

LEWIS AND CLARK "RACE ON THE RIVER" 2006



**Chamberlain-Oacoma
Chamber of Commerce
and Fitness Club**

RACE TIME/LOCATION: The 14th Annual Lewis and Clark 10K/5K Race/Walk, and **1 Mile Fun Run/Walk** will be held Saturday, June 10, 2006, in Chamberlain, South Dakota. The 5K (walk/run) and 10K will begin at 9 AM, the 1 Mile Fun Run/Walk at 10:00 AM, and the kids race around 10:20 AM. All events will start from Barger Park at the north end of River Street (2 blocks west of Main Street - road will be barricaded). Awards ceremony begins at 10:30 A.M. at the finish line.

Competitive and non-competitive runners and walkers of all ages are all welcome!

RACE COURSE: The race course is scenic, flat and fast on asphalt surfaces. From Barger Park, the 1 mile Fun run/walk will cross the Missouri River's Lake Francis Case on the historic Old Highway 16 bridge then turn around and return to Barger Park. The 5K and 10K races will cross the Missouri River's Lake Francis Case on the historic Old Highway 16 bridge then turn north on George S. Mickelson Shoreline Drive toward the Cedar Shore Resort. Both 5K and 10K are out-and-back courses on the same route. Water/Gatorade stations will be at the 1 mile turnaround and the 5k and 10K turnarounds.

AWARDS/PRIZES: Awards will be given for male and female overall winners in the 5K and 10K races; AND for the top 3 male and female age group winners for each race in these age categories: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59 and 60+. The overall male and female winners of each race will receive one free night of lodging (for up to 4 persons) at the Cedar Shore Resort, as well as a trophy. A \$50 award will be given to any race winner who sets a course record (5K: male 14:57, female 18:30; 10K: male 32:13, female 39:19). All 1 Mile Fun Run/Walk participants will receive a prize, as will all kids race participants. All registered runners will be eligible for our many door prizes!

REGISTRATION: Registration includes a race number, T-shirt, post-race drinks and snacks and a door prize chance. Pre-register on the below form by mail or through the website listed below until June 5, 2006. The cost is \$10 for 5k and 10k races / \$5 for the 1 Mile Fun Run/Walk (make checks to Chamberlain Fitness Council and mail to Steve Wahl, 115 Summit Drive, Chamberlain, SD 57325). Any children 12 years of age or younger who are participating in any of the days events are free. Registration the day of the race is from 7:45 - 8:45 A.M and will cost \$15 for 5k and 10k; \$10 for the 1 Mile Fun Run/Walk.

FREE KIDS' RACE: At 10:20 A.M. (just prior to the Awards Ceremony), boys and girls, not participating in the other races, can run a short (about ¼ mile) race. No registration fee, just show up at 10:00 to enter - prizes will be awarded to all runners!

OTHER EVENTS: Many other events and attractions are available in the Chamberlain-Oacoma area, including Old West Trading Post Flea Market, boat/jet ski rentals at Cedar Shore Resort, Akta Lakota Museum, I-90 Interpretive Center, Roam Free Park, SD Hall of Fame and great fishing, swimming, camping, shopping, and dining.

INFORMATION: For more information, call Steve Wahl at (605) 234-0362 or Jessica at (605) 734-4416 (chamber@chamberlainsd.org). See our website at www.chamberlainsd.org.

ENTRY FORM

NAME _____ SEX _____ AGE _____ RACE # _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____ EMAIL _____

RACE (circle): 1 Mile 5K 10K T-SHIRT SIZE (circle one): S M L XL

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Chamberlain Area Chamber of Commerce, Fitness Council, the cities of Chamberlain and Oacoma, Cedar Shore Resort and any facility or individuals associated with this event for any and all injuries which may be suffered by me in connection with my participation in this event. I certify that I am in proper physical condition to participate in this event.

Signature _____ Date _____
(Parent signature required if under 18 years old)
