

Run for the River is a 5k fun run and 1k children's dash that will involve hundreds of active Portlanders, their families and supporters of Portland Triathlon athletes in supporting youth science education that improves learning, our watersheds and our communities. Run for the River will be held on August 22, 2010 in downtown Portland in conjunction with the Portland Triathlon, the greenest triathlon in the world, and RiverFest 2010.

The Freshwater Trust is a Portland-based nonprofit organization that works throughout Oregon to preserve and restore Oregon's rivers and streams. Our education program – which annually engages 5,800+ students in streamside learning – gets kids outside, into streams and brings learning to life.



Run for the River

- 5k fun/family run and 1k children's dash held in downtown Portland on August 22, 2010.
- Held in conjunction with The Freshwater Trust Portland Triathlon, the greenest triathlon in the world.
- We expect Run for the River to involve 500 to 1,000 runners and walkers and up to 5,000 spectators. Additionally, the Triathlon expects 800 athletes and 3,000 spectators.
- Event start and finish: Waterfront Park, Portland, Oregon.
- Proceeds will benefit The Freshwater Trust's education efforts, which annually engage thousands of youth in hands-on science learning.
- Target demographics: active Portland-area families, outdoor enthusiasts, families of triathlon athletes and runners.
- Program elements include:
 - Native American story-telling for children prior to children's race
 - Student-made salmon banners along route
 - Community performers along course including drummers, dancers and musicians
 - Free oatmeal and fruit for participants
 - Live music at post-race festival, possibly floating on a barge in the Willamette

Event proceeds will help enable 5,800+ students to participate in streamside learning, facilitate student-initiated stream improvement and research projects, and help deliver free curriculum and publications to 15,000+ students.

About the Portland Triathlon and RiverFest 2010

Now in its fourth year, the Portland Triathlon has taken its place as a classic, beloved event alongside the great urban triathlons of our time. It is expected to draw 800 participants and 3,000+ spectators. This event is recognized by Triathlete magazine as the "greenest race in the world," incorporating elements like recycled swim caps, carbon offsets and extensive recycling and composting. Run for the River will also be part of RiverFest 2010, a celebration of the Willamette River that features a water festival, a waterfront cleanup and kayak tours.

Employee involvement opportunities

- Course setup, including chalking course, placing course signage and setting up salmon banners
- Help youth make salmon banners
- Assist with registration
- Assist at aid station
- Guide runners and youth during events
- Help coordinate performers



Missy, a David Douglas High School student, leads a project on the Salmon River where she guides her team to collect data on the project's impact on fish populations. They find lots of little critters that bring them endless fascination.