



The Dam Run

Sponsored by the
Stockton Community Foundation

Funds will help build trails around Stockton Lake

10K and 5K timed runs, 2 and 1 mile fun run/walk
SATURDAY, MAY 11, 2013 9:00 a.m. 5K & 10K
2 MILE WALK/RUN begins 8:45 am

Location: Stockton Lake Dam, WEST SIDE, Approx. 24 miles west of Hwy 13, 2 miles east of Stockton

Divisions: Male and Female: 0-14, 15-19, 20-29, 30-39, 40-69, 50-59, 60 plus

Awards: OVERALL M/F 5K and 10 K; top 3 M/F each division, overall Youngest & Oldest M/F.

Course: Across the dam and down the trail: asphalt or packed surface

Registration: EARLY: \$15 for 2 and 1 mile walk/run, \$20 5K or 10K (post marked by 5 pm May 5. AFTER MAY 5: \$20 2 and 1 mile and \$25 5K and 10K

Day of race registration 8:00 – 8:30am All entrants receive a T-shirt

Contact: Kathie Rieder 417-276-6219 oneasail@yahoo.com

Additional Registration Forms on OMRR website (Ozark Mountain Ridge Runners)

MAKE CHECKS PAYABLE TO: Stockton Community Foundation The Dam Run

Clip below and mail to: The Dam Run, POB 105, Stockton, Mo 65785

Each runner/walker must have own registration form, one check for all is o.k. if in same envelope.

Name: _____ Age _____ Sex _____ CIRCLE ONE: 10K 5K 1m/2m run walk

Address: _____ EMAIL: _____

Phone: _____ City: _____ State: _____ Zip: _____

Shirt: S M L XL Extra shirts for sale race day.

READ WAIVER BEFORE SIGNING: I know that running/walking a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I understand that it is my duty to watch for course defects or traffic. Knowing these facts and in consideration of accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive and release and discharge Stockton Community Foundation, Army Corps of Engineers, City of Stockton, race committee, volunteers, local and state police and emergency services including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability or death or personal injury. Minors (18 or younger) are only accepted with a parent or Guardian signature. I have read and understand this waiver

Runner/Walker's Signature _____ Date _____

Parent/Legal Guardian Signature for under 18 y.o: _____