

First Dam Run

Saturday, November 7, 2009. 5K & 10K. 10 a.m. @ Merlin Olsen Park (Center & 300 E.),
in Logan, UT. Race-day registration & packet pickup: 8:30-9:30 a.m. in the blue shed on 300 E.

TWO treadmills donated by ICON Health & Fitness will be raffled after the race.
All registered finishers are eligible. You must be present at the drawing to win.

Chip-timing and results by www.milliseconds.com.

Entry fee includes technical long-sleeve t-shirt (NordicTrack Dri/Release 85% polyester).
Discounted, no-shirt entry option is also available.

Trophies for 1st male & female. Ribbons for the first six in these age groups:
10 and under, 11, 12, 13, 14-15, 16-17, 18-19, 20-29, 30-39, 40-49, 50-59, 60+, wheelchair

Pre-registration available by mail (see form below), or at Al's Sporting Goods (1617 N. Main, in Logan) until
2 p.m., 11/6/09. This form is also available at www.topofutahmarathon.com.

For more information, call or email the race director:
Keith GRANT-DAVIE (435) 797-3547 (w) or (435) 755-9543 (h); <freetown33@hotmail.com>.

FIRST DAM RUN, 10:00, SATURDAY, NOVEMBER 7, 2009

To pre-register by mail, send this completed form, with check payable to "Cache Sun 'n' Snow" to:
Keith Grant-Davie, 1121 Lamplighter Dr., River Heights, UT 84321. Must arrive by Fri., 11/6/09.

Your date of birth: ____/____/____ **Your gender:** Male Female (circle one)
Month Day Year

The race you have chosen to enter: 5K 10K (circle one)

Your preferred long-sleeve t-shirt size: XS S M L XL 2XL No shirt (circle one)

ENTRY FEES (* includes Dri/Release 85% polyester long-sleeve shirt):	Pre-registered	Race day
General public:	*\$18	*\$20
Under 20 years old, ICON employees, Cache Sun 'n' Snow members:	*\$16	*\$18
Anyone for just the race (no t-shirt):	\$12	\$14

The Fine Print (please read and sign below):

I hereby waive, release and discharge myself, assigns, heirs and successors in interest any and all rights and claims which I have or which may hereinafter accrue to me against the sponsors of this event, including the Cache Sun 'N' Snow Runners officers, directors, employees, the promoter and any promoting organization(s), property owners, law enforcement agencies, and all public entities, special districts, and properties (and their respective agents, officials and employees) through or by which the events will be held for any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the event or travel to or return from the event.

I agree it is my sole responsibility to be familiar with the race course and any special regulations for the event. I understand and agree that road racing can be and is a dangerous activity and situations may arise during the race which may be beyond the immediate control of the race official or organizers and which may cause me serious bodily injury, including death. I accept responsibility for the condition and adequacy of my competition equipment. I have no physical or medical condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

PARENT OR GUARDIAN OF A MINOR: I as parent or guardian of the below named minor hereby give my permission for my child or ward to participate in the event, and further agree, individually and on behalf of my child or ward, to the terms of the above.

Print runner's name

Runner's signature (parent/guardian's if runner is under 18)