



# The Dam Run

## 5K – Road Run 10K – Trail Run

### January 12, 2019

### 5K/10K RUN/WALK Start Time – 9:00 AM

500 SAN PABLO DAM ROAD, ORINDA, CA 94563

**ENTRY FEES:** 5K-\$40.00 till 12/17 - \$45.00 thereafter/Race Day 10K - \$45.00 till 12/17 - \$50.00 thereafter/Race Day

**FREE PARKING** Timing Chips for Each Participant

**PRE REGISTRATION:** must be postmarked by January 5<sup>th</sup> 2019 or online @ ACTIVE.COM until January 10<sup>th</sup> 5:00pm

**SAME DAY REGISTRATION:** Is open from 7:15am to 8:45am

**MEDALS:** Finisher Medals to ALL / Place Medals to the top 3 finishers in each 5 Year Age Division

**SPECIAL AWARDS:** Custom Made Plaques will be awarded to the following Age Group Winners:

- |                        |                        |                         |
|------------------------|------------------------|-------------------------|
| <b>Overall 5K</b>      | <b>Male and Female</b> | <b>Age 49 and Under</b> |
| <b>Overall 10K</b>     | <b>Male and Female</b> | <b>Age 49 and Under</b> |
| <b>Mid-Century 5K</b>  | <b>Male and Female</b> | <b>Age 50 and Over</b>  |
| <b>Mid-Century 10K</b> | <b>Male and Female</b> | <b>Age 50 and Over</b>  |

**DIVISIONS:** 5-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

T-Shirts are guaranteed to all pre registered runners, race day they will be given out on a "first come first served" basis

## The Dam Run – RACE ENTRY FORM

Make checks payable to Wolf Pack Events (WPE). Detach and Mail this form to: PO Box 20691, El Sobrante, Ca, 94820

T-Shirt size – Circle One: Youth S M L XL XXL Event – Circle One: 5K 10K Fee Paid \_\_\_\_\_

NAME \_\_\_\_\_ AGE (On Race Day) \_\_\_\_\_ GENDER M F  
Last (Print Please) First

ADDRESS \_\_\_\_\_ PHONE# \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_ CLUB/TEAM/Affiliation \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Contact Phone \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

### Participants Under 18 must have a Parent or Guardian sign this authorization/release form

**WAIVER:** This is a legal document, read carefully. I hereby waive and release, indemnify, hold harmless and forever discharge Wolf Pack Events, East Bay Mud, and East Bay Regional Parks District and its agents, employees, officers, volunteers, directors, and organizations affiliated with the race for any and all injuries suffered by me at the race or en-route to and from the race event. I acknowledge that the race courses are on trails and shared by with other park visitors, including; runners, hikers, bikers, and horses. I attest that I am physically fit and sufficiently trained for this competition and a licensed M.D. has verified my physical condition in the last six months. I acknowledge that I have read and understand all of the above. I grant my permission to allow photo and/or other video images of myself to be used for promotional purposes. I acknowledge that a failure to return the Timing Chip may result in a \$30.00 Replacement Charge.

How did you hear about this race?

Active.com  wolfpackevents.com  The Schedule  Mail  Friend/Family   
Other \_\_\_\_\_

**Further Questions?**  
Call Wolf @ 510-459-0854  
[www.wolfpackevents.com](http://www.wolfpackevents.com)