



LAKE SARA DAM RUN



-----The Best Dam Run in Illinois-----

8 MILE RUN / 5K RUN / 5K COMPETITIVE WALK

Saturday, April 7, 2018

10:00 A.M. SHARP

Proceeds will support "SPECIAL OLYMPICS ILLINOIS"

For Information, Text or Call: Ruth (217/254-9178) or Pat (217/343-6971)



LOCATION - 9352 East Park Ave., Effingham

Lake Sara is 5 miles northwest of Effingham, IL. Take I57 to Exit 160, go north on Rt 32-33 to the Lake Sara Road. Follow signs Friday & Saturday. Race physical address is 9352 East Park Avenue.



SWEATSHIRTS

ONLY pre-registered participants will receive a custom designed 20th Anniversary Dam Run sweatshirt. To guarantee a sweatshirt, pre entries must be received by **MARCH 16!** A limited number of Torch Run T-Shirts & Dam Run Sweatshirts will be available for sale/trade Friday night & race day. FCFS

FRIDAY NITE PACKET PICK UP & REGISTRATION



Pickup packets & register at the Pavilion by dam from 5-7 p.m. Saturday morning packet pickup 8-9:45 a.m.

RACE DAY REGISTRATION



at the Pavilion by the dam race morn 8:00-9:30 a.m. **Friday Nite & Race Day Registration \$35 No Shirt**



FINISH LINE

Effingham County Olympians will be at turns, water stops & finish with huggies.



DOOR PRIZE DISTRIBUTION

Winners will be pre-drawn from pre-registered entries only!! Race bib numbers will be marked.



AWARDS AT FINISH!

Special Awards will be presented to **FIRST OVERALL** guy/gal in each race: 8 mile, 5k run & walk. **ALSO**, first place guy/gal in each 10 year age group! 20th Year Medals to first 800 to cross finish line. Special Olympians will be seated at the finish line to place medals on everyone.



FOOD FOOD FOOD!

Pizza, subs, chips, fruit, bagels, DQ Dilly Bars & Effingham County **PORKBURGERS!! FREE FOOD & DILLY BARS** for Participants. **Others \$5.00 Donation**



PLEASE!! For safety: No Radios, Strollers in Back, Course Closed at Noon, No Refunds. We Go Cold, Rain, Wind or Shine so it may be a **CHALLENGE!** Thanks so much for your donations!!



GROUPS MUST BE PRE-REGISTERED BY MARCH 16 CARPPOOLING ENCOURAGED!



Once parking is full by pavillion, you will be directed to park at the water tower, then shuttled to race.

5K RUN RECORD

MEN

2017 Taylor Fatheree
Effingham 15:25

WOMEN

2013 Julia Williams
Urbana 19:18

8 MILE RUN RECORD

MEN

2007 Zac Freudenburg
St. Louis 41:37

WOMEN

2015 Laura Link
Effingham 50:37

5K WALK RECORD

MEN

2012 Bill Copper
Marion, Iowa 31:02

WOMEN

2008 Kim Willenborg
Effingham 33:40