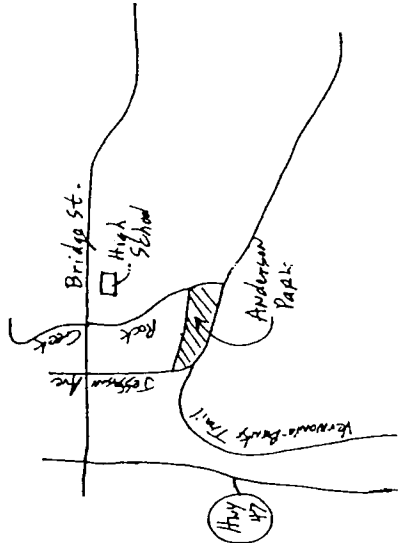


Oregon Road Runners Club

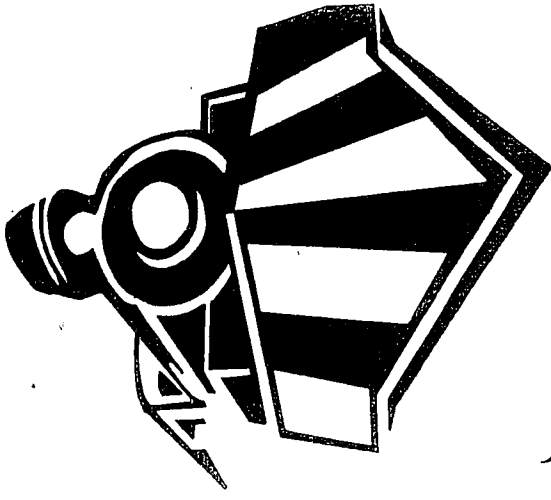


register online at  
**active.com**  
IT'S FAST AND EASY!



Oregon Road Runners Club

# ORRC Vernonia



# Half Marathon

Saturday

April 3, 2010

9:30am

Vernonia, Oregon

Walkers start at 8:30am

### Directions and Parking

From Portland, take Highway 26 west to the Highway 47 exit (just past Manning). Go north until you reach Vernonia. Turn right as Highway 47 turns into Bridge Street. Turn right on Jefferson Ave. Only official race vehicles will be allowed into Anderson Park. Participants and volunteers should park on city streets or at Vernonia High School.

### Volunteers

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

### Vernonia Cares

Vernonia Cares provides the hot soup and pies for the race. Their mission is to provide emergency groceries to households in and around Vernonia. Thanks for caring with us. Vernonia Cares currently assists over 450 people per month.

### 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.

The Oregon Road Runners Club  
presents the  
Vernonia Half Marathon

### The Event

The ORRC Vernonia Half Marathon is on April 3, 2010. Runners start at 9:30 am. Walkers start at 8:30am. The course closes at 12:30pm, so be sure you can finish in the time allowed.

### The Course

The race begins in Anderson Park in Vernonia, and proceeds onto the Banks-Vernonia State Trail. The course runs along the trail, mostly paved and some gravel, through scenic woods on an abandoned railroad bed, and finishes in LL Stub Stewart State Park. The trail is generally flat. The trail crosses several roads, but is otherwise closed to traffic. Aid stations 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 LL Stub Stewart State Park, go to [www.oregonstateparks.org/park\\_255.php](http://www.oregonstateparks.org/park_255.php).

The race is point-to-point, with busses returning finishers back to Anderson Park. Drop bags will be provided. The course closes at 12:30pm. The last bus leaves the finish area at 1:00pm.

### Results

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

### 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 the overall male and female masters winners. The top five finishers in each age group will earn ribbons. The walk is noncompetitive. Awards will not be mailed. **All finishers will receive a VHM medal.** Hot soup, beverages, and a random prize raffle will be at Anderson Park after the race. The Awards ceremony starts at noon.

### Registration

Pre-registration for ORRC members is \$22 with no shirt and \$42 with a shirt; for non-ORRC members the cost is \$27 with no shirt and \$47 with a shirt. Day of race registration is \$40 without a shirt and \$60 with a shirt. No ORRC Discount day of race. Registration starts at 8am day of race. Register early and save!

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 March 30, 2010.

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

Release: 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, the Vernonia School District, Columbia County, the Oregon Parks and Recreation Department, the Oregon Department of Transportation, 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.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Age (DOR) \_\_\_\_\_ M/F \_\_\_\_\_ T-Shirt size \_\_\_\_\_  
ORRC Member?  Yes  No  
 Sign me up as an ORRC member (\$30 individual/\$40 family)  
**ENTRY FEES BY 4-1-10**  
 \$22 ORRC without shirt  
 \$42 ORRC with shirt  
 \$27 non-ORRC without shirt  
 \$47 non-ORRC with shirt  
No ORRC Discount day of race

**ENTRY FEES DAY OF RACE:**  
 \$40 without shirt  
 \$60 with shirt

Signature (required) \_\_\_\_\_  
Date \_\_\_\_\_