

BLACK EAGLE DAM RUN

JULY 4, 2010

8:00 a.m.

**5k Race: Run/Health Walk
6 Mile Run**

**Sponsors: MRO, Hub
International, Gold's Gym,
Tire-Rama, Dr. Robert
West, DDS., On Our Way,
Lucero and George**

Location: Memorial Falls Park. Veer right at the Y at the Black Eagle Community Center. Go down the hill past the dam to parking area. Race starts near the dam, and finishes by the parking lot. Follows the north bank rivers edge trail to West Bank park, and back. 5K turn at the refinery.

Runners receive T-shirt, sizes on first come first serve basis. Post event refreshments. Awards to the top 3 finishers in each race. Drawing for prizes.

All proceeds raised benefit the CMR High School cross-country team. Team members will help organize and set up course. Thanks for your support and enjoy the River's Edge Trail.

2010 Black Eagle Dam Run

\$20.00 Add \$5.00 race day.

Make checks payable to CMR cross-country. Mail to 5501 5th Ave. South. Great Falls, MT 59405. Questions Contact: Doug Darko 727-5234

Distance: 5K() 6 mile ()

Age July 4, 2009 ()

Shirt Size: S() M() L() XL ()

Youth: M() L()

Last Name _____

First _____

Phone _____

Address _____

City/Zip _____

Wavier: In consideration of the foregoing, I for myself, my executors, administration and assigns, do hereby release and discharge any rights and claims for damages incurred before, during and after the race, against officials and sponsors of the Black Eagle Dam Run, individuals, volunteers, their representatives and all successors from all claims or liabilities of any kind arising out of my participation even though said liability may rise out of negligence or carelessness on the persons named on wavier. I attest and verify that I am physically fit and have sufficiently trained for this event. I also grant permission for all of the foregoing to use any publicity, my name and/or pictures of my participating in this event with no obligation or liability to me. Parent or legal guardian must sign /date if under 18.
