

**The Oregon Road Runners Club
presents the Y2K9 Run/Walk**

The ORRC Y2K9 will be held on Sunday, January 4th, 2009 at 9:30am at Tom McCall School in Forest Grove, Oregon. The event includes a 20.09K run, a 10K run/walk, and a non-competitive 2 mile run/walk. All events start at 9:30am. All three races start and finish by the Tom McCall East school building, but parking is available at both the east and west buildings. The course follows city streets to rolling, scenic country roads, and finishes back at the school. There will be a pancake breakfast awaiting all finishers and volunteers!

Fleece Vest
A limited edition Y2K9 Timberline fleece vest is available. Only pre-registered participants are guaranteed a vest. Day of race entrants get them as quantities last. The vest is not included in the basic registration fee; you must specifically order one. **Register early to get yours!**

ORRC 10K Series
This is the first event of the 2009 ORRC 10K Series. Check out www.orrc.net for more details.

T-Shirt "Garage Sale"
We'll have shirts from past ORRC events on sale. We'll also have caps, shirts, red flashing lights and other ORRC gear.

Awards
Plaques to overall winners (open and masters) and ribbons three deep in all ORRC age categories for the 20.09K and 10K. No awards will be given for the 2 mile. Awards will not be mailed.

Race Results
Results will be published in the Oregon Distance Runner and posted at www.orrc.net.

Registration
Mail Registration must be postmarked by December 28, 2008.

Online Registration is at www.active.com and closes 48 hours before the race. Fees go up on race day. (Registration starts at 8am on race day.) Register early and save!

Volunteers Needed
Everyone gets to eat pancakes, especially the volunteers! If you can help, contact Mark Barrett (Race Director) at 503-821-9577 or MBarretts@aol.com.

ORRC Y2K9 Run Entry Form

RELEASE: I know that running, walking and volunteering at races 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 limitation, falls, contact with other participants, the effects of weather, including high heat and/or humidity, 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 called to act on my behalf, waive and release the Oregon Road Runners Club, Washington County Road Runners Club of America, its 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, and grant permission to them to use photographs, motion pictures, or other record of me in this event.

Name _____ Run _____
 Address _____ Walk _____
 City _____ Age _____
 State _____ Zip _____ Phone _____ Sex(M/F) _____
 Email _____ Jacket Size _____

Signature (Required) _____ Date _____
 Signature of Parent/Guardian (if participant is under 18) _____

<p>ORRC Member? Yes No Please sign me up as an ORRC member! Enclosed is \$30 individual \$40 family dues</p>	<p>ENTRY FEES by 1-2-09: \$15 ORRC (no vest) \$35 ORRC (with vest) \$20 non-ORRC (no vest) \$40 non-ORRC (with vest)</p>	<p>ENTRY FEES Day of Race \$25 without vest \$50 with vest No ORRC discount day of race</p>	<p>Make checks payable to ORRC and send to: ORRC Y2K9 PO Box 1035 Forest Grove, OR 97116</p>
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