

PARKING / HOW TO GET THERE:

This event takes place in Mt. Tabor park at picnic area A. This is located near the amphitheater / basketball courts. The best access is via SE 60th and Salmon St. or SE 69th and Yamhill. There is very limited access into the park and very limited parking close to the race area.

We implore you to take public transportation, bike, or carpool to our events! Please go to trimet.org to find out the best public transportation routes. You can go to our website for bike maps and to find carpool info. If you must drive, please be courteous to the neighbors and try to keep noise down and the neighborhood clean.

COURSE DESCRIPTION:

Don't let the word challenge in the title of this race scare you. These courses are really not all that bad! In fact, the 5k is really flat with a lot of downhill. Check out our website for maps of both distances and links to maps with elevation charts.

CLOTHING CHECK AT THE EVENT:

We offer a clothing check / bike valet for this event. We now use reusable, organic cotton bags for you to place your belongings in. We re-use these bags for other events so please help us keep costs down and return all bags after you use them. To protect your belongings, only the person wearing the bib that matches will be allowed to retrieve the belongings in the bag or the bike.

DOGS / PETS IN THE EVENT:

Your well behaved and leashed doggies are allowed in this event.

JOGGING STROLLERS IN THE EVENT:

Jogging strollers are permitted in this event. However, we ask that you respect the other participants and please start toward the back.

IPODS / MP3 PLAYERS / WALKMANS:

All of our events are music player friendly. However, please be aware that you still need to be conscious of your surroundings which include your fellow participants, emergency vehicles, and the random vehicle that may be on the course.

PURCHASING A PHOTO:

Penrose Photography are the photographers for this event. It usually takes them around 5 days to process the photos. Their website is www.finishshots.com and the contact email is info@finishshots.com. Please contact them (not Terrapin) about any questions / concerns regarding your race photos.

RACE TIMING / RESULTS:

This event is timed by Zornick Timing using the conventional tear-tag method. Results are usually produced fairly fast but please be patient. It typically takes about 30 minutes after you cross the finish line. We will post the results as fast as possible and we continuously post the results as they are processed. They are typically posted near the band or registration area.

Results will be posted online within 2-3 days after the event at terrapipevents.com. We typically take time to look for errors and make corrections before we post them. Any questions or changes regarding race results can be directed to rrzornick@comcast.net

AWARDS CEREMONY / PRIZES:

We have awards for the top 3 male and female, master's male and female and Human / Canine male and female overall finisher in each event. There are age group awards for top 3 finishers in each age category starting at 14 and under and going in groups of every five years from ages 15-80. (14 and under, 15-19, 20-24, 75-79 etc).

The award ceremony will take place at approximately 11:00am. The award ceremony will be for the top 3 overall winners of each event and the overall master's winners of each event only. The prizes for the age group winners will be available to pick up next to the stage during and after the award ceremony.

TERRAPIN
events

CHECK OUT THESE OTHER GREAT EVENTS:

WEBSITE: TerrapinEvents.com

RUN LIKE HELL PORTLAND:

HALF MARATHON
5K & 10K RUN / WALK
SUNDAY OCT. 23RD 2011
PORTLAND, OR

BRIDGE TO BREWS 2012

8k & 10k RUN / WALK
APRIL 2012
PORTLAND, OR

CINCO DE MAYO 2012

HALF MARATHON
5K & 10K RUN / WALK
MAY 2012
PORTLAND, OR

PORTLAND DRAG RACE 2012

1 MILE RUN / WALK
JUNE 2012
PORTLAND, OR

MT. TABOR DOGGIE CHALLENGE 2012

5K & 8K RUN / WALK
JULY 2012
MT. TABOR PARK
PORTLAND, OR

RAISING MONEY FOR:

DoveLewis

ANIMALS SPEAK TO US.



PROUDLY SPONSORED BY:



Foot Traffic



PACIFIC POWER

Let's turn the answers on.

TERRAPIN PRESENTS
events

SATURDAY JULY 30TH
MT. TABOR PARK
PORTLAND, OR



RUN / WALK

**JOIN US FOR
THE MOST CHILL EVENT EVER!**

**RUN / WALK
IN AN AMAZING PARK!
(DOGGIES ARE MORE THAN WELCOME)**

**ENJOY THE POST RACE PARTY
WHICH INCLUDES...**

**WIDMER DROP TOP!
(NON-ALCOHOLIC BEVERAGES ALSO AVAILABLE)**

TASTY POST RACE FOOD!

LIVE MUSIC!

ALL INCLUDED IN REGISTRATION!

for more information about this event go to:

TerrapinEvents.com

ABOUT THE EVENT:

Let us set the scene for you...

It's mid July. You've already run all the fun Spring events in town. You just did the Foot Traffic Flat half out on Sauvie Island. Now you're bored because there are no more cool local events to do around town until Run Like Hell right? Wrong!

The Mt. Tabor Doggie Challenge takes place Saturday July 30th and is great for everyone! No dog necessary. Just bring yourself or some friends and take part in one of the coolest events around, in one of Portland's most amazing parks! It is truly the coolest Summer running event in town. Partly because it takes place on shady tree lined roads within the park, but also because there is great music, tasty beer and yummy food after the event!

START TIMES:

Plan on coming to the event early enough to get everything in your individual ritual done. All events will start on time.
Kids' 1/2 miler 9:40am / 5k at 10:00am / 8k at 10:10am.

AFTER RACE PARTY:

This fun and relaxing party takes place in the park at picnic area A near the basketball courts (see map on our website). Come lounge on the grass and listen to some great music while sipping on a couple of Drop Top brews (over 21) or root beer (under 21) and eating some delicious post race food (all included in entry fee).

ABOUT THE KIDS' EVENT:

The kids' race is an untimed 1/2 mile event for children of all ages. The cost for this event is free without a t-shirt. Parents are welcomed and encouraged to run or walk with their child. There is also no cost for parents to run with their children.

HOW TO REGISTER FOR THE EVENT:

PLEASE MAKE ALL CHECKS / MONEY ORDERS PAYABLE TO TERRAPIN EVENTS

ONLINE: Go to our website and fill out our simple safe, and secure online registration form before Wed July 27th at noon.

MAIL-IN: Fill out the registration form on this brochure and mail it before 11:59pm Friday July 22nd to Terrapin Events P.O. BOX 15257 PDX OR 97293.

IN-STORE: Fill out a registration form at one of these great local stores before 5:00pm on Friday July 22nd.

FOOT TRAFFIC:

East: NE 41st and Fremont
Downtown: SW 2nd and Taylor
Lake Oswego: 333 S. State St

FIT RIGHT:

NW: 2258 NW Raleigh St.
Vancouver: 700 SE 160th

PACE SETTER:

SE: 4203 SE Woodstock Blvd.

PACKET PICKUP:

IN-STORE: FOOT TRAFFIC NE Fremont and 41st
Thurs / Fri July 28th and 29th from 10:00am-7:00pm

DAY OF RACE: AT THE EVENT Starting at 8:30am

**We strongly recommend you attend the in-store packet pickup, lines on raceday are long and slow.*

ABOUT DOVE LEWIS :

DoveLewis is Portland's non-profit 24-Hour Emergency and ICU Animal Hospital, offering advanced veterinary care. DoveLewis also shares several 100% donor-funded programs with the community including one of America's largest volunteer-based animal blood banks, a partnership with Delta Society providing animal-assisted therapy services, a nationally recognized pet loss support program offering several free group therapy sessions each month, 24-hour stabilizing care for lost, stray and wild animals and financial assistance for qualifying low income families and abused animals.

DoveLewis is also now open nights and weekends at the OR Coast, providing emergency and urgent care to residents and tourists. For more information please visit the website at dovelewis.org

PURCHASING A BAMBOO T-SHIRT:

\$20 Short sleeved mens / womens / youth bamboo t-shirt (BEFORE 11:59PM ON TUES JULY 19TH)

\$30 Short sleeved mens / womens / youth bamboo t-shirt (AFTER 11:59PM ON TUES JULY 19TH)

In order to receive your shirt at the packet pickup or the event, you must order before 11:59pm on Tues. July 19th. No Exceptions.

After 11:59pm Tues. July 19th t-shirt costs will increase to \$30 and the shirt will be mailed to you 30 days after the event.

Once the event is over on the 30th shirts will be available to purchase online (only online) until Sun. August 14th at 11:59pm.

MORE RACE INFORMATION:

For more race information including maps of both distances go to our website.

1. COMPLETE REGISTRATION FORM 2. READ AND SIGN WAIVER (FORM WILL NOT BE ACCEPTED W/O SIGNATURE) 3. MAKE CHECK PAYABLE AND MAIL TO TERRAPIN EVENTS: PO BOX 15257 / PDX / OR / 97293

WAIVER MUST BE READ, SIGNED AND MAILED WITH ENTRY

OFFICIAL WAIVER: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release Terrapin Events, City of Portland, State of Oregon (ODOT), and any and all persons, sponsors and entities, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Parents must sign if participant is under 18 years of age. This is to certify that my child has permission to compete in this event, is in good physical condition and that event officials may authorize necessary emergency treatment. ENTRY FEES ARE NON-REFUNDABLE.

SIGNATURE: _____

NAME: _____ **M** **F** **BIRTHDATE:** _____ / _____ / _____ **AGE (on raceday):** _____ **PH: (_____) _____ - _____**
month day year

E-MAIL: _____ **ADDRESS:** _____ **CITY:** _____ **ST:** _____ **ZIP:** _____

PLEASE CHOOSE AN EVENT: * REGISTRATION INCLUDES RACE ENTRY / TWO BEVERAGES / LIVE MUSIC / GREAT FOOD!

5K RUN / WALK (NO SHIRT)

\$22 Early registration

\$27 After 11:59pm Tuesday July 19th

\$35 Beginning at packet pickup

8K RUN / WALK (NO SHIRT)

\$22 Early registration

\$27 After 11:59pm Tuesday July 19th

\$35 Beginning at packet pickup

KIDS 1/2 MILER

FREE

I WOULD LIKE TO PURCHASE A COMMEMORATIVE BAMBOO T-SHIRT:

\$20 BEFORE 11:59PM ON TUES JULY 19TH (AVAILABLE AT PACKET PICKUP / RACEDAY)

\$30 AFTER 11:59PM ON TUES JULY 19TH (MAILED 30 DAYS AFTER THE EVENT)

WOMEN'S SIZES (size): **XXS (0-2)** **XS (2-4)** **S (4-6)** **M (8-10)** **L (12-14)** **XL (16)** **QTY: _____ X \$20** (\$30 after 11:59pm on Tuesday July 19th)

MEN'S SIZES (neck size): **S (14-15)** **M (15-16)** **L (16-17)** **XL (17-18)** **XXL (18-19)** **QTY: _____ X \$20** (\$30 after 11:59pm on Tuesday July 19th)

YOUTH SIZES (body length / age): **XS (18 / 4-5)** **S (21 / 6-7)** **M (23.5 / 8-9)** **L (26.5 / 10-11)** **QTY: _____ X \$20** (\$30 after 11:59pm on Tuesday July 19th)

I WOULD LIKE TO MAKE AN ADDITIONAL DONATION TO DOVE LEWIS ANIMAL HOSPITAL :

\$5 \$10 \$20 \$50 OTHER \$ _____

TOTAL ENCLOSED: \$ _____
(make checks payable to terrapin events)