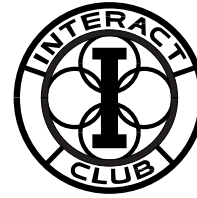
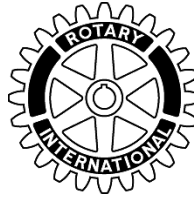


RACE DATE:
Saturday, Sept. 26, 2009
7:30 a.m.
 Organized by:
The Rotary Club of St. Andrews-Columbia
& Interact Club of Irmo High School



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.

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, more buses will be utilized to return runners to the registration area at the SCE&G Parking Area at the Lake Murray Dam.

SPECIAL NOTICE!

"Dam Run" race 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, 9/26 @ the start on the Lexington side of the Lake Murray Dam.

QUESTIONS????

Phone (803) 799-4786 or www.strictlyrunning.com

AWARDS

- \$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	

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