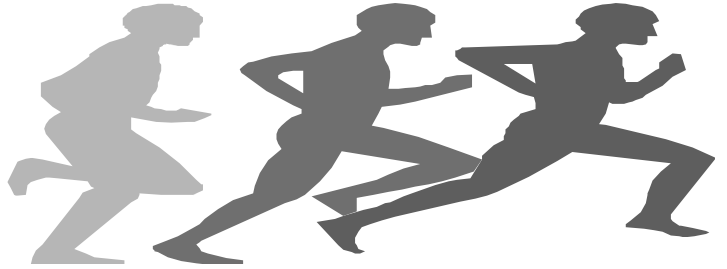


Dam Run (rescheduled)

Sat, April 11, 2009 – 9 AM

Clinton Lake Softball Complex



Come run Kansas' only certified 12K course, or do the 5K race or 1 mile walk. . .
co-sponsored by Lawrence Parks & Recreation and runLawrence

ENTRY FEE: \$18, \$12 for 1 mile fun walk. Day of race registration, \$23, \$17 fun walk. Entry fee includes a 100% cotton short sleeved T-shirt. Late registrants not guaranteed a T-shirt. Results posted at www.lprd.org & www.runlawrence.org.

NEW START/FINISH: Clinton Lake Softball Complex, 5101 Speicher Rd. **Directions:** go to south end of Wakarusa Rd to the traffic light at Wakarusa & the South Traffic Way, after crossing the traffic way, immediately take the first right (west) onto Speicher Rd to the 2nd entrance to the softball complex parking lot. The race begins on Speicher Rd, goes on the bike path, then returns to the parking lot. RACE HELD RAIN, SNOW OR SHINE!

SCHEDULE: Packet pick up on Fri, April 10, at Jock's Nitch, 837 Massachusetts. Race day: late registration and packet pick-up will be available from 7:30 a.m. - 8:30 a.m. at the concession stand at the Clinton Lake Softball Complex. **Start: 9 AM**

AWARDS: Medals to the top 3 finishers in each division in both races. Gift certificates from Jock's Nitch to the top overall male and female finishers in each race. An additional \$50 gift certificate will be awarded to the top overall finishers breaking a current individual course record.

AGE GROUPS: 12 & Under 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

EVENT RECORDS:

5K Male	16:07	Rob Rosasco	2006
5K Female	18:30	Carol McFall	1994
12K Male	42:56	Ben Schloegel	2007
12K Female	57:25	Kristin Sizemore	2006

For more information please contact:

Duane Peterson, LPRD, Special Events Supervisor, (785) 832-7940
or Dee Boeck or Gene Wee, runLawrence, (785) 841-3587

CUT-----

DAM RUN 2009



MAKE CHECKS PAYABLE TO: LPRD

Mail forms to: Holcom Park Recreation Center, 2700 W. 27th, Lawrence, KS 66047

NAME (Please Print) _____
Last First

ADDRESS _____
Street City State Zip

PHONE (_____) _____ M/F _____ BIRTHDAY _____ AGE GROUP _____

EMAIL _____

EVENT ENTERED: 5K _____ 12K _____ 1 MILE FUN WALK _____ SHIRT SIZE: M _____ L _____ XL _____ XXL _____

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordination groups, and any individuals associated with the event, the representatives, successors, and assigns for all injuries suffered by in connection with said event. Also none of the above are responsible for the loss of personal items or any other forms of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast, or printed media account of this event. In filling this form, I acknowledge I read and fully understand my own liability and do accept the restrictions.

SIGNATURE _____ DATE _____



Office Use Only	Code # 225210 A-5K, B-12K, C-Walk
Check _____	Cash _____
CC _____	Rec.by _____
Date _____	

