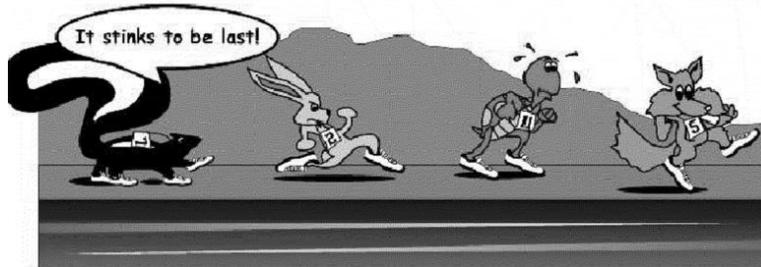


LAKE PLEASANT REGIONAL PARK DAM GOOD RUN, WALK, HIKE



Saturday, April 4 • 9 a.m.

Registration Form

Please print clearly

The Lake Pleasant Regional Park **Dam Good Run, Walk, Hike** is a non-competitive, un-timed, family event that offers a rare opportunity to cross the top of the Waddell Dam. This is a park sponsored, fun and exhilarating event for both young and old.

Donations

I'd rather sleep in and make a donation
 \$5 \$10 \$20 \$_____ Thank you!

Contact Information

First Name _____
 Last Name _____
 Mailing Address _____
 City, State, Zip Code _____
 Phone (____) _____ - _____
 Alternate Phone (____) _____ - _____
 Email address _____

Personal Information

T-Shirt Size	<input type="checkbox"/> Child/Senior	<input type="checkbox"/> Small	<input type="checkbox"/> Med.
	<input type="checkbox"/> Large	<input type="checkbox"/> XL	<input type="checkbox"/> XXL
Age	_____		
I am eligible for	<input type="checkbox"/> Senior discount	<input type="checkbox"/> Child discount	
Sex	<input type="checkbox"/> Male	<input type="checkbox"/> Female	

Method of Payment

Cash Check# _____
 Credit Card No. _____
 Expiration Date (MM/YYYY) _____ / _____

For official use only

Bib# _____ By _____

Top 10 reasons to enter

10. You are tired of watching workouts on TV.
9. You are trying to hide from your refrigerator.
8. Saturday morning cartoons are boring.
7. You want to get the kids away from video games.
6. You want to get fit.
5. You want to be outdoors.
4. You want to see what's new in the park.
3. You want to meet new people.
2. You want to do something that brings the family together.
1. You want to have lots of fun!

Release Form

(All registration forms must be signed. NO REFUNDS will be issued for any reason)

I understand and acknowledge that this is a potentially hazardous physical event that may put me at risk of physical exertion. I hereby consent to and authorize necessary emergency treatment should I become unable to do so. I am aware of the risk of participation and do so of my own free will. In consideration of signing this entry, I, the undersigned, intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Maricopa County Parks and Recreation Department, Central Arizona Project, Bureau of Reclamation, or anyone associated with this event, their representatives, successors and assignees for any and all injuries suffered by me in said event. I further acknowledge to abide by all rules and regulations during participation in the event. I will additionally permit the free use of my name and pictures in any media broadcast, telecast, newspaper, website, etc. that is related to the event.

Signature _____

Date _____

Guardian Signature *(Required for all participants under 18)* _____

Date _____

2009 Rules and Regulations

1. Participants must be registered by 8:45 a.m. to be eligible to participate. The race begins promptly at 9:00 a.m.
2. Pre-registered participants must present the event **confirmation letter** to receive free entry into the park.
3. Participants agree to follow directions provided by CAP Security and event volunteers.
4. Participants agree to abide by any decision of a race official relative to their ability to safely complete the race.
5. Participants agree to wear a race bib while on either event course.
6. Children under five are not allowed to participate in this event.
7. Children between five and eighteen years of age must be accompanied by a parent when on the dam.
8. Participants are not allowed to step over the guardrails on the dam.
9. For safety and security reasons, the following are **NOT** allowed on the dam (no exceptions):
 - a. Children under five (5) years of age
 - b. Backpacks (camel packs are okay)
 - c. Strollers
 - d. Bicycles
 - e. Wheelchairs (motorized or manual)
 - f. Animals or pets of any kind
10. Seniors age 65 years and older, and children age five years to 12 years are eligible to receive a 50% discount *at the time of registration*. Discount must be requested at the time of registration and proof of age may be required. Refunds will not be issued for failure to mention either discount (no exceptions).
 - a. Phone registrants must mention the senior and/or child discount **prior** to processing the payment by credit card. No refunds will be issued once transactions are complete or the credit card is processed.
 - b. Mail registrants must indicate "senior" or "child" in the discount section prior to mailing the form to be eligible.
11. Overpayments due to miscalculations by the registrant will be donated to the park program fund and no refunds will be issued.
12. In case of inclement weather, the event will be cancelled and no refunds will be issued. Entry fees and proceeds will be donated to the park program fund and benefit future family programs. Pre-registered participants may pick-up their event shirt and race bag on the morning of the event.

For more information regarding the rules and regulations please contact the Events Coordinator at (602) 372-7460, ext. 200.

Dam Good Run Information

Course Distances: Choose between a moderately easy four-mile course or a more challenging seven-mile course. Participants may run, walk or hike either course.

Directions: From I-17, proceed West on SR-74 (Carefree Highway). Proceed north on Castle Hot Springs Road to the Lake Pleasant Access Road (mile post 19) and turn right. Proceed to the Main Gate. Pre-registered participants must present the event parking pass to receive free entry into the park (no exceptions).

Registration Fees: Proceeds benefit Maricopa County Lake Pleasant Regional Park's family programs and events.

- \$20.00 when postmarked by January 30, 2009
- \$25.00 when postmarked by March 20, 2008 (final opportunity to pre-register)
- \$30.00 on site registration fee (plus \$5 park entry fee will be assessed at the gate)

The vehicle park entry fee will be waived for all *pre-registered* participants. Fee includes an event item, water, snacks, and other goodies! Participants agree to abide by all rules and regulations that appear on this form.

Payment: Visa and MasterCard registrations will be accepted via phone at (602) 372-7460 ext 200. Please mail check or money order payable to:

Lake Pleasant Regional Park
41835 N. Castle Hot Springs Road
Morristown, AZ 85342



Maricopa County
Parks and Recreation Department
Lake Pleasant Regional Park

