

Directions to Run the Dam Loop

From Cottage Grove: Take 6th Street South until it becomes London Road. Continue South out of town for about 3.5 miles; turn Left into Lakeside Park (watch for signs and helpers) and proceed to parking below the dam.

From the North: Take I5 exit 172; turn Left onto London Road; travel about 3 miles South; turn Left into Lakeside Park (watch for signs and helpers) and proceed to parking below the dam.

From the South: Take I5 exit 170; travel North (less than 1 mile) until it ends with a stop sign; turn Right onto London Road; travel about 3 miles South; turn Left into Lakeside Park (watch for signs and helpers) and proceed to parking below the dam.

We are mailing this "Run the Dam Loop" registration to participants from this event last year and other run/walk events in CG. We increased the cost a little to provide opportunity to add drinks and snacks to the post race fun. We are hoping you will join us at Cottage Grove Lake on a late summer morning around a beautiful course to exercise again! If you are picking this up elsewhere we invite you to join the fun also!

Sincerely, Cottage Grove Cross Country Teams and jogging club

Please join us in thanking this year's Sponsors - Shoestrings,
Safeway, Eugene Running Company, Weyerhaeuser,
Sporthill and Starfire Lumber.



FYI - 15K COURSE RECORDS BELONG TO SOPAGNA EAP (2007): 57:06 AND ERIC SCHLIEMANN (2009): 52:19

You may mail registrations
to this address

Run the Dam Loop
c/o The Good Race
PO Box 5796
Eugene, OR 97405