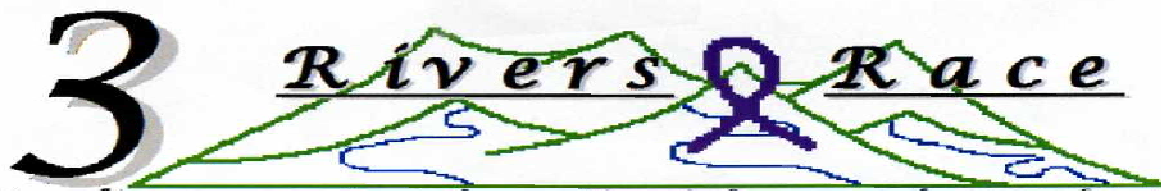


3 Rivers Race



*Standing up against domestic violence and sexual assault.
Shelter From the Storm, Safe Harbors, Mayday*

Saturday, June 3, 2006

Where: Starts at Riverside Park in La Grande on June 3, 2006

When: Start as early as 6:00 a.m. or whatever time will get you to the finish line by 3:00 p.m.

CHALLENGES: The 3 Rivers Race course will provide participants with fun challenges as well as beautiful vistas. Join a biking group or compete as a centurian and use the race to prime yourself for your summer season while contributing to a great cause. The event is designed to raise money for and to create awareness about the problems of domestic and sexual violence. Proceeds will benefit the 3 domestic violence shelters in Northeastern Oregon: Shelter From The Storm, Safe Harbors and Mayday.

ABOUT THE EVENT: The race is an 80-mile course for cyclists and runners looking for a fun, challenging experience. Runners may form a team of up to 10 or have a combination team of runners and bikers (maximum 3 bikers). Cyclists may form a team of up to 5 riders. Individuals may complete either the 80 mile or the century 100-mile course. Each athlete is asked to pay the minimum of \$75 (if registered by April 22, 2006 - after which it will be \$85 and the fee will be \$100 if registering on the day of the event). However, since this is a charity event, we ask that each individual solicit sponsors for the race. Prizes for the team and individual raising the most money will be given.

THE CHALLENGE: The course provides a variety of terrain that is suitable for all levels of ability. The novice will have some outdoor fun and the serious athlete will be tested.

THE COURSE: The course is an 80 mile (with an option for 100 mile) loop through the Grande Ronde Valley. The race will begin at Riverside Park in La Grande and follow Fruitdale Lane to McAllister Lane onto Hwy. 203 past Hot Lake Springs and into the city of Union. From there the course will take participants onto Hwy. 237 to the city of Cove, onto Lower Cove Road to Hwy 82 into Imbler. Then participants will then take Summerville and Courtney Roads and back onto Hwy 82 and into the city of Elgin then back on Hwy 204, Summerville Road, Hunter Road, Stanley Road and Mt. Glen Road back to Riverside Park where a barbecue, party and celebration awaits each participant. For the Centurions there is a 20 mile extra loop on Palmer Junction Road.

T-Shirts and Registration Packet Pick-ups: T-shirts and registration packets may be picked up Friday, June 2, 2006 at Ten Depot, La Grande, between 4-6 pm or at Riverside Park on race day. Remember, your money **MUST** be turned in at this time.

Aide Stations: There will be 4 aide stations. These will be located at Cove Road in Cove, in Imbler, at the Catholic Church Hall on Hwy 204 in Elgin and on Hunter Road at the junction with McKenzie Road. Water, a power drink, fruit, cookies and other sundry items will be available. Pizza will be the item to ride/run for in Elgin.

AWARDS: Awards will be given for the fastest team, fastest centurian as well as the top 80 miler. The BIG Prizes will be given to the individual and team who raise the most money for this fundraising event. Also, all contestants' names will be put in a hat for random drawings during the picnic (must be present to win).