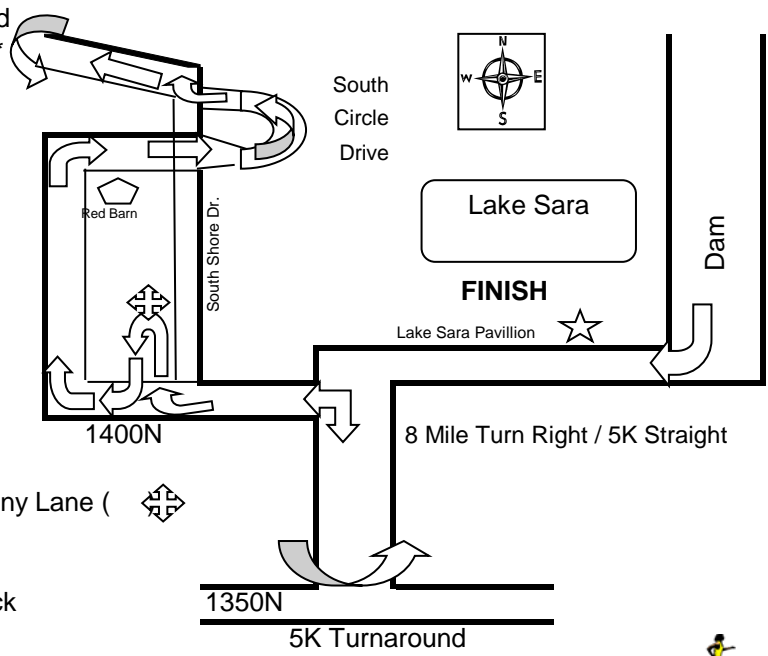




8 mile dead end turnaround on * 16th Ave.



— =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.



CHECK US OUT ON FACEBOOK & lakesaradamrun.com! RESULTS AT championchip247.com

WATER SPLITS
approximately every 2 miles.

Good training for Louisville, KY & Champaign & Indy Half & Full Marathons.

DOOR PRIZES Upon Arrival

GROUP MUST be pre-registered by March 16 for EACH participant to receive a SPECIAL GIFT.

GROUP WINNERS 1999-2006 - Eff Jr High 2000-2005 - Eff Sacred Heart 2007 & 2008 - St. Anthony 2009-Riddle School 2010,'11,'13-Body 'n Sole 2012-Merkel's 2014,'15 Studio T 2016 Eff Jr Sr High 2017 Hunter Barns

PLEASE PRINT CLEARLY & RETURN BOTTOM PORTION:

Guaranteed LSDR sweatshirt if entry received BEFORE March 16. Make checks payable to Lake Sara Dam Run.
 Mail to: Ruth Rhodes, 206 Santa Fe Avenue, Effingham, Illinois 62401

First Name _____ Last Name _____
 City/State _____ Gender: F / M
 Phone (Optional) () _____ AGE: (RACE DAY) _____ DOB: _____
 Group Name: _____ (MUST BE PRE-REGISTERED by March 16 TO WIN!)
 E-MAIL ADDRESS: _____ (Receive Race Confirmation)

(1) "X" Which Race? (2) Circle Sweatshirt Size (3) Check Box(es) & Fill in Money Amount(s).

CHECK WHICH RACE: 8 MILE RUN 5K RUN 5K WALK

Sweatshirt/T-Shirt Size: Youth: YS YM YL YXL Adult: S M L XL XXL XXXL

ADDITIONAL SWEATSHIRT SIZE(S):

| | | | |
|---|------------------------|-----------|----|
| WITH LAKE SARA DAM RUN SWEATSHIRT | (JANUARY 1 - March 16) | \$35.00 | \$ |
| ADDITIONAL SWEATSHIRT(S) | (JANUARY 1 - March 16) | \$15 each | \$ |
| WITH LAW ENFORCEMENT TORCH RUN T-SHIRT | (AFTER MARCH 16) | \$35.00 | |
| FRIDAY NITE & RACE DAY REGISTRATION - NO SHIRT GUARANTEED | | \$35.00 | \$ |
| TOTAL | | | \$ |

I hereby absolve the Lake Sara Dam Run & 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