

NORM'S XTREME FITNESS

THE XTREME DAM RUN

Date: 02/4/2018

Time: 10:00 am

PRE-REGISTRATION PREFERRED

Age groups: Male & Female

14 and under 15 to 19 20 to 26
27 to 35 36 to 45 46 to 59
60 and over

Participants are to meet at NORM'S XTREME FITNESS. Gym will be open at 8:00 am. 20 mile run will start at the dam. Others will be dropped off at the 10 mile start and the 5K start - then running in to finish at Norm's Xtreme Fitness. Transportation out to starts will leave at 9:00 am . Water support will be provided. No other support will be provided.

THREE DISTANCES:

- 20 Miles
- 10 Miles
- 5K

**For more information or to register call:
Norm Smith
Norm's Xtreme Fitness
541-416-0455**



**AWARD
CERTIFICATES
TO FIRST PLACE
WINNERS
IN ALL AGE GROUPS.**

*Supports
Crook County Track Teams*

**ENTRY FEE \$35.00
Includes BEANIE
Without BEANIE \$25.00**

WEBSITE:

NormsXtremeFitness.com

Mail form and entry fee to:

Norm's Xtreme Fitness
120 W. 3rd Street
Prineville, OR 97754

Name _____

Address _____

Phone _____

Sex _____ Age on race day _____

WAIVER & RELEASE: By signing this application, I hereby assume any and all risks associated with participating in this event.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Circle distance: 20 Miles 10 Miles 5K