



20.11 k run or 10k run/walk Y2K.XI ...or 2 mile run/walk

Oregon Road Runners Club

Sunday, January 2, 2011 9:30 a.m. In Forest Grove, Oregon

Go to www.orrcc.net or www.active.com to register online



ORRC REGISTRATION FORM

Y2K.XI – Celebrating 26 years...with a slightly new course each year!

Sunday, January 2, 2011

NAME(printed) _____

ADDRESS(printed) _____

Age _____ SEX: M F Phone: (_____)
(Day of race)

Email address: _____

Make checks payable to ORRC & send to:

ORRC P.O. Box 2115 Gresham, OR 97030

Questions? Contact Race Director, Barb Schimmel 503-359-4308 or

bschimmels@comcast.net

Early Registration Cost (by 12/24/10)*

Kids 12 & under run/walk for FREE

20.11 k	10k or 2 mile
\$20 ORRC	\$15 ORRC
\$25 nonORRC	\$20 nonORRC

*Long Sleeve Technical Shirt: add \$20

DAY OF RACE FEES – add \$10 for all runners and walkers

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 enlisted to act on my behalf, waive and release Oregon Road Runners Club, Washington County, & all sponsors, and their respective directors, officers and successors, Road Runners Club of America, 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.

Signature: _____ Date: _____

Parent's signature if under 18 yrs. of age. _____ Date: _____

(Please circle all that apply to your entry!)

Runner Walker 20.11K 10K 2 mile
Shirt Size : S M L XL

Cost is \$20 for ORRC long-sleeve technical shirt

We look forward to seeing you and your family on Sunday, January 2nd to kick off the new year!

**Oregon Road Runners Club presents
Y2K 2011**

The ORRC Y2K.XI will be held on Sunday, January 2, 2011 at Tom McCall School in Forest Grove, Oregon. The event includes a 20.1k run, a 10k run/walk, and a non-competitive 2 mile run/walk. All events start at 9:30a.m. 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 loops back to the finish line at the school.

Pancake Breakfast at the Finish!

Sure, it happens on one of the coldest days of the year...but you get to hang out INSIDE before and after the race. After kicking off your new year with a beautiful run, enjoy a pancake breakfast inside...courtesy of the Hagg Lake Harriers.

ORRC 2011 10k Series

This is the first event of the 2011 ORRC 10k Series. Check out www.orrc.net for more details.

This event is sponsored by the Oregon Road Runners Club, a non-profit corporation, which has been recognized by the IRS as a Section 501(c)(3), promoting running, walking, and related activities for health, fitness and fun. All interested runners and walkers are invited to join.

Not sure if you can do it? Here's a sample 10 K training plan

Week	Mon	Tue	Wed	Thu	Fri		
1 (Nov.)	stretch/lift*	2.5 mile run	30 min cross-train (X)	2 m run+ lift*	Rest	40 min cross-train (X)	3 mile run
2	stretch/lift*	2.5 mile run	30 min X	2 m run+ lift	Rest	40 min X	3.5 m run
3	stretch/lift*	2.5 mile run	30 min X	2 m run+ lift	Rest	50 min X	4 m run
4	stretch/lift*	3 mile run	30 min X	2 m run+ lift	Rest	50 min X	4 m run
5	stretch/lift*	3 mile run	40 min X	2 m run+ lift	Rest	60 min X	4.5 m run
6	stretch/lift*	3 mile run	40 min X	2 m run+ lift	Rest	60 min X	5 m run
7	stretch/lift*	3 mile run	45 min X	2 m run+ lift	Rest	60 min X	5.5 m run
8	stretch/lift*	3 mile run	30 min X	2 m run+ lift	Rest	Rest	You are READY for Y2K 10k!

REGISTRATION

The quickest way to pre-register is on-line. Register **online** through December 30, 2010 by going to www.orrc.net or www.active.com. To register by mail make checks payable to ORRC & send by December 24 to:

ORRC
P.O. Box 2115
Gresham, OR 97030

Cost is \$10 more when you register at the event. Register early and save \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

DIRECTIONS

Take TV Highway westbound to Forest Grove. Drive west through town past Pacific University and the downtown area. Tom McCall Upper Elementary (1341 Pacific Avenue) is at the intersection of Pacific Avenue and Hwy 8 on the west end of Forest Grove. Carpooling is always a great idea!

Join ORRC NOW!!!

The Y2K events are open to all interested runners and walkers, but you can save money on your entry fee by joining the Oregon Road Runners Club. If you want to join ORRC, enclose a separate check for Annual Dues-\$30 individual, or \$40 family membership, good for 12 months. As an ORRC member, you will receive the **Oregon Distance Runner**, discounts at local running stores, regular mailings, discounts at ORRC races – and join with those who like to run & walk.