

2019 LAKE MURRAY DAM RUN 10K REGISTRATION

Please print clearly. One registration form per person. Make additional copies if needed.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Emergency contact _____ Emergency phone _____

Date of Birth _____ Male Female

- 10K - Saturday, September 21, 2019, 7:30 a.m.
\$30 (before August 1, 2019) \$35 (on or after August 1, 2019)

T-shirt Size: S M L XL XXL

Runners registering prior to August 15, 2019 are guaranteed a T-shirt. T-shirts will not be held for registrants who do not run the event.

Release: I understand that running or walking in this event is a potentially hazardous activity and I am in proper physical condition for this event. In consideration of acceptance of my application for this event, I on behalf of myself, my heirs, personal representatives, and assigns, hereby waive and release any and all right and claims for damages you may have against the organizers, sponsors, officials, volunteers, their representatives, and successors for any and all injuries or damages suffered by myself in the event. If for any reason you are unable to compete in this event, your registration fee is non-refundable. Your registration may be transferred prior to September 1, 2019. You hereby grant permission for use of any and all information submitted in your application and your name, photograph, videotape, voice, or likeness for pre- and/or post-race publicity. If you are under 18 years of age at the time of registration or the event, your parents or legal guardians have fully read, understand, and consent to the terms of this Release.

Signed _____ Date _____

(parent or guardian if under 18)

Make checks payable to: Rotary Club of St. Andrews – 2515 Devine Street, Columbia, S.C. 29205

Register online at: www.strictlyrunning.com



Saturday, September 21, 2019, 7:30 a.m.

* NEW TRANSPORTATION PROCEDURE *

All participants will park at the Saluda Shoals Park east entrance lot - 6071 St. Andrews Road, Columbia, S.C. (behind Bi-Lo / Aldi). 10K participants will board shuttles for transportation to the start line on the Lake Murray Dam. No parking will be permitted at the Lake Murray Dam. The final shuttle to the start line will depart at 6:55 a.m.

Events will be held rain or shine.

Awards: • Awards to 1st, 2nd and 3rd place overall male & female winners • Awards to 1st place winners in each age group (14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over)

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

Packet Pick-Up: September 20 between 11:00am-6:30pm @ Strictly Running (2515 Devine Street, Columbia, SC 29205), or on race morning at the finish line.

Questions??? Phone (803) 799-4786
www.strictlyrunning.com

2019 LAKE MURRAY DAM RUN GENERAL INFORMATION

The 33rd annual Lake Murray Dam Run features a scenic, well-marked, USA Track & Field certified 10K race course beginning on the Lake Murray Dam (Lexington side) and finishing near the east entrance to Saluda Shoals Park (behind Aldi and Bi-Lo off St. Andrews Road). The 10K race course, revised in 2017, is one of the fastest 10K courses in South Carolina.

The 10K race will start promptly at 7:30 a.m. on Saturday, September 21st on the Lake Murray Dam. The course will be well-marked and monitored. Monitors and traffic control will be provided through 8:15 a.m. on the first four (4) miles of the course and through 9:00 a.m. for the remainder of the course. For safety reasons, any race participants still on the 10K course at 9:00 a.m. may be asked to board a bus and taken to the finish area at Saluda Shoals Park.

Refreshments will be available to all runners at the finish line. In addition, all runners will receive a medal in the finishing chute. Overall and age group awards will be presented to 10K runners during a ceremony at the finish line beginning at approximately 8:30 a.m.

The Rotary Club of St. Andrews-Columbia Scholarship Foundation

One of the earliest community service projects adopted by The Rotary Club of St. Andrews-Columbia was the establishment of a scholarship fund to provide financial assistance for post-secondary education to qualified candidates from high schools in the Irmo - St. Andrews community. During the early years various fundraising projects were held to help financially support the scholarship program. The annual Lake Murray Dam Run, first run in 1986, quickly became a popular activity for the Club members and the Midlands community.

As the scholarship fund grew it became necessary to establish a tax-exempt entity for the sole purpose of providing financial assistance to qualified students, which the Club did on June 27, 1995. The Foundation establishes criteria for grants, processes student applications and selects recipients for scholarship grants. **The primary mission of the Foundation is to provide assistance to motivated candidates from Irmo High School and Columbia High School who demonstrate academic ability and a need for financial assistance at the post-secondary educational level.** The Foundation has contributed thousands of dollars to many deserving students and this success has been made possible by our runners and the generous financial support of the professional and business community in the Irmo-St. Andrews area.

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The Rotary Club of
St. Andrews - Columbia

www.standrews-columbiarotary.org
www.facebook.com/RotaryClubStAndrewsColumbia



Interact Club of Irmo High School