

DAM RUN

SATURDAY, MARCH 29, 2008

SOUTH OUTLET ROAD AT CLINTON LAKE

9AM

Races co-sponsored by Lawrence Parks & Recreation and runLawrence

ENTRY FEE: Early registration for the 12K and 5K is \$18, late registrations is \$20. Early registration for the 1 mile fun walk is \$12; late registration is \$14. The entry fee includes a 100% cotton short sleeved Dam Run T-shirt. Late registrants are not guaranteed a T-shirt (will be mailed at a later date). Results of each race will be posted at www.runlawrence.org.

START/FINISH: The Dam Run will take place at South Outlet Rd. at Clinton Lake on Saturday, March 29, 2008. The race will begin and end on the outlet road, which is directly east of the dam. THE RACE WILL BE HELD REGARDLESS OF RAIN OR SNOW! Both 5K and 12K races are certified.

SCHEDULE: Participants may pick up packets, Thursday, March 27, at Jock's Nitch, 837 Massachusetts St. Late registration and packet pick-up will be available from 7:30 a.m. - 8:30 a.m. at the shelter building along the South Outlet Road.

RACE TIME: 9 A.M.

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

AGE GROUPS: 12 & Under 13-18 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

DAM RUN OVERALL COURSE 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, Gene Wee & Dee Boeck, runLawrence, (785)841-3587
Mail or hand deliver to: Holcom Park Recreation Center, Dam Run,
attn: Duane Peterson, 2700 W 27th St, Lawrence, KS 66047.

CUT

ENTRY FORM:

DAM RUN 2008

MAKE CHECKS PAYABLE TO; *Lawrence Parks & Recreation*



NAME (Please Print) _____ M/F _____
Last First

ADDRESS _____
Street City State Zip

PHONE (_____) _____ Date of Birth _____ AGE(day of race) _____

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 _____

