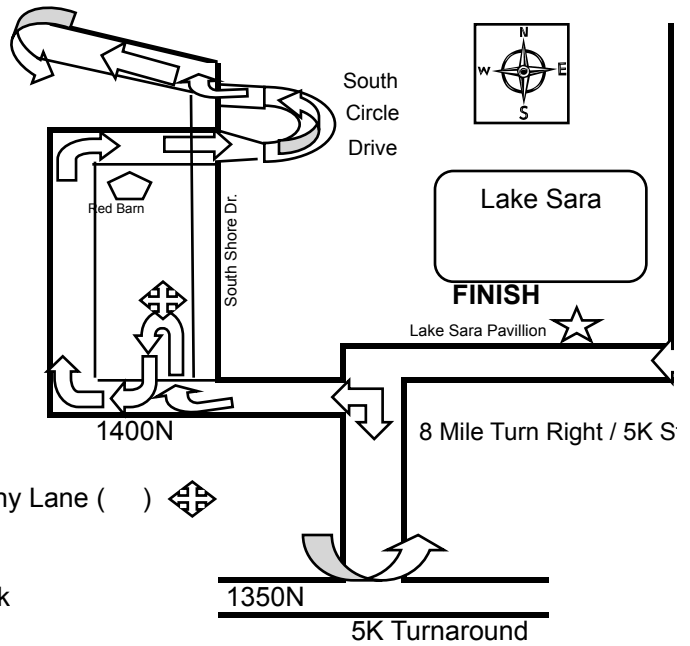




8 mile dead end turnaround on * 16th Ave.



=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 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.

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

DOOR PRIZES
When You Arrive

NON - TRAVELING TROPHY for SCHOOL/GROUP WITH THE MOST PARTICIPANTS!! KEEP UR TROPHY!!!
(*99&'06 - Eff. Jr. High) (*00 01 02 03 04 05 - Eff. Sacred Heart) (*07 08 - St. Anthony) (*09 Riddle, Mattoon) (*10 11 Body 'n Sole)

PLEASE PRINT CLEARLY & RETURN BOTTOM PORTION:

If pre-entries are received by MARCH 16, 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) () / _____ AGE : (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 \$16 (BEFORE 3/16/12)**
- With Shirt \$21 (BEFORE 3/26/12)**
- NO SHIRT AFTER MARCH 16**
- Race Day (\$25 - NO SHIRT)



SHIRT ADULT
SIZE S M L XL
CIRCLE XXL XXXL
ONE: CHILD
 S M L XL

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

