

22nd Annual McDonald Forest Cross Country 5k & 15k

October 29, 2017 @ 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 and Nordic Ski teams.

Web Site

<http://www.eclecticedgeracing.com>

Contact

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

Entry

\$40 with shirt; \$30 w/o shirt
\$35 w/o shirt on race day

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 4th 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 October 28th 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 on the web.

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:

Joe Dudman, 21:00 (2008)

Overall Female:

Kate MacTavish, 23:52 (2013)

Male Master:

Joe Dudman, 21:00 (2008)

Female Master:

Connie Graham, 28:45:53 (2008)

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

2017 Shirt Choices (Only One Per Runner)

Remember, shirt ordering deadline is October 14, 2017

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)