



THE LAKE SARA DAM RUN



8 MILE RUN / 5K RUN / 5K WALK

SATURDAY, APRIL 5, 2008

10:00 A.M.

Proceeds will go to support "SPECIAL OLYMPICS ILLINOIS"

LOCATION- Lake Sara, 5 miles NW of Effingham, IL. Take I57 to Exit 160, go north on Rt. 32-33 to the Lake Sara road, follow signs.

RACE DAY REGISTRATION at the Lake Sara Pavilion by the dam on race morning from 8:30 a.m. - 9:30 a.m.

REGISTRATION AVAILABLE ONLINE AT ACTIVE.COM

THE BEST PART BY LOCAL BUSINESSES!!!
Pizza, subs, hot dogs, fruit, drinks & Effingham County Pork Producer's PORKBURGERS!!

AWARD SYSTEM - AWARDS AS YOU FINISH!
Special Awards will be presented to TOP overall Females/Males in all 3 races. Carabiner Dam Run Medals to the top 150 in all 3 races.



FOR INFORMATION CALL:

Pat...217/347-5843 Don/Ruth...217/347-8799



DOOR PRIZE DISTRIBUTION

Winners will be pre-drawn from pre-registered entries only!!! Pickup bags will be marked.



SHIRTS & FINISH LINE

All \$20 pre-registered runners/walkers will receive a custom designed Dam Run coolmax t-shirt. To guarantee a shirt, pre entries must be received by MARCH 14.



All walk/run finishers will receive a huggie with water from an Effingham County Olympian.



PLEASE!! For safety, no radios or strollers. Course closed at noon. No refunds. Cold, Rain, Wind or Shine, so it may be a CHALLENGE!! Thanks so much for your donations!!



**5K COURSE WINNERS (*RECORD)
MEN**

1999 - Don Frichtl, Paxton	19:13
2000 - Frank Brummer, Teutopolis	19:49
2001 - Fred Thomas, Champaign	18:36
2002 - Jeff Roth, Olney	18:30
2003 - Justin Weiss, Charleston	16:54
2004 - Justin Weiss, Charleston	<u>16:43*</u>
2005 - Justin Weiss, Charleston	17:37
2006 - Chris Byron, Champion	16:56
2007 - Bruce Nie, St. Louis	17:24

WOMEN

1999 - Sarah Selby, Shelbyville	<u>19:38*</u>
2000 - Lindsey Greuel, Effingham	22:41
2001 - Megan Carruthers, Altamont	22:09
2002 - Lindsey Greuel, Effingham	23:19
2003 - Katie Norman, Bloomington	23:31
2004 - Lindsey Greuel, Effingham	22:36
2005 - Lindsey Greuel, Effingham	22:53
2006 - Alisa Gilliam, Troy	20:46
2007 - Pam Campbell, Centralia	21:02



**8 MILE COURSE WINNERS (*RECORD)
MEN**

1999 - Jeff Kelly, Charleston	49:44
2000 - John Conroy, St. Louis	46:40
2001 - Kraig Vanderbeek, St. Peter, Mo.	47:00
2002 - Marty Ern, Champaign	47:01
2003 - Jeff Kelly, Charleston	45:50
2004 - Jeff Kelly, Charleston	45:10
2005 - Jeff Kelly, Charleston	47:28
2006 - Erik Bush, Flora	45:04
2007 - Zac Freudenburg, St. Louis	<u>41:37*</u>

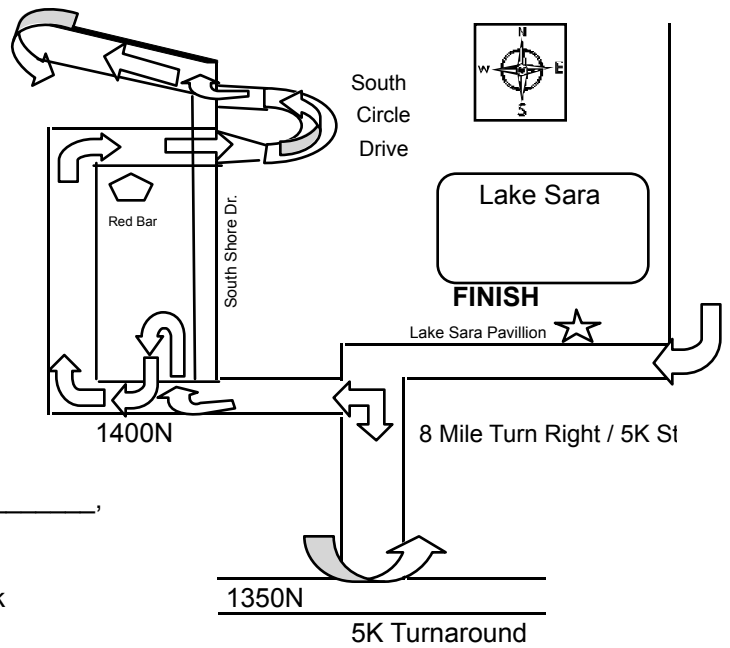
WOMEN

1999 - Linda Tharp, Effingham	60:57
2000 - Shannon McNamara-Smith, Mattoon	56:25
2001 - Jessica Pollack, Swansea	60:13
2002 - Jane Meyer, Teutopolis	55:55
2003 - Katie Smith, Urbana	<u>52:32*</u>
2004 - Jane Meyer, Teutopolis	57:40
2005 - Jane Meyer, Teutopolis	62:17
2006 - Jane Meyer, Teutopolis	56:49
2007 - Polly Waddell, Oblong	63:45





8 mile dead end
turnaround on
16th Ave.



_____ =5K Run/Walk is out to 1350N and back
(L-shape from pavillion)

_____ =8 Mile Run starts on the south end of the DAM,
heads west to 1400N, go down and back on _____,
north to the Red Barn, east and run around South
Circle Drive, north to turnaround on 16th Ave.
(* = dead end), then on South Shore Drive and back
to the pavillion. All blacktop with 2-3 rolling hills.



****RACE INFO, ENTRY FORM, RESULTS & PHOTOS POSTED ON www.effinghamil.com/damrun****

WATER SPLITS

BODY 'N SOUL

DOOR PRIZES

approximately every 2 miles.

will have a booth with running items to buy!!

Posted Race Mornir

Good Training for Louisville, KY (April) & Indy (May) Mini Marathons.

TRAVELING TROPHY for SCHOOL/GROUP WITH THE MOST PARTICIPANTS!!

(1999 2006 - EFF. JR. HIGH) (2000 2001 2002 2003 2004 2005 - EFF. SACRED HEART) (2007 - ST. ANTHONY)

PLEASE PRINT CLEARLY & RETURN BOTTOM PORTION:

Pre-entries must be received by M A R C H 14. Photocopies O.K.

Make checks payable to: LAKE SARA DAM RUN

Mail to: Illinois State Police, 401 Industrial Ave., Suite A, Effingham, IL 62401 Attn: Ruth Rhodes

First Name _____ Last Name _____

Street _____ Circle Sex: F / M

City _____ State _____ Zip _____

Phone (Optional) (_____) / _____ A G E : (RACE DAY) _____

Running Club/Group/School/Business *****(For Trophy)***** _____

E-MAIL ADDRESS: _____

RACE: CIRCLE ONE:

8 Mile Run

5K Run

5K Walk

\$\$\$: CIRCLE ONE:

No Shirt \$15

With Shirt \$20

Student With Shirt \$16

Race Day (\$25 - No Shirt / \$30 - Shirt, If Available)

** No student rate on race day

(BEFORE 3/14/08)**

(BEFORE 3/14/08)**

(BEFORE 3/14/08)**



SHIRT Small

SIZE Medium

CIRCLE Large

ONE: X-Large

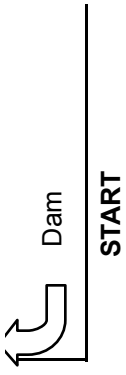
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**I hereby absolve the Lake Sara Dam Run and any of it's members, helpers or
sponsors of all liability from any injury resulting from this event.**

*

*Signature (If under 18, parent or guardian)



straight



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