

Zoo to hold annual Turkey Trot

The Oregon Zoo invites runners and walkers of all ages to the annual Turkey Trot at the Zoo on Thursday, November 23. The Thanksgiving Day event, organized by the Oregon Road Runners Club and co-sponsored by West Coast Bank, includes a four-mile run and fitness walk beginning at 8:00 a.m. and a one-kilometer Tot Trot beginning at 9:30 a.m. A portion of the Turkey Trot proceeds will go to fund animal care and conservation programs at the Oregon Zoo.

"For more than 35 years, the Oregon Road Runners Club has encouraged thousands of people to take steps to improve their health by walking and running," said Dave Cook, ORRC president. "The Turkey Trot has become an annual tradition for Oregon families and their relatives visiting from out of town. It's a great thing to do prior to sitting down to a big Thanksgiving meal," he added.

Events are noncompetitive and do not include awards. There will be a clock at the start and finish line for self-timing. Each event will start across from the zoo at the World Forestry Center and finish inside the zoo by the concert amphitheater. More information and registration forms are available at www.orrc.net/races

/turkey_trot/turkey_tba.htm.

Parking is limited, so participants are encouraged to ride MAX. No pets or rollerblades are allowed in any of the events. Strollers and child-carrier backpacks are allowed only in the four-mile fitness walk and must start at the back of the group.

Participants are encouraged to bring nonperishable food and personal care items for needy families and individuals. The ARC of Multnomah-Clackamas will have collection barrels at the zoo's entrance during the event. The ARC provides essential services to adults and children with developmental disabilities.

Volunteers wishing to help with this benefit run may call the ORRC at 503-667-0480 and leave a name and phone number, or e-mail orcc@orcc.net.

The ORRC, a nonprofit organization, was founded in Seaside, Ore., in 1970 as an outgrowth of the Trail's End Marathon, the first marathon in the Pacific Northwest. The club is a member of the national Road Runners Club of America, and is one of the largest RRCA running clubs in the United States with roughly a thousand members. The club conducts races and develop-

Bits & Bites

By Jacqueline Ramsay



blah, blah, blah. I'll get your vote and do what I promise.

One jump for joy. Shadow and I saw the white swan on the 7th. I do hope it stays around this winter.

A question for you: Why do kids walk in the bike lane on E. Bridge Street? When the

Election is over. Oh y e a h , now we have two years of Vote for Me for President and

city/state went to all the work and time to sidewalk both sides of Bridge for many blocks? Is it for kicks or a dare to see if a car will hit or miss them? At dusk to make it more of a challenge?

Another question. How many years has it been since you had all of your grandkids and your sons and daughters together in one spot at the same time? For me it's been about 5-6 years. Some have changed so you're not sure who is who.

A thank you to whoever filled the pot holes along Riverside Dr. I know they had to be put there to find the water and sewer lines but it isn't fun to hit them full of water, etc. Thank

you.

I forgot one thing. I forgot to get ready for winter – my rain gutters – are yours clean, clear and flowing, or like mine – waterfalls?

I see the dirt piles at the lake are on the move again – some filling in around the snack shack and some filling in the car path area by the fishing dock?? Strange – also noted is all the asphalt blocks seemed to have moved out along the highway in a heap. It sure keeps my brain cell in a questioning mode. Maybe some day it will all become clear. But, then maybe it will just remain a conundrum.

mental programs for children, adults, runners and walkers, and plans and organizes more than 15 running and walking events in the Portland vicinity. Visit www.orrc.net for more in-

formation.

The zoo opens at 9 a.m. daily and is located just off Highway 26. General zoo admission is \$9.50 (12-64), seniors \$8 (65+), children \$6.50 (3-

11), and infants 2 and under are free. A parking fee of \$1 per car is also required. Additional information is available at www.oregonzoo.org or by calling 503-226-1561.

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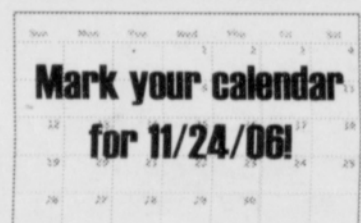
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