

**7th Annual  
Volunteers of America Men's Residential Center  
Al Forthan Memorial Scholarship  
Larch Mountain Bike and Hike  
Saturday, July 27th 2013,  
9:00am Bike/7:00am Hike/10:00am Hike**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age \_\_\_\_\_  
 (If under 18, parental permission is required below.)  
 Telephone \_\_\_\_\_ Email \_\_\_\_\_

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

**Select one:**

- 45 Mile Bike Ride: Starting at Lewis and Clark State Park (\$40)—9am start time
- 7.2 Mile Hiker: Multnomah Falls Lodge to Sherrard Point (\$40)—7am start time
- 2-3 Mile Hiker: Summit of Larch Mt. (\$40)—10am start time

**You can register through the day of the event, but please keep in mind we have a capacity of 60 bikers and 30 hikers. After registrations forms are received, more detailed information will be sent by email about the event and fundraising opportunities for the scholarship.**

**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 ASTM, 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.

**IMPORTANT NOTE ON SAFETY AND TRAFFIC LAWS:** Safe riding is very important. Be aware of and yield to vehicular traffic on the road. When traffic approaches from the rear, move out of the way of traffic, as safety allows. When riding in a group, call out applicable warnings to your fellow riders and ride single file. Always maintain a safe distance between you and other cyclists. Use common sense and be courteous, not only to fellow riders, but also to vehicular traffic.

**Obey all traffic laws.** VOA events use public roads, requiring the observance of traffic laws. Riders disregarding traffic laws have a very damaging effect on the ride in general. These violations can be the reason for authorities not to grant permission for future organized event rides. One rider violating traffic laws affects all other riders. It's reasonable to believe that if one does it, they all do. VOA reserves the right to ask a rider to leave the event for refusal to ride safely and lawfully.

X \_\_\_\_\_ **Date:** \_\_\_\_\_ Signature of Participant

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

**Al Forthan Memorial Scholarship**  
**7<sup>th</sup> Annual Larch Mountain Bike and Hike**  
**Saturday, July 27th 2013**  
**9:00am Bike/7:00am Hike/10am Hike**



Join us for a fun and challenging ride or hike that ends at the top of Larch Mountain, overlooking the Columbia Gorge and Cascade Mountains. It will be an event for both the joy of the ride/hike itself and to raise funds for the Al Forthan Memorial Scholarship. Al was the first alumnus to work at the Volunteers of America Men's Residential Center. He touched the lives of hundreds of men and was the ultimate role model of recovery. The scholarship serves to honor

Al's memory and to encourage students to think critically about the impact of addictions on the community. In 2013, we were able to provide scholarships totaling \$50,000 to 32 high school seniors throughout Oregon.

## Prizes will be awarded to top three fundraisers

### OPTIONS:

1.) 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). We will provide water and food to re-fuel your body. The lunch stop will be at the top of Larch Mountain. **(\$40 includes registration and the BBQ lunch at Larch Mt.)**

**Start Time: 9:00 a.m. at Lewis and Clark State Park. *Registration limited to the first 30 entrants.***

2.) Hiker: A **difficult** 7.2 mile hike with an elevation gain of 4010 ft. Meet at the bottom of Multnomah Falls at the visitor's center and work up a huge appetite hiking up the trail to the top of Sherrard Point while enjoying views of three different waterfalls. Once at the Larch Mountain parking lot and picnic spot, there is also a leisurely hike that will take you to Sherrard Point and the view of five mountains. A barbeque lunch will be served after the hike and shuttle vans will take you back to your vehicle at Multnomah Falls.

**(\$40 includes registration and BBQ lunch at Larch Mt.).**

**Start Time: 7 a.m. in the front of Multnomah Falls Lodge Visitor's Center**

***Registration limited to the first 60 entrants.***

3.) Hiker: A 2-3 mile leisurely hike at the top of Larch Mt. that will take you to Sherrard Point and the view of five mountains. A barbeque lunch will be served after the hike.

**(\$40 includes registration and BBQ lunch at Larch Mt.).**

**Start Time: 10:00am at the Summit of Larch Mt.**

**(Note there is a \$5 fee at Larch Mt. Parking Lot)**

***Want to register or have more questions? Contact Kristin Yates at***

***503-802-0299 [kyates@voaor.org](mailto:kyates@voaor.org)***

***Additional donations to scholarship are welcomed (tax-deductible). \$30 of entry fee is tax-deductible.***