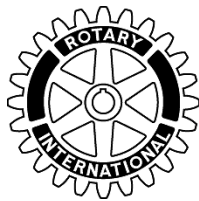


**RACE DATE:**  
**Saturday, Sept. 18, 2010**  
**7:30 a.m.**  
 Organized by:  
 The Rotary Club of St. Andrews-Columbia  
 & Interact Club of Irmo High School



**SPECIAL RACE DAY REQUEST!!**  
 The 2010 "DAM RUN" requests that runners and/or walkers carpool this year where possible because of other events being held at the Lake Murray Dam this year!

This year's 24th Annual "Dam Run" 10-K, along with a first-time 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. The course is flat to slightly downhill, with limited inclines again this year. It should provide for a beautiful run and fast times! The 24th Annual "Dam Run" 10-K and 6-K Dam Walk will start promptly at 7:30 a.m. on Saturday, September 18th.

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" medallions given to all finishers, and a special "Dam Run" dri-fit race shirt will be guaranteed to all race participants who register by 9/12/10!

**ENTRY FEES**

- Online & Mail Until 8/29/10 - \$25
- Online & Mail 8/30/10 - 9/11/10 - \$30
- 9/12/10 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 15-17 between 11:00am-6:30pm @ Strictly Running, 736 Harden Street, Columbia, SC 29205, or Saturday morning, 9/18 @ 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, 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	60-69	70 & over

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

**2010 "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)