



5k Run and Waddle Walk

Saturday, August 14, 2010

Race starts at 8:00 AM

Registration Starting at 7:00 AM



• Early Bird (Duck, that is!) Registration:

\$15 before or on August 6, 2010

*Children under 12 FREE

• Registration (after early bird or race day):

\$20 after August 6, 2010

*Children under 12 FREE



**** All entries receive a free event t-shirt**

Starting and ending at the Bagnell Dam Riverpark (below Bagnell Dam) through the City of Lake Ozark. See route on back.

Presented by the Lake Area Chamber of Commerce, Bagnell Dam Strip Assoc. and Kiwanis Club of Ozark Coast

Waiver must be read and signed before participating:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

All fees are nonrefundable.

FILL OUT THIS FORM!

Name _____

Address _____

Phone _____

Email _____

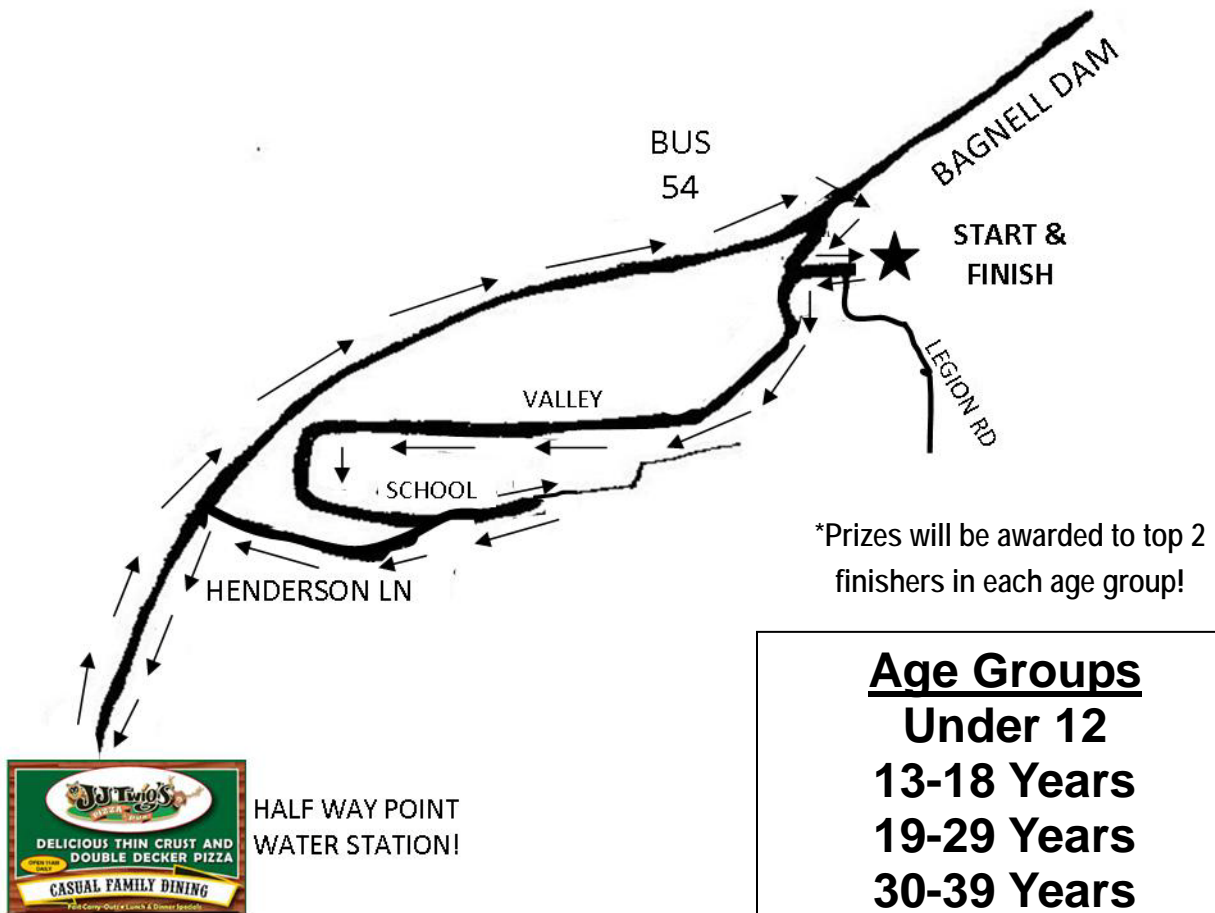
Gender _____ Age on race day _____

Signature _____ Date _____

Make checks payable to:
Lake Area Chamber of Commerce
Phone: 573-964-1008
Mail entry form to:
PO Box 1570
Lake Ozark, MO 65049

Registration
T-Shirt Size

5K ROUTE



The Great Bagnell Dam 5k Run and Waddle Walk will depart from the Bagnell Dam Riverpark (below Bagnell Dam) and will go down Valley Road to School Road to Henderson Road and along Business 54 to JJ Twig's (Turn around – half-way point – water station). The route will continue from JJ Twigs back down the Bagnell Dam Strip to the finish line at the Bagnell Dam Riverpark.