

A Benefit for

Human Solutions, Inc

Through a consortium of churches, helping homeless families gain self-sufficiency by providing temporary, safe housing and support (**A portion of each entry fee goes to support this ministry**)

Snow-Cap Community Charities

Snow-Cap—providing food, clothing, and help for families in need in East Multnomah County given by churches, community groups, and dedicated individuals since 1967.

Bring new school supplies on race morning and get a **\$1 refund** (drop boxes at Start and Finish). Supplies donated to Snow-Cap Community Charities.

Too many run shirts? Leave them in the drop boxes at Start and Finish for donation to charity.

Wildwood Trail Trial 10K • September 4, 2006 • 8:30 to 11:30 am

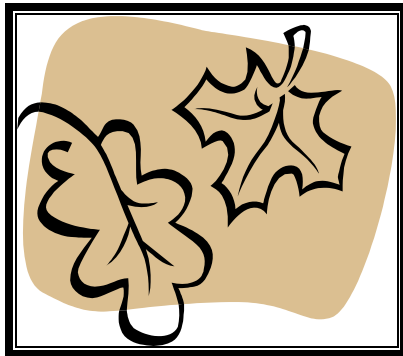


Last Great Summer 10K
17th Annual
Wildwood Trail Trial
Labor Day, Monday—September 4, 2006
8:30 am to 11:30 am



...an ORRC 10K series event on trails in beautiful Forest Park
...a benefit for Human Solutions, Inc. and Snow-Cap Community Charities

Walkers are welcome, but will not have separate award categories!



ORRC PRESENTS
The 17th Annual
Wildwood Trail Trial
September 4, 2006
8:30 to 11:30 am
A 10K Series Event on
the Wildwood Trail

Location

On Wildwood Trail in Forest Park, Portland

Registration

Mail (if received by 08/28) or signmeupsports.com

Draw String Sports Bag

While supplies last (Guaranteed to pre-registered, only)

Results

Mailed, posted at orrc.net, and published in Oregon Distance Runner

Parking

Upper Macleay Park, Fire Lane 1 or NW 53rd Drive. Shuttles, 8:00 to 11:30 am. Flag down the ORRC Run Van

More Explanation

Start at 1-minute intervals, 8:30 to 11:30 am, in heats of 4 or fewer. Start times assigned at start line, Fire Lane 1. 10 and 11 am starts are usually wide open. Run with your friends!

Course closes at 12:30 pm

Support

Rest rooms at start and finish. Water at start, mile 2, and finish. Clothing transported to finish.

Student Perk

High, Jr. high, middle, and elem. school runners entry fee only \$5 (no sports bag).

Benefits

Human Solutions, Inc. (A portion of each entry fee)

Snow-Cap Community Charities—Bring new school supplies and extra running shirts. Snow-Cap gets them and you get a \$1 discount

Driving directions

From Vancouver: south on I-5 to the Broadway Bridge. To finish: See A. To Start: See B

From Salem: north on I-5 to the Broadway Bridge. To finish: See A. To Start: See B

From Gresham: west on I-84 to I-5. North to the Broadway Bridge. To finish: See A. To Start: See B

From Beaverton: east on NW Cornell Rd. To finish: NW Cornell Rd to Upper Macleay Park. To start: NW Cornell Rd to NW Thompson Rd. Left on Thompson Rd to NW 53rd Drive. Right on NW 53rd Drive to Fire Lane 1.

⇒A.: West across the bridge to Lovejoy. Follow Lovejoy until it turns into NW Cornell Rd. Stay on NW Cornell Rd to Upper Macleay Park.

⇒B.: West across the bridge to Lovejoy. Follow Lovejoy until it turns into NW Cornell Rd. Stay on NW Cornell Rd to NW Thompson Rd. Right on Thompson Rd to NW 53rd Drive. Right on NW 53rd Drive to Fire Lane 1

Questions? – volunteer! Dick Bemrose, 503-667-0480 – bemrose@earthlink.net

8:30 to 11:30 am
Labor Day Monday
September 4, 2006

ORRC Wildwood Trail Trial 10K

€ 10K Run (\$20 by 08/28) € 10K Run (\$25 after 08/28) € Student (Elem., Middle, Jr Hi, HS—\$5 no bag)
ORRC members subtract \$5 entry fee discount, only if pre-registered. Everyone (except students) pays \$25 day of race.

- € ORRC Member
- € Volunteer for this event
- € No, but sign me up! I enclose \$25 individual or \$35 family member fee and qualify for early entry
- € Volunteer at other ORRC events.
- € Member discount

Name (print) _____ Phone _____ € M € F Age as of 09/04/06 _____

Street _____ City _____ State _____ Zip _____ E-Mail _____

Release: I understand that this event is held on a forest trail and that there are areas where footing is uneven and the trail is narrow. 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 the Oregon Road Runners Club, the State of Oregon, Oregon Department of Transportation, Oregon Parks and recreation Division, City of Portland, Portland Parks and Recreation, Human Solutions, Inc., Snow-Cap Community Charities, all participating sponsors and directors, volunteers, employees of such for all claims, demands, actions, or causes incident to my participation in this event. I attest and verify that I have full knowledge of the risks involved in this race, 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 and sufficiently trained to participate in this race.

MAIL TO (postmarked by 08/28) WTT
PO Box 2115
Gresham OR 97030
Date _____

Signature (parent, if under 18) _____

