



**RACE DATE:**  
**Saturday, Sept. 10, 2011**  
**7:30 a.m.**  
 Organized by:  
**The Rotary Club of St. Andrews-Columbia**  
**& Interact Club of Irmo High School**



**SPECIAL RACE DAY REQUEST!!**  
**The 2011 "DAM RUN" requests that runners and/or walkers**  
**carpool where possible because of other events being held in the area**  
**on race day.**

This year's **25th Annual "Dam Run" 10-K**, along with a **6-K Dam Walk** for non-runners and walkers in the race, features a beautiful, well marked - and fast - **10-K USA Track & Field certified race course**, beginning on the Lexington side of the Lake Murray Dam and finishing at the boat ramp area inside Irmo-Chapin Recreation Commission's **Saluda Shoals Park**. The race will run across the upper level of the Lake Murray Dam, with a beautiful view of the lake, and finish the last mile inside scenic, tree-lined Saluda Shoals Park. It should provide for a beautiful run and fast times! **The 25th Annual "Dam Run" 10-K and 6-K Dam Walk will start promptly at 7:30 a.m. on Saturday, September 10th.**

The course will be well-marked and monitored again this year. Monitors and traffic control will be provided through 9:00 a.m. For safety reasons, any race participants still on the course at 9:00 a.m. will be asked to board a bus and taken to the finish area at Saluda Shoals Park.

Refreshments will be available to all runners.  
**BUS TRANSPORTATION After Race:** After the race and awards program, buses will be routed between Saluda Shoals and the SCE&G Parking Area to return runners to the registration area at the Lake Murray Dam.

**25th Race Anniversary SPECIAL NOTICE!**  
**Commemorative 25th Anniversary "Dam Run" medallions will be given to all finishers, and a special "Dam Run" dri-fit race shirt will be guaranteed to all race participants who register by 9/2/2011!**

**ENTRY FEES**  
 Online & Mail Until 8/15/11 - \$25  
 Online & Mail 8/16/11 - 9/2/11 - \$30  
 9/3/10 until race day - \$35 (with a Dri-fit shirt)  
 RACE DAY - \$35 (Dri-fit shirt - *only if still available* - so please register early!)

**PACKET PICK-UP**  
 September 7-9 between 11:00am-6:30pm @ Strictly Running, 736 Harden Street, Columbia, SC 29205, or Saturday morning, 9/10 @ the start on the Lexington side of the Lake Murray Dam.

**QUESTIONS????**  
 Phone (803) 799-4786 or [www.strictlyrunning.com](http://www.strictlyrunning.com)

**AWARDS**

- \$200 and crystal award to 1st place overall male & female winners.
- \$100 and crystal award to 2nd place overall male & female winners.
- \$50 and crystal award to 3rd place overall male & female winners.
- Crystal award to 1st place winners in each age group.

**AGE GROUPS**

14 & under	15-19	20-24	25-29
30-34	35-39	40-44	45-49
50-54	55-59	60-69	70 & over

**Starting Line Location:**  
 Lexington side of Lake Murray Dam near stoplight at Corley Mill Road and the SCE&G (lakefront) parking facility.

**25th Anniversary Medallions to All Finishers!**

**2011 "DAM RUN" from Lake Murray to Saluda Shoals REGISTRATION FORM**

Name \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_

Phone \_\_\_\_\_ Emergency contact (name & phone) \_\_\_\_\_

**T-shirt size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_**

*The entrant releases all sponsors and officials of the "Dam Run to Irmo" from all claims of injury or damage resulting from participating in this event. I am in proper physical condition to participate in a race of 6.2 miles.*

Signed \_\_\_\_\_ Signed \_\_\_\_\_  
 (parent or guardian if under 18)

Make checks payable to: Rotary Club of St. Andrews – 736 Harden Street, Columbia, SC 29205  
 You Can Also Register Online At:  
[www.strictlyrunning.com](http://www.strictlyrunning.com)