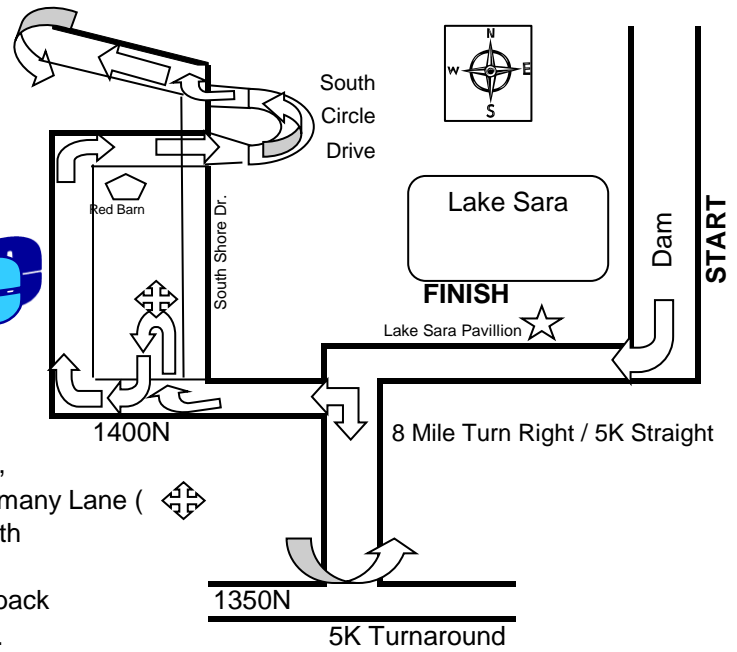





8 mile dead end
turnaround on *
16th Ave.



A Day at the Lake

_____ =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 Romany Lane ()
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.



****INFO, ENTRY FORM, RESULTS, PHOTOS ON www.lakesaradamrun.com****



WATER SPLITS
approximately every 2 miles.

BODY 'N SOLE
will have a booth with running items to buy!!

DOOR PRIZES
When You Arrive

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

TRAVELING TROPHY for SCHOOL/GROUP WITH THE MOST PARTICIPANTS!!
('99&'06 - EFF. JR. HIGH) ('00 01 02 03 04 05 - EFF. SACRED HEART) (07 08 - ST. ANTHONY) (09 RIDDLE, MATTOON)

PLEASE PRINT CLEARLY & RETURN BOTTOM PORTION:

If pre-entries are received by APRIL 1, you will be pre-registered but not guaranteed a shirt. 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: _____ (Get Race Info All Year)

RACE: CIRCLE ONE:

8 Mile Run

5K Run

5K Walk

\$\$\$: CIRCLE ONE:

No Shirt \$15 (BEFORE 3/19/10)**

With Shirt \$20 (BEFORE 3/19/10)**

NO SHIRT AFTER MARCH 19

Race Day (\$25 - Shirt, If Available)



SHIRT Small

SIZE Medium

CIRCLE Large

ONE: X-Large

XX-Large

XXX-Large

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

XXX _____ XXX

*Signature (If under 18, parent or guardian)

RACE USE ONLY

BIB NUMBER

