

9th Annual Larch Mountain Hike & Bike
Al Forthan Memorial Scholarship
Saturday, August 29th 2015
9:00am Bike/7:00am Hike/11:00am BBQ



The event consists of a Hike & Bike with barbeque at the top of Larch Mountain. To participate choose which way to the top you will take. All participants must raise or donate a minimum of \$50 by August 28th.

More info and your very own fundraising page can be found at www.classy.org/larch15

___Hike & Eat

7.2 Mile Hike: A **difficult** hike with an elevation gain of 4010 ft. Start at the bottom of Multnomah Falls and work up a huge appetite hiking to the top of Sherrard Point while enjoying views of three different waterfalls. A barbeque lunch will be served after the hike and shuttle vans will take you back to your vehicle at Multnomah Falls. Start your hike at 8:00 AM at Multnomah Falls.

___Bike & Eat

45 Mile Ride: Lewis & Clark State Park to Larch Mountain and return to Lewis & Clark State Park after lunch. This ride is for the serious biker. It is noted in Bicycling Magazine as one of the top 100 climbs in the U.S. The first rest stop will be at the Women's Forum State Park, approximately 8 miles in, where we will provide water and food. The lunch stop will be at the top of Larch Mountain. Start time 9:00 AM at Lewis and Clark State Park.

___Drive & Eat

Cruise to the top of Larch Mountain by 11:00 AM to enjoy our barbeque and spectacular views from Sherrard Point.

First Name _____ Last Name _____

Telephone _____ Email _____

Please sign the Release of Claims on the back of this sheet

Questions: Contact Kristin Yates at 503-802-0299 or kyates@voaor.org

Mail completed form and check to: Men's Residential Center 2318 NE MLK Jr. Blvd. Portland, OR. 97212



Al Forthan

About the Scholarship

Al Forthan was the first alumnus to work at Volunteers of America's Men's Residential Center, a drug and alcohol treatment program in Portland, OR. He impacted hundreds of lives and brought love, wisdom, integrity, humility, and a deep passion and commitment to recovery.

The purpose of the scholarship is to honor Al Forthan and to give students from homes affected by addiction support as they pursue college in hopes of breaking the cycle of addiction and poverty within their homes.

The Al Forthan Memorial Scholarship is open to high school seniors in Oregon. In 2015, \$65,000 was awarded to 27 students throughout Oregon.

RELEASE OF ALL CLAIMS: In return for being allowed to participate in rides, hikes or any other activities sponsored by the Volunteers of America (VOA), I the undersigned, and my executors, successors, and assignors agree that under no circumstance will a claim be made for negligence or gross negligence, for any damages for personal injury, property damage or loss, wrongful death or any other injury or loss incurred during or arising out of participation in any VOA ride or activity in which the VOA is involved, against the VOA, its members, ride leaders, officers, agent and sponsors.

I acknowledge that cycling is an inherently dangerous sport and fully realize the dangers of participation in this event. I acknowledge that this event is extraordinarily challenging and that I am in sound medical condition, capable of participating in the ride without risk to myself or others. I further understand and agree that for my personal safety, **I am required and will wear an ASTAM, CPSC or Snell approved bicycle helmet.** I will ride safely, legally and courteously in any VOA ride. Refusal of any of these requirements gives VOA the right to ask me to leave the ride.

X _____ **Date:** _____ Signature of Participant

X _____ **Date:** _____ Signature of parent if participant is under 18

You can register through the day of the event, but please keep in mind we have a capacity of 60 bikers and 30 hikers. Mail in your registration form or sign up on www.classy.org/larch15. After registrations forms are received, more detailed information will be sent by email about the event and fundraising opportunities for the scholarship.

Additional donations to scholarship are welcomed (tax-deductible). \$50 of entry fee is tax-deductible

(Note there is a \$5 NW Forest parking fee for parking a vehicle at the Larch Mt. Parking lot)