**29th Annual LONGEST DAM RACE**

## Saturday, June 17, 2023

# Fort Peck Dam, Fort Peck, Montana

**Events Include**: 10K & 5K Run, 5K Walk, 1-Mile Run/Walk, 10-mile Novice Bike Route

**The Course:** The race begins with the10K 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 Run & Walk is on the same course as the 10K less the turnaround portion of the race which begin on top of the Fort Peck Dam and go down a gravel road for approximately 1K and finish at Kiwanis Park. The 1- mile walk/run will be on a nature trail at Kiwanis Park, which is a flat course that is paved. 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

 -No dogs allowed

 -Registration for ALL races must be registered 30 minutes prior to each race

 -**Participants are responsible for the bibs issued to them. Should a replacement be needed, a $10 fee will apply.**

**Entry Fee: (prices valid until June 16, 2023)** $25 for each participant- 9 years & older-One Event

$15 for each participant 8 years old or younger-One Event

$ 5 for each additional event

**Entry Fees (Day of Event-June 17, 2023)** $35 for each participant- 9 years & older-One Event

$25 for each participant 8 years old or younger-One Event

$ 5 for each additional event

**Entry Fee Includes**: ***ONE*** Longest Dam Race Performance T-Shirt

  *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.

*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 Run Starts

**9:30 AM**- 5K Walk Starts

**10:00 AM**- Novice Bike Race (10 Miles)

**10:30 AM-** 1 Mile Run/Walk

**Longest Dam Race Entry Form**

**Age Bracket (check one):**

□ 8 & under □ 9-14 □ 15-19 □ 20-29 □ 30-39 □ 40-49 □ 50-59 □ 60-69 □ 70-79 □ 80 & Over

**Contact Information:**

Name:

Mailing Address:

City/State/Zip:

Phone (daytime):

E-Mail:

**Male: □ Female: □**

**Birthdate:**

**Age of Participant (day of race):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Events (check all that apply): (OFFICE USE ONLY):**

□ 10K Bib #: \_\_\_\_\_\_\_\_\_\_

□ 5K Run Bib #: \_\_\_\_\_\_\_\_\_\_

□ 5K Walk Bib #: \_\_\_\_\_\_\_\_\_\_

□ 1 Mile Run/Walk Bib #: \_\_\_\_\_\_\_\_\_\_

□ Novice Cycling (10 miles) Bib #: \_\_\_\_\_\_\_\_\_\_

**Event Total**:

9 Years & Older:

□ 1 event: $25

□ 2 events $30

□ 3 events $35

□ 4 events $40

 8 & Under years of age:

□ 1 event $15

□ 2 events $20

□ 3 events $25

□ 4 events $30

**Event Total\_\_\_\_\_\_**

**Shirt Information: Basic shirt price included in event fee.**

□ Short Sleeve

**Youth**: □ S □ M □ L

**Adult**: □ S □ M □ L □ XL □ 2XL($3 more) □ 3XL($5 more) □ 4XL($7 more)

**Shirt total (if applicable): ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OVERALL Total: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_**

 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;

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 7 The Glasgow Area Chamber of Comm. & Ag.” “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. If the participant bib that is issued to me is lost or damaged, I agree to pay $10 for a replacement bib.

**Participants under 18 must have a parent or guardian sign.**

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_ Guardian Signature (if under 18 yrs old):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_