

#### Packet Pick-up

Early packet pickup is available at Banks Junior High School (12850 NW Main Street, Banks OR 97006) on Saturday April 9th is from 3pm to 6pm. Race day pickup and day of race registration are from 6:00am to 8:00am at BJHS. Unclaimed bibs will be brought to Cedar Ridge or Stub Stewart as appropriate.

#### Headphones/Strollers/Dogs/Age Limit/Bikes

The use of personal music devices is strongly discouraged at this race. To enjoy all that our race has to offer and for the safety of all participants, ORRC encourages a headphone-free environment. Strollers, baby joggers or similar devices are permitted, but should start in the back of the pack. Dogs are not permitted. We discourage anyone younger than 15 to run in this event. The trail is open to other runners, walkers and bicyclists, so please be mindful of others on the trail to ensure a safe and enjoyable race for everyone.

#### Where to Stay

Vernonia has several Bed & Breakfasts. Banks has no motels. Forest Grove, just seven miles from Banks, has several motels and B&Bs. Hillsboro, just ten miles from Banks, also has several motels. You can Google this information, or contact the race director and he will send you a list.

#### Where to Cheer

Friends and family who want to cheer their runner/walker can access the course at the trailheads. Download a map of the Banks-Vernonia State Trail for details. There is limited parking at Cedar Ridge (marathon start) and Stub Stewart (the half marathon start). There are bleachers and limited parking at the Banks HS track (where both races finish).

#### Volunteers

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

## Oregon Road Runners Club



# Vernonia Marathon Half Marathon

Sunday  
April 10, 2016  
Vernonia to Banks  
Oregon

**Waiver:** 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, Columbia County, Cedar Ridge Retreat Center, the Oregon Parks and Recreation Department, the Oregon Department of Transportation, the City of Banks, the Banks School District 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.

Vernonia Waiver

Signature: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Age (DOR) \_\_\_\_\_ M/F \_\_\_\_\_

Event: Marathon \_\_\_\_\_ Half Marathon \_\_\_\_\_

Fleece Jacket: Yes No

Unisex Size \_\_\_\_\_

ORRC Member? Yes No

Sign me up as an ORRC Member? Yes No  
(Attach a separate check for \$30/\$40)

Amount Enclosed: \$ \_\_\_\_\_



## **The Oregon Road Runners Club presents**

### **ORRC Vernonia Marathon and Half Marathon**

**Sunday, April 10, 2016**

#### **The Event**

The ORRC Vernonia Marathon and Half Marathon are on Sunday April 10, 2016. Marathoners (runners and walkers) start at 8:00 am. Half marathoners (runners and walkers) start at 9:00am. The course closes at 3:00pm (7 hours).

#### **The Marathon Course**

The marathon starts at Cedar Ridge Retreat Center in Vernonia, goes around the lake, and proceeds onto the Banks-Vernonia State Trail, and finishes at Banks High School on the track. Most of the course runs along the paved trail, through scenic woods on an abandoned railroad bed. The course is mostly flat, with a gradual uphill from Miles 9 to 13 and downhill from Mile 14 to 21, where it is flat to the finish. The trail crosses several roads, but is otherwise closed to traffic; traffic control will be provided. Aid stations and potties at Miles 2, 4, 7, 10, 12, 13, 15.5, 19, 21.5, 23, 25. There will be water, Gatorade, Gu, plus sweet and salty snacks at each aid station. If marathoners are unable to reach the aid station at Crossman Road (Mile 23) by 2:30pm they will be pulled from the course.

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 the course go to

[www.usatf.org/routes/view.asp?rID=494882](http://www.usatf.org/routes/view.asp?rID=494882).

This course is USATF certified, and is a Boston qualifier.

#### **The Half Marathon Course**

The half marathon starts inside Stub Stewart State Park at Hilltop and joins the Banks-Vernonia State Trail at Mile 2, and finishes at Banks High School on the track. Most of the course runs along the paved trail, through scenic woods/fields on an abandoned railroad bed. The course is uphill for the first mile,

gradual downhill until mile 7 and flat to the finish. The trail crosses several roads, but is otherwise closed to traffic; traffic control will be provided. Aid stations and potties at Miles 2, 5.5, 8, 10.5, 12. There will be water, Gatorade, Gu, and sweet and salty snacks at each aid station.

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 the course go to

<http://www.mapmyrun.com/routes/view/486138268>

#### **Registration and Fees**

Online registration is at [www.runsignup.com](http://www.runsignup.com) and closes 48 hours before the start of the race. Mail-in registration must be post-marked by April 5, 2016.

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

MARATHON FEES UNTIL 12-31-15: ORRC

Member \$55, Non-ORRC Member \$60.

MARATHON FEES AFTER 1-1-16: ORRC Member \$60, Non-ORRC Member \$65.

MARATHON FEE DAY OF RACE: \$80

HALF MARATHON FEES: ORRC Member \$35,

Non-ORRC Member \$40.

HALF MARATHON FEE DAY OF RACE: \$50.

FLEECE JACKET is \$20 extra (not included in registration fee)

No ORRC discount day of race. Day of Race

Registration starts at 6:00am. Registration is non-refundable. Register early to save money!

#### **Fleece Jacket**

A limited edition long sleeve poly fleece jacket is available. Only pre-registered participants are guaranteed a jacket. Day of race entrants get jackets as quantities last. Register early to get yours!

#### **Buses and Parking**

The race is point-to-point. Most participants will park in Banks and be bussed to their respective starts. Park at Banks Middle School, at Sunset

Speedway Park, at Banks Elementary, or on city streets. The first bus for the marathon leaves Banks MS/HS at 6:15am and the last bus to Vernonia (the marathon start) leaves at 7:00am. The first bus for the half marathon leaves at 7:00am and the last bus to Stub Stewart (the half start) leaves at 8:00am. If you miss the last bus you are responsible for getting yourself to the start. Parking at the start areas is permitted, but limited. You may have someone drop you at the start, but you need to either pick up your bib/chip in Banks, or at the start line just before the starting time.

#### **Drop Bags**

Drop bags will be provided at the start areas and brought to the finish line. Lost and found items will be brought to BMS. There will be sweepers on the course to check for injuries and direct people to the nearest trailhead if they are hurt or unable to finish in the time allowed. Transportation will be provided as needed.

#### **Awards and Post Race Refreshments**

Plaques to the overall male and female winners and the overall male and female masters winners. The top five finishers in each five year age group will earn ribbons. The walk is noncompetitive. Awards will not be mailed. All finishers will receive a medal. Hot soup, beverages, and snacks will be at Banks Middle School cafeteria after the race. The awards ceremonies and random prize raffles (running gear and pies) will be at 12:30 and at 2:30pm. Showers will be available for free. Bring your own towel.

#### **RRCA State Championships**

The marathon and half marathon are the 2015 RRCA State Championships for Oregon. RRCA awards will be given to top male and female finishers in open, masters, grandmasters, and super masters divisions.

#### **Results/Timing**

This race is chip timed. Be sure to cross the mats at the start and the finish. Results will be available online and in the Oregon Distance Runner magazine.