

NORM'S XTREME FITNESS

SUPER BOWL SUNDAY DAM RUN

Date: 02/7/2010

Time: 10:00 am

PRE-REGISTRATION PREFERRED

Age groups: Male & Female

14 and under 18 to 19 20 to 26
27 to 35 36 to 45 46 to 59
60 and over

Participants are to meet at NORM'S GYM. Gym will open at 8:30 am. 20 mile run will be from the dam with drop offs for the 10 mile and 5 mile runs. Finish will be at Norm's Xtreme Fitness. Ride leaves at 9:15 am and starts will be at 10:00 am. Water support will be provided. No other support will be provided.

THREE DISTANCES:

- 20 Miles
- 10 Miles
- 5 Miles

For more information or to register call:
Norm Smith
Norm's Xtreme Fitness
416-0455



**AWARD
CERTIFICATES
TO FIRST PLACE
WINNERS
IN ALL AGE GROUPS.**

ENTRY FEE \$20.00
Includes T-Shirt

WEBSITE:
NormsXtremeFitness.com

Mail form and entry fee to:

Norm's Xtreme Fitness
120 W. 3rd Street
Prineville, OR 97754
Phone: 541-416-0455
Fax: 541-416-0455
Email:
normsxtreme@bendbroadband.com

Name _____
Address _____
Phone _____
Sex _____ Age or race day _____

WAIVER & RELEASE: By signing this application, I hereby assume any and all risks associated with participating in this event.

Signature _____ Date _____

Signature of parent or guardian (under 18 years of age) _____ Date _____

Circle distance: 20 Miles 10 Miles 5 Miles