

41st 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 4th, 2019

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 \$30. No shirt option is \$20. Mail-in or register online at www.active.com.
- ◆ Mail in Registrations must be received by 4/29/19. Online registration with active.com will close at midnight on 4/29/19. No registrations will be accepted by mail, phone or email after 4/29/19. **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 Chamber of Commerce 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



----- Mail-In with Registration Fee -----

Checks payable and mail to: **Hart County Running Club, PO Box 815, Hartwell, GA 30643**

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 **2019 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 _____

