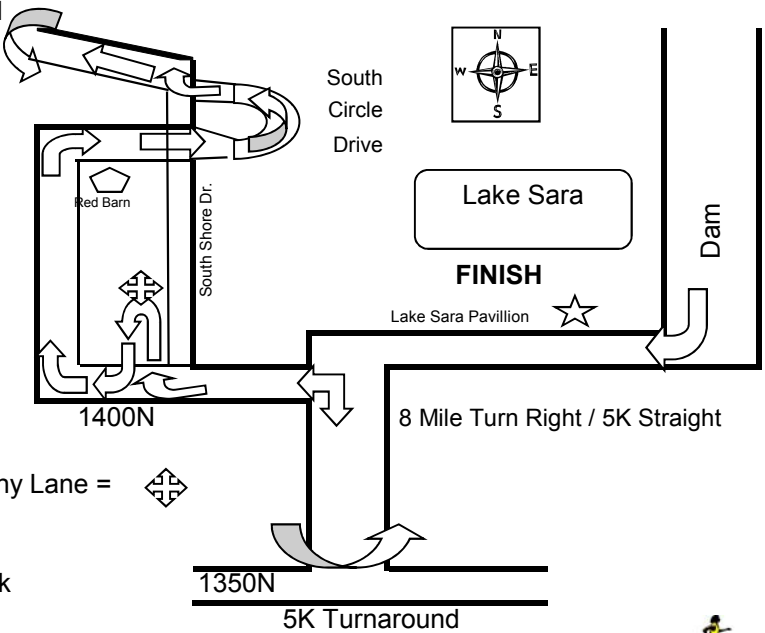




**APRIL 6, 2019**

8-9:30 Registration 9 & 10 Start Time

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**



Half Marathon Route on Website

**GROUP must be pre-registered by March 15 for each participant to receive a SPECIAL GIFT!**

**DOOR PRIZES on Arrival Water every 2 Miles**

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 & 18-Barns

**PLEASE PRINT CLEARLY & RETURN BOTTOM PORTION:**

Guaranteed LSDR shirt if entry received BEFORE March 15. 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)

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

Circle Shirt Style & Size: Youth or Men or Women XS S M L XL XXL XXXL

NOV-DEC	NOV-DEC	JAN-FEB	MAR 1-15	MAR 15-RACE DAY	
Half Marathon	\$40 w/ 1/4 zip	\$45 w/ 1/4 zip tech	50 w/1/4 zip	50 (With LETR T-Shirt)	\$
8 Mile Run	\$30 w/ tech	\$35 w/ tech	40 w/ tech	40 (With LETR T-Shirt)	\$
5K Walk & Run	\$30 w/ tech	\$35 w/ tech	40 w/ tech	40 (With LETR T-Shirt)	\$
VIRTUAL (Phone Required)	\$30 or \$40	\$35 or \$45	\$40 or \$50	(Pick up packets or make arrangements to mail.)	\$

ADDITIONAL SHIRT(S) TILL MARCH 15 Tech Shirts \$10 1/4 Zip Tech Shirts \$15 \$

STYLES & SIZES: 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