

DISTANCES AND COURSE:

5k (3.11 miles) and 10k (6.2 miles)

This scenic out-and-back course will begin and end in Historic Oaks Park on the Willamette River, then wind along the Willamette Greenway before turning around and heading back into Oaks Park.

Runners will not need to decide on their distance until reaching the 1.5 mile of the event.

ENTRY FEES:

Pre-Registration ends Monday 4/25

Pre-Registered Entries \$ 20

ORRC Members \$ 15

All Entries – After April 25 \$ 25

Kids Run — under 12 years \$ 10

(T-shirts Not Guaranteed for Day-of-Race Entries)

RESULTS:

Results for both races will be posted on the ARRO (arroautism.org) and the Sean's Run (www.seansrun.org) websites.

They will also be e-mailed to any participants that leave an e-mail address.

AWARDS:

Ribbons will be awarded 3 places deep in ORRC 5-year age groups.

Awards ceremony will take place at approximately 11:30 a.m.

QUESTIONS and VOLUNTEERS:

To volunteer, or for questions, please call 503-284-0350 or email Kathy at:

kathyh@arroautism.org

or Daniel at: dsbrewer@gmail.com

Come to Oaks Park and Run, Walk, or Sit and Talk.

Or, sign up to sponsor Sean!

SEAN'S RUN FROM AUTISM
WWW.SEANSRUN.ORG



**5k & 10k Run &
5k Walk**
benefitting



Join Sean in his Run From Autism!

WHEN:

Saturday, April 30, 2011

Registration opens 9 a.m.

All events - 10:00 AM

Where:

Oaks Park

7805 SE Oaks Park Way

East End of the

Sellwood Bridge

For more information go to:

www.seansrun.org

Race Director: Kathy Henley

Phone : 503-284-0350 or

Email: kathyh@arroautism.org

Daniel Brewer (Logistics)

dsbrewer@gmail.com

Sign up online at:

<http://www.arroautism.org>

REGISTRATION FORM – please write legibly

First Name _____

Last Name _____

Address _____

City _____

State /Zip _____ / _____

Daytime Phone _____

Age _____

Gender M F

E-mail _____

(Cut Along Line)

(Cut Along Line)

REGISTRATION: (circle fees)

Pre-Registration – (Before 04/25/11) \$ 20

ORRC Members \$ 15

Day-of-Race - all entries \$ 25

Kids Run— under 12 \$ 10

Adult T-Shirt Size (circle)

S M L XL XXL

AMOUNT ENCLOSED \$ _____

Some children's t-shirts available.

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, The City of Portland, Oaks Park, Autism Research and Resources of Oregon, the Autism Society of Oregon, and the Autism Parents Network, 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 in 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 will assume and pay my own medical and emergency expenses in the event of an accident, illness or other capacity, and that I am physically fit and sufficiently trained to participate in this race.

Signature of Athlete

Signature of Parent / legal guardian if under 18

MAIL DIRECTLY TO:

Sean's Run from Autism

c/o ARRO

4715 NE 13th Ave.

Portland, OR 97211