

Oregon State Penitentiary Athletic Club Running Program

2019 Race Entry/Registration Form

We are looking forward to another successful race season. The Athletic Club Running Program is a unique experience for all applicants and our hope, as always, is to include as many new outside runners as possible. Since we are currently only allowed to invite 20 outside guests per race, we ask that you register for a race AND confirm your attendance 7-days before the race date. This allows us adequate time to fill your open spot with someone on the wait list.

Races Schedule for 2019

March 8 th	5/10K	Friday
April 26 th	5/10K	Friday
May 17 th	5/10K	Friday
June 7 th	5/10K	Friday
July 19 th	5/10K	Friday
August 16 th	5/10K	Friday
September 6 th	Half Marathon	Friday (Arrive by 7:15am)
October 6 th	5/10k	Friday

Please fill out the registration information below and send to:

www.steven.p.finster@doc.state.or.us and/or call 503.373.1834/503.378.2289

Specific rules and guidelines see attached page for the races. One very important rule: **BLUE** clothing is **NOT** allowed to be worn or brought into the institution.

The 2019 race season was one of the most remarkable in recent years. In addition to hosting over 150 guest participants we also had media coverage from *KATU Channel 2 "Running Behind Bars" aired 11/2/17*. **Read our program reviews online @ www.RunOregonblog.com, *Runners World Magazine June 2015 edition*.**

Race Day Scheduling

We suggest you arrive at the Oregon State Penitentiary between **10:15am-10:45am**, for the 5/10K races and for the **Half Marathon 7:15am**. All outside guests are generally processed into the facility at **11am**. The Institution is run on a very tight time schedule and has limited staff for escorting, so if you arrive after 11am you will not be allowed access. Due to staff availability guests need to stay the duration of the race and will not be processed out until around 1pm.

When you enter the grounds off State Street you will see signs giving you parking instructions. Once you park your vehicle following the signs leading you to the front of the Administrative building. Proceed up the stairs where you will see the visiting lobby to your right. Notify staff in the lobby that you are here for the race. They will then ask for your driver's license or equivalent photo ID. Staff will then give you further instructions. You will have access to a locker to store your personal items (identification; wallets; money; watches; jewelry etc.).

Once the Institution count clears (approx. 11am) you will be given a blue visitor pass, which you must wear as you are escorted through the Institution to the recreation yard. Institution staff restrooms are available for all outside runners.

The 5/10K race begins no later than 11:30am, and Half Marathon 8:00am. Once finished with your race you may obtain refreshments including fruit and Gatorade. All outside runners need to follow staff directives and be prepared to start the exiting process at approx. 12:30pm.

Thank you, Steven Finster, OSP Athletic Club Staff Supervisor

Last Name	Initial	First Name	Email

Address	City	State	Zip

ID# and State of issue	Date of Birth	Signature	

OREGON STATE PENITENTIARY
2605 State Street, Salem OR 97310 Activities Ph: 503.378.2289

INTRODUCTION

The purpose of this information is to give visitors to Oregon State Penitentiary (OSP) a brief set of guidelines to assist in making the visiting process an easier and more positive experience. When you enter our facility, our personnel are expected to treat you in a courteous professional manner. Likewise, we expect that visitors will treat staff and inmates with the same courtesy and respect in return.

HOSTAGE DISCLAIMER

Visitors are warned that there are inherent safety and security risks in visiting a correctional facility and the possibilities of personal assault or of being taken hostage do exist.

VISITOR IDENTIFICATION

When visitors arrive at the visiting reception area, they will need to show a current Photo ID, Drivers License, and or passport.

APPROPRIATE CLOTHING

A good rule to follow is to wear conservative, racing attire that is not suggestive or revealing. Just pretend nosy Mrs. Grundy down the street will most certainly be gossiping about your apparel. ☹️ Form fitting running/compression pants/leggings must be worn beneath running shorts.

- Visitors may not wear blue denim or any other clothing that is like inmate's attire, i.e. blue shirts and denim jeans,
- No camouflage clothing,
- No muscle shirts, low cut tops, etc.

ADDITIONAL CLOTHING RESTRICTION

- No clothes with CK, British Knights, Raiders, etc.
- All visitors must wear undergarments.
- Women must wear a bra but should not wear under wire bras as they tend to set off the metal detector.
- Sports bras are ideal.

CLOTHING HINTS

- New visitors may want to bring an extra set of clothing just to be sure that they will be allowed into the institution.
- Visitors can store unused clothing in their vehicle or rent a locker for 25 cents
- All visitors must walk through a metal detector. Avoid wearing anything that will set if off such as metal bottoms, jewelry, under wire bras, and remember that many style of dress shoes and work boots will trigger the metal detector.

CONTACT WITH INMATES

- Visitors and inmates are not allowed embrace.
- NO physical contact allowed during the event.
- Handshake greeting okay.