

# The Best Dam Run & Relay



20m -10m - 5m

\*Individual

\*2 or 4 Person 20m Relay,

\*Kids 2k Fun Run

Saturday

November 21, 2009



CCHS Track & Field

## 2009 The Best Dam Run & Relay

Name \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_ Phone \_\_\_\_\_

Please Circle One (\$20 per person)

20 mile Individual    10 mile Individual    5 mile Individual    (Male/Female)    Kids 2k Fun Run (M/F)

2 person 20 mile relay (\$20 per person)    4 person 20 mile relay (\$20 per person)

Relay Categories (Circle One)    Open    Business    Family    Law enforcement Challenge    High School

Team/Individual Name \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
 Team Members    1. \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
                                   2. \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
                                   3. \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
                                   4. \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Enclosed is full payment by check or money order for The Best Dam Run & Relay. Please make checks payable to: CCHS track & Field

**Send application and payment to The Best Dam Run & Relay**

**C/O The Best Dam Run & Relay**

**Norm's Xtreme Fitness**

**120 NW 3rd Street**

**Prineville OR 97754**

**OR Bring form filled out with payment to the Registration desk at the stadium race day (Race Shirt would not be Guaranteed)**

**Read & Sign Waiver — REQUIRED Incomplete forms will be returned and NO entry will be allowed.**

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, & administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action, known or unknown, that I may have related to or arising out of my participation in the Best Dam Run and Relay and the other related races (the "Event") against the Crook County School District, its owners, employees, agents, representatives, officials and volunteers, all independent contractors and construction firms working on or near the Event courses, and all sponsors of the Best Dam Run and Relay and the Event and their officers, directors, employees, agents, representatives, successors, and assigns. I attest that: I am physically fit and have sufficiently trained for the completion of this Event; I am aware of the precautions that must be taken when running in warm or cold conditions; I acknowledge that running is inherently dangerous and, notwithstanding the dangers, I have voluntarily decided to participate in the Event; I assume the risk of injury or death that may result from my participation in the Event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the Event. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expense. Further, I hereby grant full permission to the Best Dam Run and Relay and/or agents hereby authorized by them, to use any names, photographs, videotapes, motion pictures, recording, or any other record of this Event for any legitimate purpose at any time. I have read this waiver carefully & understand it.

Signature of Entrant \_\_\_\_\_ Date \_\_\_\_\_

Legal Guardian Signature (required for under 18 entrants) \_\_\_\_\_ Date \_\_\_\_\_

# THE BEST DAM RUN AND RELAY NOV 21, 2009

## The Cause

Hi, my name is Ernie Brooks and I am the head track and field coach at Crook County High School. As you know we lost all funding from the school district for all spring activities including both HS and MS track & field programs. This year we are in the process of fundraising for many things we have taken for granted over the years. All of the funds raised thru the Best Dam Run & Relay will go towards bussing athletes to meets, team district dinner, and paying for assistant coaches at the high school and middle school.

## Raffle

Every entry will be eligible for a raffle drawing of prizes

## Route

Scenic run starting at mile post 20 on top of Bowman Dam, proceeding down hill on Hwy 27. The majority of the run is gently rolling hills. The finish is at Ward Rhoden Stadium.

**Buses will drop relay members and individual runners at 5m, 10m, 15m & 20m starting points.**

DRESS APPROPRIATE—NOVEMBER HAS ALL KINDS OF WEATHER.

Aid stations will be provide along the race route.

## When

Nov 21

8am Start of Registration @ Ward Rhoden Stadium, Prineville OR

<<<<<Please Pre-Reg by Nov 14 to guarantee race shirt >>>>>

9:00 am Load Bus @ Stadium  
10:00 am 20 mile run and relay starts  
10:30 am 10 mile race starts  
11:00 am 5 mile race start  
12:30 pm Kids 2k Fun Run Start  
12:45 pm Raffle when runners finish

## Where

Ward Rhoden Stadium  
Prineville, Oregon

## Cost

\$20.00 per person  
(relay team of 4 = \$80)  
Please make checks out to CCHS Track and Field  
Include Dam T-shirt, Race Entry and Raffle  
<<Please Pre-Reg by Nov 10 to guarantee race shirt >>

## Course Maps

Please use the links below to see routes. The route will be clearly marked.

Dam Run 20.3 miles

<http://www.mapmyrun.com/run/united-states/or/prineville/470125113358576324>

Dam Run 10 miles: Begins at the 10m marker.

Dam Run 5 miles: Begins a the 5m marker.

2k Kids fun run: Ward Rhoden Stadium

<http://www.mapmyrun.com/run/united-states/or/prineville/690123827332716018>

**Please Check For Weekly updates @**  
**<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=260>**

Entry forms available on line at  
[www.NormsXtremeFitness.com](http://www.NormsXtremeFitness.com)

Question ?  
For Further information call:

Ernie Brooks (541) 416-9180

Email— [Ernie.Brooks@crookcounty.k12.or.us](mailto:Ernie.Brooks@crookcounty.k12.or.us)  
[Brooksjeg@msn.com](mailto:Brooksjeg@msn.com)

