



LAKE SARA DAM RUN



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

Saturday, April 6, 2019

HALF MARATHON - 9:00 A.M.

8 MILE RUN & 5K RUN & WALK - 10:00 A.M.

Proceeds will support "SPECIAL OLYMPICS ILLINOIS"

For Information, Text or Call: Ruth (217/254-9178) - Pat (217/343-6971) - Katie (217/821-3341)

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.

PACKET PICK UP & REGISTRATION



Pickup packets & register at the Pavilion by the Dam Friday 5-7 p.m. & Saturday morning 8-9:45 a.m.

DOOR PRIZE DISTRIBUTION



Everyone wins! Pick up prize by registration.

****Can't make race day???*
Do virtual race & get all the swag!**

FOOD FOOD FOOD!



Pizza, subs, chips, fruit, bagels, DQ Dilly Bars & Effingham County PORKBURGERS!
Free food & dilly bars for participants. Free will donation for family & friends.

SHIRTS



Half marathoners receive a 1/4 zip tech shirt. 8 Mile & 5K run/walkers receive a long sleeve tech shirt. To guarantee a custom designed tech shirt, pre entries MUST be received by MARCH 15. A limited number of Torch Run & Dam Run Shirts will be available for sale/trade Friday night & race day.

FINISH LINE/AWARDS AT FINISH LINE



Special Awards will be presented to FIRST OVERALL guy/gal in each race: Half, 8 Mile, 5K Run & Walk. Medals to first 800 to cross the finish line. Half Marathoners are guaranteed medals.

FOR SAFETY: P L E A S E NO Radios/NO Dogs/Strollers in Back/Course Closed at 12/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 15 - CARPOOL 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