

Thank You to Our Sponsors

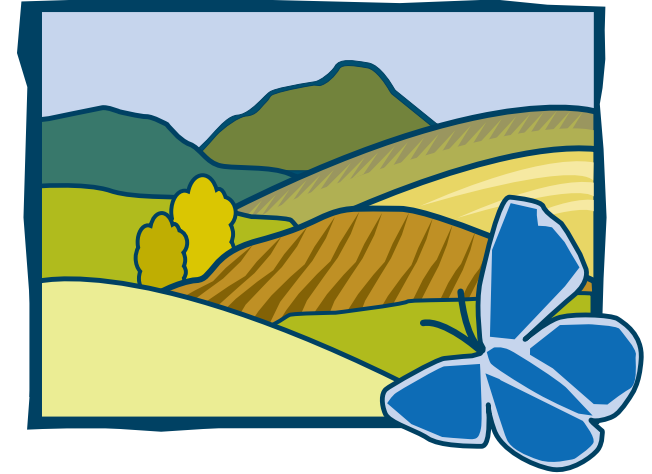


greenbelt
land trust

Post Office Box 396
Corvallis, Oregon 97339

A BENEFIT FOR THE GREENBELT TRAIL FUND

3rd Annual Run for the Hills



8k Trail Run
2 mi Run/Walk
1/4 mi Kids Run

Sunday, May 31, 2009

BENTON COUNTY
FAIRGROUNDS
CORVALLIS, OREGON

Presented by Heart of the Valley Runners

Event Information

WHERE: Run for the Hills begins and ends at the **Benton County Fairgrounds—South parking lot**, located at 110 SW 53rd St., Corvallis.

WHEN: Registration/Package Pickup—from 7:30-8:30 a.m.

8k Trail Run—Start 9:00 a.m.

2 mile Run/Walk—Start 9:05 a.m.

¼ mile Kids Run—Start approx. 10:00 a.m.

Early packets may be picked up at Five Star Sports on May 30, 2009.

COURSE: The scenic 8k trail run consists of challenging hills and flat stretches in Bald Hill Park, with about 1.4 miles of paved path and 3.6 miles of dirt trails. The non-competitive 2 mile run/walk will be entirely on paved paths. The ¼ mile kids run is paved. **Course maps are available at www.gltrunforthehills.com.**

AWARDS: The overall male and female winners and the top three in each age group will receive awards.

AID STATIONS/REFRESHMENTS: Two aid stations will be located on the course, serving water and sports drinks. The finish will be stocked with fresh fruit, and other great refreshments (Solstice Goji Bars to the first 50 pre-registered runners).

RACE BENEFITS: Most of the trails in the Corvallis area are maintained by volunteers from groups like the Mary's River Chapter of the Sierra Club, the Greenbelt Land Trust, the Boy Scouts and many others.

PROCEEDS OF THIS EVENT BENEFITS the Greenbelt Land Trust Trail Fund. This fund helps purchase raw materials and equipment used for trail construction and maintenance by the volunteers, who keep our trails safe and passable for users.

FOR ADDITIONAL INFORMATION:

Please visit the event website www.gltrunforthehills.com or call Cary Stephens, Race Director at (541) 753-4794 or email: stephens@bwbslaw.com



Greenbelt Land Trust

The Greenbelt Land Trust—providing a connection to the natural world. The Greenbelt was founded in 1989 by a group of citizens who believed that having a “greenbelt” surrounding Corvallis would add to the lives of its residents through easy access to nearby natural areas. The Greenbelt champions protection of open space through public outreach and education as well as direct purchase and restoration.

In the past 18 years, the Greenbelt has helped protect over 1500 acres of property in the mid Willamette Valley. These properties range from natural park properties—like the 41 acres of West Bald Hill Park that you will be running through—to natural areas like Owens Farm, where the Greenbelt is restoring 95 acres of oak woodland, oak savannahs, and wet prairies.

The Greenbelt works with public and private landowners who share our vision.

FOR MORE INFORMATION, VISIT:
www.greenbeltlandtrust.org



Entry Form—Please Print

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

PLEASE CHECK: Sex: M F Age _____

Entry Fees do not include T-shirt. T-Shirts are not guaranteed to late registrants, so please add your T-Shirt order to your ENTRY FEES below.

ENTRY FEES & T-SHIRT ORDER:

<input type="checkbox"/> 8k Trail Run	\$15 (if registered by 5/22/09)	\$ _____
<input type="checkbox"/> 8k Trail Run	\$20 (if registered after 5/22/09)	\$ _____
<input type="checkbox"/> 2 mi Run/Walk	\$10 (if registered by 5/22/09)	\$ _____
<input type="checkbox"/> 2 mi Run/Walk	\$15 (if registered after 5/22/09)	\$ _____
<input type="checkbox"/> ¼ mi Kid's Run	\$ 5	\$ _____

Adult Tech T-Shirt (please indicate preferences)

Men's Cut Women's Cut
 Adult Size: S M L XL
 Long Sleeve \$20 each \$ _____
 Short Sleeve \$15 each \$ _____

Kid's T-Shirt: Cotton Short Sleeve

Kid Size: S M L \$10 each \$ _____

Donation to Greenbelt Land Trust \$ _____

TOTAL DUE: \$ _____

Make checks payable to: Greenbelt Land Trust

Mail entry form and check to Post Office Box 396, Corvallis, OR 97339

RELEASE OF LIABILITY—PLEASE read carefully: I know that running a race is potentially hazardous. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event, including, but not limited to: fall, contact with other participants, the effects of weather and the conditions of the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Greenbelt Land Trust, Inc., Heart of the Valley Runners, Bald Hill Farms, LLC, Andrew Martin, all municipalities, all sponsors and volunteers, and their representatives and successors from all claims and liabilities of any kind arising out of my participation in the event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. IN CASE OF INJURY, I HEREBY GRANT THE EVENT ORGANIZERS PERMISSION TO TRANSPORT ME/MY CHILD TO THE NEAREST MEDICAL FACILITY. Further, I hereby grant permission to use any photographs, videotapes, or any other record of this event for any legitimate purpose.

Signature of Entrant or Parent/Guardian

Date