

16th Annual LONGEST DAM RACE
Saturday, June 19, 2010
Fort Peck Dam, Fort Peck, Montana

*FIRST 75 ENTRIES TURNED INTO THE CHAMBER WILL RECEIVE A FREE TICKET
TO THE FORT PECK SUMMER THEATRE TO BE USED THAT WEEKEND-*

Events Include: 10k & 5k run, 5k walk, 1 mile run/walk, 10 mile Novice Bike Route

The Course: The race begins with the 10k run and will cross 1.8 miles of the Fort Peck Dam. The 10k course rises in elevation from the low point at the starting line some 350 feet over a distance of approximately 2 miles. The surface is mixed equally between gravel, asphalt and dirt road. The 5k run/walk will begin on top of the Fort Peck Dam, and go down a gravel road for approximately 1k and finish at Kiwanis Park. The 1-mile run/walk will be on a nature trail at Kiwanis Park, which is a flat course that is paved. The bike route will start at Kiwanis Park. The novice bike route will be an out and back course over flat terrain for approximately 10 miles. All races will finish at Kiwanis Park. Please note that the Montana Track and Field Association will not sanction this year's 10k and 5k.

Rules:

- All participants are required to check-in prior to the race at the Kiwanis Park staging area.
- Race officials will be present at 7:00 AM for check-ins.
- Runners must face traffic
- Helmets are mandatory for all cyclists
- All races will be held on schedule regardless of weather conditions
- Alcohol is not permitted

Early Bird Registration: Entry Form postmarked by May 31, 2010, entry fee will be \$20 for each participant and \$5 for each additional event.

AFTER MAY 30, 2008

Entry Fee: \$25 for each participant-One Event
\$ 15 for each participant 14 years old or younger
\$ 5 for each additional event

Entry Fee Includes: Longest Dam Race T-Shirt
Ticket for the picnic following the races at Kiwanis Park
*Additional t-shirts will be available of a charge of \$15 each
*Additional picnic tickets for non-participants can be purchased for \$6.00 person

Francis Mahon Deaconess Hospital – Culligan – Fort Peck Summer Theatre Nemont –
MT National Guard – Glasgow Area Chamber of Commerce & Ag.

Phone: (406) 228-2222. Fax: (406) 228-2244. Email: chamber@glasgowmt.net
www.glasgowmt.net PO Box 832 Glasgow, MT 59230

Schedule of Events Saturday, June 19, 2010

7:00 AM - Registration at Kiwanis Park
 8:00 AM – 10k Run starts
 9:15 AM – 5k run & 5k walk starts
 9:25 AM – Novice Bike starts

10:30 AM – 1 Mile Run/Walk starts
 11:30 AM – Picnic in the Park
 12 Noon – Awards Ceremony

Longest Dam Race Entry Form

Individual Events:

____ 10k
 ____ 5k Run
 ____ 5k Walk
 ____ 1 Mile Run/Walk
 ____ Novice Cycling (10 miles)

Age Bracket (circle one):

8 & under	30-39
9-14	40-49
15-18	50-64
19-29	65 & OVER

Event: _____
 Name: _____
 Mailing Address: _____
 City/State/Zip _____
 Phone (daytime): _____
 E-Mail: _____
 Male ___ Female ___ Birthdate _____
 T-shirt Size: Youth: ___S ___M ___L
 Adult: ___S ___M ___L ___XL ___XXL

Event: _____
 Name: _____
 Mailing Address: _____
 City/State/Zip _____
 Phone (daytime): _____
 E-Mail: _____
 Male ___ Female ___ Birthdate _____
 T-shirt Size: Youth: ___S ___M ___L
 Adult: ___S ___M ___L ___XL ___XXL

Event: _____
 Name: _____
 Mailing Address: _____
 City/State/Zip _____
 Phone (daytime): _____
 E-Mail: _____
 Male ___ Female ___ Birthdate _____
 T-shirt Size: Youth: ___S ___M ___L
 Adult: ___S ___M ___L ___XL ___XXL

Event: _____
 Name: _____
 Mailing Address: _____
 City/State/Zip _____
 Phone (daytime): _____
 E-Mail: _____
 Male ___ Female ___ Birthdate _____
 T-shirt Size: Youth: ___S ___M ___L
 Adult: ___S ___M ___L ___XL ___XXL

*****Sign waiver of liability on the back*****

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Waiver of Liability

This is an important legal document, read carefully before signing!

Even with the traffic control and EMS on site, I realize the event is physically strenuous, possible adverse weather, and there may be vehicles on the course. I nevertheless wish to compete and assume the risk on any injury at the crowded start, or on the course. I give up any claims for injuries that I may sustain, including death, and agree to hold harmless, "the Longest Dam Race," its directors and officers, employees and volunteers, suppliers, contractors, sponsors, the State of Montana, and anyone else connected with the race. I agree that the race may use any photos taken of me without compensation. I have read and understand the Waiver of Liability for The Longest Dam Race. I am making this agreement and paying my entry fee in exchange for the privilege of competing in this race and using the facilities provided by the race.

Participants under 18 must have a parent or guardian sign.

Date_____ Signature_____ Age_____

Date_____ Signature_____ Age_____

Date_____ Signature_____ Age_____

Date_____ Signature_____ Age_____

THANK YOU TO OUR SPONSORS:

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Glasgow Area Chamber of Commerce & Ag

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