

25th Annual LONGEST DAM RACE
Saturday, June 15, 2019
Fort Peck Dam, Fort Peck, Montana

*First 75 Entries turned into the Chamber will receive a discounted ticket
To the Fort Peck Summer Theatre*

Events Include: 10K & 5K run, 5K walk, Competitive 1-mile run/walk and a Casual 1-mile run/walk, 10-mile Novice Bike Route

The Course: The race begins with the 10K run which starts at the top of the Fort Peck Dam near the dam shaft houses on Highway 24 and proceeds across almost the entire distance of the dam. There is a 3.1-mile turnaround near the middle of the course, then an approximate 350-foot gradual drop in elevation which is on a gravel/dirt road. This surface transitions back onto asphalt for the last near half mile to the finish line in front of Kiwanis Park. The 5K is run on the same course as the 10K less the turnaround portion of the race. The 5K run/walk will begin on top of the Fort Peck Dam and go down a gravel road for approximately 1K and finish at Kiwanis Park. The casual 1 mile run and walk will be on a nature trail at Kiwanis Park, which is a flat course that is paved. The competitive 1-mile run will start at the Power Houses near the bottom of the hill and finish at the Kiwanis Park. The novice bike race is approximately 10 miles and will start at the top of the Dam heading across the dam and back, continues past the start line, then downhill and flattens out onward to the finish line. All races will finish at Kiwanis Park.

- All Results will be done by Competitive Timing, a professional timing company
- All participants are required to check-in prior to the race at the Kiwanis Park staging area.
- Race officials will be present at 7:00 AM for check-ins.
- Runners must face traffic
- Helmets are mandatory for all cyclists
- All races will be held on schedule regardless of weather conditions
- Alcohol is not permitted
- Registration for ALL races must be registered 30 minutes prior to each race

Entry Fee: \$25 for each participant-One Event
\$10 for each participant 10 years old or younger
\$5 for each additional event

Entry Fee Includes: **ONE** Longest Dam Race Performance T-Shirt-short sleeve (See extra charge for other options)
There is an \$2 extra charge for long sleeves PLUS \$3 for all sizes 2XL, \$5 for 3XL & \$7 for 4XL

*Additional Shirts may be available for a charge of \$20 each with extra charges with larger sizes & long sleeves.
Please choose only ONE t-shirt option per participant when filling out entry form

Schedule of Events

7:00 AM- Registration at Kiwanis Park
8:00 AM- 10K Run starts
9:00 AM- 5K Walk
9:30 AM- 5K Run starts

10:00 AM- Novice Bike Race (10 Miles)
10:30 AM- Competitive 1 Mile Run
10:30 AM- Casual 1 Mile Run/Walk

SPONSORED BY:

Glasgow Area Chamber of Commerce & Agriculture

Phone: (406) 228-2222. Fax: (406) 228-2244. Email: chamber@nemont.net
www.glasgowchamber.net PO Box 832 Glasgow, MT 59230

Schedule of Events
Saturday, June 15, 2019

7:00 AM - Registration at Kiwanis Park
8:00 AM – 10K Run starts
9:00 AM – 5K Walk
9:30 AM- 5K Run starts

10:00 AM – Novice Bike Race (10 Miles)
10:30 AM – **Competitive** 1 Mile Run
10:30 AM- **Casual** 1 Mile Run/Walk

Longest Dam Race Entry Form

Individual Events:

____ 10K
____ 5K Run
____ 5K Walk
____ 1 Mile Run/Walk (Timed or Non-Timed)
____ Novice Cycling (10 miles)

Age Bracket (circle one):

8 & under	30-39
9-14	40-49
15-18	50-64
19-29	65 & OVER

Event: _____

Name: _____

Mailing Address: _____

City/State/Zip _____

Phone (daytime): _____

E-Mail: _____

Male _____ Female _____

Age: _____ Birthdate: _____

Shirt Size: Youth: S ____ M ____ L ____

Adult: S ____ M ____ L ____ XL ____

Short Sleeve OR Long sleeve (\$2 More)
2XL-\$3 ; 3XL-\$5 ; 4XL- \$7

Event: _____

Name: _____

Mailing Address: _____

City/State/Zip _____

Phone (daytime): _____

E-Mail: _____

Male _____ Female _____

Age: _____ Birthdate: _____

T-shirt Size: Youth: S ____ M ____ L ____

Adult: S ____ M ____ L ____ XL ____

Short Sleeve OR Long sleeve (\$2 more)
2XL-\$3 ; 3XL-\$5 ; 4XL-\$7

Event: _____

Name: _____

Mailing Address: _____

City/State/Zip _____

Phone (daytime): _____

E-Mail: _____

Male _____ Female _____

Age: _____ Birthdate: _____

T-shirt Size: Youth: S ____ M ____ L ____

Adult: S ____ M ____ L ____ XL ____

Short Sleeve OR Long sleeve (\$2 More)
2XL-\$3 ; 3XL-\$5 ; 4XL- \$7

Event: _____

Name: _____

Mailing Address: _____

City/State/Zip _____

Phone (daytime): _____

E-Mail: _____

Male _____ Female _____

Age: _____ Birthdate: _____

T-shirt Size: Youth: S ____ M ____ L ____

Adult: S ____ M ____ L ____ XL ____

Short Sleeve OR Long sleeve (\$2 more)
2XL-\$3 ; 3XL-\$5 ; 4XL-\$7

*****Sign waiver of liability on the back**

Waiver of Liability

This is an important legal document, read carefully before signing!

Even with the traffic control and EMS on site, I realize the event is physically strenuous, possible adverse weather, and there may be vehicles on the course. I nevertheless wish to compete and assume the risk on any injury at the crowded start, or on the course. I give up any claims for injuries that I may sustain, including death, and agree to hold harmless, "The Longest Dam Race," its directors and officers, employees and volunteers, suppliers, contractors, sponsors, the State of Montana, and anyone else connected with the race. I agree that the race may use any photos taken of me without compensation. I have read and understand the Waiver of Liability for The Longest Dam Race. I am making this agreement and paying my entry fee in exchange for the privilege of competing in this race and using the facilities provided by the race.

Participants under 18 must have a parent or guardian sign.

Date_____ Signature_____ Age_____

Date_____ Signature_____ Age_____

Date_____ Signature_____ Age_____

Date_____ Signature_____ Age_____

SPONSORED BY:

Glasgow Area Chamber of Commerce & Agriculture