



McDonald Forest Cross Country 5k & 15k

October 25th, 2009 @ 10:00 am
Check-in: 8:00 – 9:30 am



Place

Forestry Club Cabin, Peavy Arboretum (approx. 6 miles north of Corvallis, OR off Highway 99 North)

Course

Single track trails and logging roads in OSU's McDonald Forest. This challenging course will have 1,450 ft. of elevation gain (for the 15k) with scenic views of the Cascades and Soap Creek Valley on a sunny day, otherwise plenty of mud!
Two Aid Stations during the run at the Forestry Cabin and the Cap House. Refreshments will be available at the finish.

Entry

\$33 with high performance shirt and **\$20 w/o shirt** until **October 18th, 2009**

No Refunds

\$25 w/o shirt on race day

Make Checks Payable to: McDonald Forest Run

Entries can be dropped off at Five Star Sports, 2nd & Madison Sts., downtown Corvallis or mailed to:
870 NW Carpathian Dr., Corvallis, Oregon, 97330

Race is limited to 350 entrants.

Parking is limited (carpooling is appreciated). Allow yourself plenty of time to get to the starting line.

Race packets will be available at Five Star Sports on October 24th from noon – 4pm or during check-in on race day.

Awards

Awards are given to the first female and male overall, the first female & male master (40+) overall & all ten age group winners with one award per winner.

Final results will be available on the web.

Thank you to our Sponsors!





Web Site:

<http://www.mac.oregontrailseries.org>

Contact

Marc LeRoux
Race Director
roo37@hotmail.com
541-760-0415

Course Records (15k)

Overall Male:

Paul Low, 52:47 (1999)

Overall Female:

Penny McDermott, 1:00:59 (2007)

Male Master:

John Stolz, 59:34 (1999)

Female Master:

Meghan Arbogast, 1:03:45 (2001)

Are you entering the 5k or the 15k? (circle one)

Name: _____ Age: _____ Sex: M F

Address: _____

City: _____ State: _____ Zip: _____

Phone: Home () _____ Email: _____

Mens T-Shirt Size					
XS	S	M	L	XL	XXL

In consideration of acceptance of my entry in this race: I hereby agree to comply with the rules, conditions, and regulations of the event and instructions of the race director. I am aware that a cross country run is difficult and hazardous for even well conditioned athletes under the most favorable conditions. I hereby attest and certify that I am physically fit and sufficiently trained for this race and that my condition has been tested by running long distances. I hereby for myself, my heirs, executors and administrators, waive, release and discharge the race, its director, its volunteers, sponsors, the Timberhill Harriers and Oregon State University from any and all claims and/or liability for any damage, for any and all injuries to me or my property, or for liability for damage caused by me or anyone else arising from my participation in this event and related activities. I will assume and pay for my medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses.

Signature: _____ Date: _____

(or parent if under 18 years old)