38th Annual

Lake Hartwell Dam Run

Hosted by the Hart Co. Chamber of Commerce & the Hart Co. Running Club

5K Run/Walk & 10k Run – 8:30 AM

***** Note: No Race Day Registration *****

SATURDAY May 7th, 2016

Big Oaks Recreation Area On US 29 just North of

Hartwell, Georgia



- ♦ One of Georgia's most scenic 5K road races. Runners start in SC and run across the perfectly flat dam back into GA.
- Georgia's most scenic 10K. Starts in GA and goes across the Savannah River Bridge and comes back across the dam to finish in GA.
- Pre-Registered packet pick-up begins @ 7:00AM on race day at Big Oaks recreation area. Behind the Corps of Engineer office on US 29
- Free Parking is available at the Corps of Engineer office area. Restrooms available.
- Directions: Take I-85 to Hartwell exit 177. Go through Hartwell to Corps of Engineers Resource Manager's office on US Highway 29 North.

- ♦ 5K & 10K registration is \$20. No shirt option is \$15. Mailin or register online at www.active.com.
- Mail in Registrations must be received by 5/2/16. Online registration with <u>active.com</u> will close at midnight on 5/2/16. No registrations will be accepted by mail, phone or email after 5/2/16. No race day registration.
- ♦ AWARDS 5K/10K awards to Male/Female overall, masters, and grandmasters. 3 deep in male/female age groups.
- ♦ Camping, marinas, beaches, restaurants and lodging nearby. Call 706-376-8590 for details.
- Food & beverages at the finish. Fluids on the course.
- ♦ 5K and 10K courses USATF Certified.
- ♦ 5K and 10K races are chip timed using an electronic timing system

CC Y PARTS 1990 Protest com	Mail-In with Registration Fee	BBRS 7
Last Name	First Name Age	M 🗆 F 🗖

Last Name ______ First Name ______ Age ____ M □ F □

Address (Number & Street) ______ Birthdate ____/ ___

City ______ State ____ Zip Code _____

Circle Shirt Size-Youth: S M L Adult: S M L XL XXL No Shirt Email: ______

EVENT: 5K Run/Walk □ 10K Run □ Phone #: ______

Waiver: I hereby release the sponsors and officials of the **2016 Lake Hartwell Dam Run** from all claims of injury or damages resulting from participating in these events. I realize these are strenuous events which require proper physical conditioning. I hereby certify that I am in proper physical condition to participate.

Signed _____ Guardian if under 18 _____