2009 "Run the Dam Loop" sign-up

Saturday, September 5, 2009 -- 8 am start for all

Starting in Lakeside Park, Cottage Grove Lake
(Northwest Park on lake by dam)

15 K entry -- $30, 5K entry -- $25, no shirt subtract $10
– add $10 late fee for race day sign up – other sign ups close 1pm 9/4/09
Profits benefit CGHS Jog Club and CG Community Sharing

15 Kilometer course: starts in Lakeside Park, turns left to circle Cottage Grove Lake and finish on Weyerhaeuser Road (near the start). Water stations are set up along 15K course.

5 Kilometer course: start with 15K racers, but will turn back to the finish line on Weyerhaeuser Road.

Awards: Overall Male and Female and top 3 in each age group
Random prize drawings for all participants

Until 1 pm Friday, 9/04/09 Registration options: On Line Registration with Goodrace.com
Registration in Person: **Shoestrings** on Main Street, CG or **Eugene Running Co.** in Oakway Mall

Packet pick-up/ day of race registration: 6-7:30 am in Parking Lot at Lakeside Park
Email Jim if you have questions at jsettel3@yahoo.com or call Joyce or Jim or Sam or Teagan at 942-3291

Parking will be in the field below the Cottage Grove dam. Enter from Lakeside Park entrance. Goodrace.com will have a map for directions, or locate Cottage Grove Reservoir.

Enjoy your summer morning run or walk in some of Oregon's finest scenery. Bring a picnic lunch and enjoy Lakeside Park after the run.

Registration by August 27th will guarantee your t-shirt at packet pick-up. Later registration may require shirts to be picked up starting September 21st (or so) at the Shoestrings Store.

□ 15 run/walk □ 5K run/walk Sex: □ Male □ Female Age on 9/5/09: ____DOB(Month-Day-Year)ı__ı__/__ı__/__ı__ı

Shirt Size □ XL □ L □ M □ S □ No Shirt (subtract $10 from registration cost)

First Name |__|__|__|__|__|__|__|__|__|__|__|__Last Name |__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|

Address |__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|

City ı__ı__ı__ı__ı__ı__ı__ı__ı__ı__ı__ı__|__State ı__ı__ıZip ı__ı__ı__ı__ı__ı

Phone: (__ı__ı__)__ı__ı__--__ı__ı__ı__ı Total Fee enclosed: _____

please make checks payable to "CGHS Jogging Club" You may mail to The Good Race, PO Box 5796, Eugene, OR 97405

Waiver: I know that a road race/walk/wheelchair event is a potentially hazardous activity. I should not enter and participate in this event unless I am medically able and properly trained and have sufficient stamina to safely and successfully complete this event without harm or injury to myself. I agree to abide by any decision of any race official relative to my ability to safely complete this event and I further agree that race officials may authorize necessary emergency treatment for me. I also know there will be traffic on the course and assume the risk of running in traffic. I further assume any and all other risks associated with participating in this event, all such risk being known and appreciated by me. In consideration of the acceptance of my entry, my heirs, executors, administrators and assigns, waive, release and discharge any and all rights and claims of damages against the race director and designated race officials, The Good Race, the State of Oregon, City of Cottage Grove, Lane County, South Lane School District, Volunteers and any and all sponsors, suppliers agents independent contractors, employees, and any other personnel in any way assisting or connected with this running/walking event from any and all claims or liability of any kind whatsoever arising out of my participation in this event. I grant permission to Community Sharing, The Good Race, South Lane School District and/or agents and sponsors authorized by them to use photographs, video, motion pictures, recordings and any other record of this event for any purpose. I also understand that the entry fee is nonrefundable. I have read the entry information provided and certify my compliance by my signature below. If indicated above, my signature authorizes payment of entry fees for my Visa or MasterCard account.

_____ _____

Signature (Must be signed to participate) **(Parent or Guardian must sign if participant is under age 18)**