

## LAKE MURRAY TO SALUDA SHOALS

This year's **23rd Annual "Dam Run" 10-K** 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. The course is flat to slightly downhill, with limited inclines again this year. It should provide for a beautiful run and fast times! **The 23rd Annual "Dam Run" 10-K is scheduled for a 7:30 a.m. start on Saturday, September 26th.** (Map on back.)

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

Refreshments will be available to all runners.

**IMPROVED TRANSPORTATION:** After the race, and for an hour following the awards program, buses will be available to return runners to the registration area at the SCE&G Parking Area at the Lake Murray Dam. More buses will be used to return runners to the Lexington side of the dam following the race.

### SPECIAL NOTICE!

**"Dam Run" race participation medallions will be given to all finishers, and special "Dam Run" dri-fit race shirt will be given to all race participants!**

### ENTRY FEES

Online & Mail Until 9/05/09 - \$25

Online & Mail 9/06/09 - 9/19/09 - \$30

9/20/09 until race day - \$35 (with a T-shirt)

RACE DAY - \$35 (T-shirt, only if still available, so please register early!)

### PACKET PICK-UP

September 23-25 between 11:00am-6:30pm @ Strictly Running, 736 Harden Street, Columbia, SC 29205, or Saturday morning,

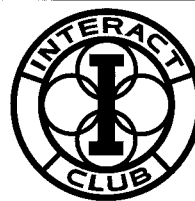
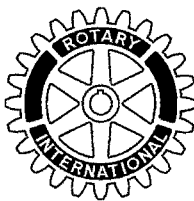
### RACE DATE:

**Saturday, Sept. 26, 2009**

**7:30 a.m.**

*Organized by:*

**The Rotary Club of St. Andrews-Columbia  
& Interact Club of Irmo High School**



### THANKS TO OUR EARLY RACE SPONSORS

Lexington Medical Center	Palmetto Health
First Citizens Bank	SCE&G
Mid-Carolina Electric Co-Op	Taco Bell
Total Comfort/Comfort Services	Sansbury Eye Center
Ernie Yarborough Insurance Agency	Terminix

9/26 @ the start on the Lexington side of the Lake Murray Dam.

### QUESTIONS????

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

### BENEFITS

Sponsorships and proceeds from the "Dam Run to Irmo" 10-K provide college scholarships for local high school students.

### AWARDS

(The awards ceremony begins at 9 a.m. at the finish line area in Saluda Shoals Park.)

**In addition to other awards this year, "Dam Run" race participation medallions will be given to all finishers!**

- \$200 and crystal award to 1st place overall male & female winners, plus an embroidered overall winners dri-fit running hat.
- \$100 and crystal award to 2nd place overall male & female winners, plus an embroidered overall winners dri-fit running hat.
- \$50 and crystal award to 3rd place overall male & female winners, plus an embroidered overall winners dri-fit running hat.
- Crystal award to 1st place winners in each age group, plus an embroidered age group winner's dri-fit running hat.

### AGE GROUPS

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

**Race Medallions will be given to all finishers!**

## 2009 "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)