



## RUN FOR YOURSELF

We simply define a runner and walker as a person who loves to experience life. And we invite you to join the runners and walkers in the Oregon Road Runners Club (ORRC) events. We run for good health. We run for good company. And we run for good causes.

Every year, ORRC hosts 15 running events throughout the Portland metro area.

Whether you join us along the scenic shores of Hagg Lake, or maybe the tree-lined highlands around the Oregon Zoo, ORRC events take you to inspiring places. And while inviting locations anchor successful events, you'll make friendships that last far longer than your favorite race event.

## RUN TO HELP OTHERS

Oregon Road Runners Club has a legacy of helping causes that go beyond the finish line. A nonprofit run by volunteers, ORRC is devoted to giving back to our local community—more than \$25,000 annually to various worthy causes, such as supporting local school running programs.

Join us and run to enrich your life, and theirs.



## VOLUNTEERING IS GOOD FOR YOU. AND EVERYONE ELSE.

Every ORRC race presents plenty of opportunities for you to volunteer. Assist with organizing events, volunteer at the races themselves and be rewarded with a free race entry in return. Or simply help us with something that extends far beyond any race—getting your family and others excited about a lifetime of healthy activity.



Please visit [ORRC.net](http://ORRC.net) for a complete schedule with race times and dates, as well as an ORRC application to join and share in many valuable membership benefits!

## OREGON ROAD RUNNERS CLUB

# MAKE A DATE WITH 15 METRO AREA RACE EVENTS

*Each one worth planning for*



ORRC.NET



# POPULAR RACES IN AMAZING PLACES



## Y2K 10K AND HALF MARATHON • JANUARY

Tom McCall Upper Elementary School, Forest Grove, OR

Kick off your New Year with a 10K or half marathon in pastoral Washington County. The routes traverse rolling hills and rural roads, with the Coast Range forming a distant backdrop. Afterward, enjoy an indoor pancake breakfast with friends and family.

## HAGG LAKE MUD 50K AND 25K RUNS • FEBRUARY

Hagg Lake, Gaston, OR

It's time to get muddy! Warrior-on at one of the most popular ultras in the Northwest, featured in Runner's World Trail Edition as one of the top Oregon trail races. This course gives runners a chance to run the trails around stunning Hagg Lake.

## CHAMPOEG 10K, 30K AND HALF MARATHON • MARCH

Champoeg State Park, St Paul, OR

Experience a unique combination of history, nature, and recreation. Check ORRC website for Champoeg Park course thru forests, fields, and wetlands.

## VERNONIA HALF MARATHON AND MARATHON • APRIL

Banks High School, Banks, OR

Imagine running a beautiful, tree-lined course along the 21-mile Banks-Vernonia State Trail. Both events feature a gentle 7-mile, 400-foot downhill into Banks. Hot soup and treats awaits all attendees. This Boston Marathon qualifier course, USATF certified, is point-to-point, with 23 miles closed to vehicular traffic.

## HAGG LAKE 5K, 10K, AND 10.5 MILE • MAY

Hagg Lake, Gaston, OR

This popular recreational haven boasts big water and big vistas. Hagg Lake Park plays host to three events, all featuring gentle hills and natural beauty. The 10.5-mile run equals one full loop around Hagg Lake. Both the 5k and 10k are out and back experiences.

## UP THE LAZY RIVER 10K • MEMORIAL DAY – MAY

Mary Young Park, West Linn, OR

Make your Memorial Day memorable by running the undulating hills of picturesque West Linn. This course has a downhill finish in the canopied forest and recreational fields of Mary Young Park. Hear that? It's the lazy Willamette River meandering nearby.

## SUMMER SOLSTICE SUNDOWNER AT THE OREGON ZOO • JUNE

Inside the Oregon Zoo, Portland, OR

Now you have a perfect way to jump into summer—the Summer Solstice Sundowner. Beat the sun to the finish line as we celebrate the long day of the year as all the zoo animals call it a day. This course winds throughout the zoo with start/finish at the amphitheater. This family event also hosts a kid's run.

## JULY 4TH 5K • JULY

Mentor Graphics Campus, Wilsonville, OR

For over a decade, we've hosted a run free to ORRC members on the 4th. Make this a family tradition and a great way to kick off your holiday picnic or barbeque. Includes ¼ mile Kids' Run.

## ORRC DUAL DUEL 10K & 1 MILE SOLO, 10 MILE RELAY • AUGUST

Catlin Gabel School, Portland, OR

Running and walking in circles doesn't always mean finishing where you started. This afternoon/evening event features a two-person 10 mile relay and solo 10K and 1 Mile events as well as a Kids' Run on a beautiful 400M track overlooking the Willamette Valley and coastal mountains.

## GARLIC FESTIVAL 5K, 10K AND HALF MARATHON • AUGUST

Jessie Mays Community Center, North Plains, OR

Run into stinky fun for the whole family. The annual Garlic Festival has a parade, live music, and garlic-themed food and craft vendors to explore following our 5K, 10K and half marathon events. Experience the rural beauty of North Plains as you run on quiet farm roads.

## GREENWAY TRAIL TRIAL 10K • LABOR DAY – SEPTEMBER

Greenway School, Beaverton, OR

Enjoy summer's last holiday on Washington County's Fanno Creek Trail. This is a 10K out and back course thru scenic natural areas and wetlands popular among runners, walkers, hawks and herons.

## BEST DAM RUN 10K • SEPTEMBER

Broadway Street, Estacada, OR

This all-paved course follows a gentle stretch of the Clackamas River featuring pristine views of the river, shading forests, interesting geology and the occasional bald eagle or osprey keeping an eye on things. Most of the point-to-point course is closed to vehicles.

## BLUE LAKE RUNS 5K AND HALF MARATHON • OCTOBER

Blue Lake Regional Park, Fairview, OR

Popular with runners and walkers of all fashion: fast, slow and everywhere in between. This scenic course starts and finishes in Blue Lake Park, offers views of the Columbia River, with a hot dog picnic afterwards. Includes a ½ mile Kids' Run, making this another great family event.

## AUTUMN LEAVES 50K, 50 MILE • OCTOBER

Champoeg State Park, St. Paul, OR

Recreational and competitive ultra-marathoners from all over the West enjoy this unique running experience. Red and yellow maples dominate the fall colors along the Willamette River course. Neighboring Champoeg Park campsites (including Yurts) are popular with runners pre- and post-race. Runners are fed well during this endurance event.

## TURKEY TROT AT THE ZOO • THANKSGIVING DAY – NOVEMBER

Forestry Center's Cheatham Hall, Portland, OR

The most popular ORRC race, the Turkey Trot at the Zoo is a multi-generational family event. Runners and walkers of all abilities love the 4-mile, untimed outing between the Oregon Zoo and the International Rose Gardens. Participants finish inside the zoo, much to the delight of two-legged and four-legged mammals alike. Also features a kid's Tot Trot. Costumes encouraged. It's a baby jogger friendly event.

