



The Dam Run

5K – Road Run 10K – Trail Run

January 18, 2020

5K/10K RUN/WALK Start Time – 9:00 AM

500 SAN PABLO DAM ROAD, ORINDA, CA 94563



ENTRY FEES: 5K-\$40.00 till 12/21 - \$45.00 thereafter/Race Day 10K - \$45.00 till 12/21 - \$50.00 thereafter/Race Day

FREE PARKING Timing Chips for Each Participant

PRE REGISTRATION: must be postmarked by January 11th 2020 or online @ ACTIVE.COM until January 16th 5:00pm

SAME DAY REGISTRATION: Is open from 7:00am 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:

Overall 5K	Male and Female	Age 49 and Under
Overall 10K	Male and Female	Age 49 and Under
Mid-Century 5K	Male and Female	Age 50 and Over
Mid-Century 10K	Male and Female	Age 50 and Over

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.

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