38th Annual

ORRC DUAL DUEL
Wednesday, August 5, 2009

10 Mile, 2 Person Track Relay
10 Mile, 2 Person Racewalk
10k– Solo Track Run
¼ mile – Free – Children's Run

Cartlin Gabel School
Portland, Oregon

6:20 Children's Run
6:30 Dual Duel 10-Mile Relay
6:30 10k Solo Track Run

http://www.orrc.net
http://www.signmeup.com/65783

ORRC DUAL DUEL
Team Relay and 10k Solo Run
Daniel Brewer, Director

Events:
Kids Run (Free) - 10 years or younger.
10 Mile, two person relay – 20 laps or 5 miles each – (1/4 mile alternating legs)
10k Solo Track Run (25 laps)
10 Mile Open Racewalk – Team Relay Format—This event will be judged.

When:
Wednesday, August 5, 2009 – Event times:

5:00	Registration Begins
6:20	Children's Run — 400 meters
6:30	Dual Duel Team Relay—All Events
6:30	10k Solo Track Run

Where:
Catlin Gabel School
8825 SW Barnes Road
Portland, Oregon 97225

Awards:
Team Relay. Combined age of both partners in each race. 5 places deep in each division. Running Divisions are: under 35, 36-50, 51-65, 66-75, 76-85, 86-95, 96-105, 106-115 and 115 and over.
Racewalkers: Dual Duel Only—Open Male, Open Female, Open Mixed.
Individual 10k. Ribbons 3 places deep in the standard 5 year groups from 19 & under to 70 & over.

There are NO overall awards for ANY event.

Lap Counters:
All Teams and Individual runners must supply their own lap counters.

Race Fees:

Pre-Registered ORRC Member	$ 5	ea.
Pre-Registered Non-ORRC	$ 15	ea.
Day-of-Race Everyone	$ 20	ea.

There is no T-shirt for this event.

Questions:
Call ORRC at (503) 646-RUNR / orrc@orrc.net
E-mail the race director at dsbrewers@yahoo.com
http://www.signmeup.com/61316
Check out the web site at www.orrc.net

Registration Form – Please Write Legibly

Race # _____

Release Form (mandatory). 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 any of the Oregon Road Runners Club, Catlin Gabel School, all participating sponsors and directors, volunteers, employees and agents of such parties for all claims of damages, demands, actions whatsoever in any manner arising or resulting from my participating in said race. I attest and verify that I have full knowledge of the risks involved in the race, that I assume those risks, that I wil assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, and that I am physically fit and sufficiently trained to participate in this event.

Name _____ AGE _____ Gender: Male _____ Female _____
Signature _____ ORRC Member _____
Address _____ Daytime Phone _____
City _____ State _____ Zip _____
Event : Relay: Male _____ Female _____ Mixed _____ Racewalk _____ // Individual 10 K _____
E-mail Address (if applicable) _____
Check Fees [ ] $10.00 each ORRC member. [ ] $15.00 each non-member. [ ] $20.00 each day-of race (everyone).
Partner _____ AGE _____ Gender: Male _____ Female _____
Signature _____ ORRC Member _____
E-mail Address (if applicable) _____
Check Fees [ ] $ 5.00 each ORRC member. [ ] $ 15.00 each non-member. [ ] $ 20.00 each day-of race (everyone).
Please Sign me up as an ORRC member. Enclosed is: [ ] $30 individual or [ ] $40 Family

Please complete and mail to: ORRC DUAL DUEL, 15954 NW Ridgetop Ln - Beaverton, OR—97006—Total $ _____