

# 24<sup>th</sup> Annual McDonald Forest Cross Country 5k & 15k

November 10, 2019 @ 10:00 am

Check-in: 8:00 – 9:30 am

## Location

Start/Finish at the Forestry Club Cabin at Peavy Arboretum  
(8692 Peavy Arboretum Road, Corvallis, Oregon)

## Course

Single track trails and logging roads in OSU's McDonald Forest. This challenging course has 1,450 ft. of elevation gain (for the 15k) with scenic views on a sunny day, otherwise plenty of mud!

Two Aid Stations located at the Forestry Cabin and the Cap House. Refreshments will be available at the finish.

## All proceeds benefit

**Corvallis and Philomath High School X-Country Running teams.**

## Web Site

<http://www.eclecticedgeracing.com>

## Contact

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

## Entry

**Fee until November 1<sup>st</sup>: \$40 with shirt; \$30 w/o shirt**

**Fee after November 1<sup>st</sup>: \$35 w/o shirt**

No Refunds.

Make Checks Payable to: McDonald Forest Run

Entries can be dropped off at **Five Star Sports** (219 SW Madison St.), dropped off or mailed to **Pegasus Games** (155 NW 4<sup>th</sup> St., Corvallis, Oregon, 97330), or online at **www.eclecticedgeracing.com**

**Race is limited to 350 entrants.**

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

Bibs & Shirts will be available at Five Star Sports on November 9<sup>th</sup> 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 only one award per winner.

Final results will be available online.

## Thank you to our Sponsors!



## 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)

## Course Records (5k)

### Overall Male:

Juan Martinez, 20:02 (2014)

### Overall Female:

Ava Betts, 23:12 (2018)

### Male Master:

Toby Smith, 20:40 (2016)

### Female Master:

Kelly Anderson, 20:35 (2016)

**Select Event (circle one):    5k       15k**

## 2019 Shirt Choices (Only One Per Runner)

*Remember, shirt ordering deadline is November 1, 2019*

*If your entry is postmarked after the deadline, you are not guaranteed a shirt*

Short Sleeve Tech Tee       Adult Men's size XS   S   M   L   XL

Short Sleeve Cotton Tee     Adult Men's size XS   S   M   L   XL

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F Phone: (    ) \_\_\_\_\_

Address: \_\_\_\_\_

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

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)