonia, go around the lake, and proceed onto the Banks-Vernonia State Trail. The half finishes at Tophill Trailhead and the full finishes at Banks High School. Most of the course runs along the paved trail, through scenic woods on an abandoned railroad bed. The course is mostly flat, with a moderate uphill from miles 10 to 13. The trail crosses several roads, but is otherwise closed to traffic. Aid stations and porties every 2-3 miles and traffic control will be provided. For a map of the trail, go to [www.oregonstateparks.org/park\\_145.php](http://www.oregonstateparks.org/park_145.php). For a map of the course go to [www.usatf.org/routes/view.asp?rID=400381](http://www.usatf.org/routes/view.asp?rID=400381).

Buses

The race is point-to-point. Participants will park in Banks and be bussed to the start. The first bus leaves at 7am. The last bus from Banks to Vernonia will leave at 8:30am. If you miss the last bus you are responsible for getting yourself to the start. Half marathoners will finish near Tophill Trailhead and be bussed back to Banks. Drop bags will be provided. The last bus leaves Tophill at 1:00pm. There will be sweepers on the course to check for injuries and direct people to the nearest trailhead if

they are hurt or unable to finish in the time allowed. Transportation will be provided as needed.

Shirts

A limited edition long sleeve Dri-release T-shirt is available. Only pre-registered participants are guaranteed a shirt. Day of race entrants get shirts as quantities last. Register early to get yours!

Awards

Plaques to the overall male and female winners and top five finishers in each five year age group will be awarded. The walk is noncompetitive. Awards will not be mailed. All finishers will receive a medal. Hot soup, beverages, and a random prize raffle will be at Banks Junior High School after the race. The awards ceremonies will be at 12:30 and at 2:30pm. (Showers will be available for free.)

ORCA State Championship

These races are ORCA State Championship races. Additional awards will be given in the same 5 year age groups and to top male and female finishers in open, masters and super masters divisions.

Registration and Fees

Online registration is at [www.active.com](http://www.active.com) and closes 48 hours before the start of the race. Mail registration must be postmarked by April 8, 2012.

Make checks payable to ORRC and send to: ORRC Vernonia (Half) Marathon, PO Box 1035, Forest Grove, OR 97116.

MARATHON UNTIL 1-1-12: ORRC Member no shirt \$50. ORRC Member with shirt \$70. Non-ORRC member no shirt \$55. Non-ORRC member with shirt \$75. MARATHON AFTER 1-1-12: ORRC Member no shirt \$60. ORRC Member with shirt \$80. Non-ORRC member no shirt \$65. Non-ORRC member with shirt \$85. DAY OF RACE \$80 no shirt and

\$100 with shirt. HALF MARATHON: ORRC Member no shirt \$22. ORRC Member with shirt \$42. Non-ORRC member no shirt \$27. Non-ORRC member with shirt \$47. DAY OF RACE \$40 no shirt and \$60 with shirt.

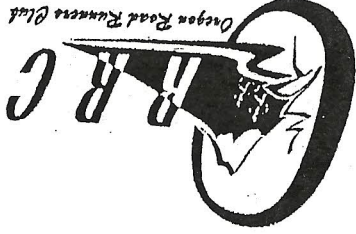
Fees go up for day of race registration. No ORRC Discount day of race. Day of Race registration starts at 7:30am. Register early and save! Registration is non-refundable and non-transferable.

Packet Pick-up

Packet pickup is available at Banks Junior High School on Saturday April 14th from 4 to 7pm, and on race day from 6:30am to 8:15am.

Volunteers

If you can help, please contact Mark Barrett (Race Director) at 503-821-9577 or [MBarretts@aol.com](mailto:MBarretts@aol.com).



SPORTS  
AUTHORITY

Oregon Road Runners Club



# Marathon

Sunday  
April 15, 2012  
9:30am  
Vernonia, Oregon  
RRCA State Championship

Accommodations  
There are several motels in Forest Grove, just 7 miles from Banks. In Vernonia, there is the Rock Creek Bed & Breakfast, 503-429-2503, and The Old Mill House, 503-429-0952.

### Directions and Parking

From Portland, take Hwy 26 west to Hwy 6 and the Banks exit. Turn right and go half a mile. There is ample parking at Banks High School and Elementary School, on city streets and at the Sunset Speedway across the street. DO NOT park in designated No Parking areas in the school lots. There is ample parking at Cedar Ridge. There is limited parking at the various trailheads and race vehicles will get priority.

### Results

Results will be published in the Oregon Distance Runner magazine and be posted at [www.ortc.net](http://www.ortc.net).

Join ORRC Now!

This event is open to all runners and walkers, but you can save money by joining the club. You save on entry fees (\$5 per event), plus get great benefits by joining ORRC. You will receive the Oregon Distance Runner magazine, get discounts at local running stores, and join others for training runs, and more. Enclose a separate check for \$30 (individual) or \$40 (family) membership. Join ORRC now and join a great organization.



### Vernonia Waiver

Waiver: I know that running, walking and volunteering are potentially hazardous activities. I should not participate in activities 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, without limitations, falls, contacts with other participants, the effects of weather, including high heat and/or humidity, cold, 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 enlisted to act on my behalf, waive and release the Oregon Road Runners Club, Washington County and its commissioners, employees and agents, the Bureau of Reclamation, the Department of the Interior, the Road Runners Club of America, the City of Vernonia, Columbia County, Cedar Ridge Retreat Center, the Oregon Parks and Recreation Department, the Oregon Department of Transportation, the City of Banks, the Banks School District 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, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to them to use photographs, motion pictures or other record of me in this event.

Signature: \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_  
Age (DOR) \_\_\_\_\_ M/F \_\_\_\_\_  
ORRC Member? Yes No  
Sign me up as an ORRC Member? Yes No  
T-Shirt: Yes No Size \_\_\_\_\_  
Circle: Marathon Half Marathon  
Amount Enclosed: \$ \_\_\_\_\_