

2010 'Dam' Good Trail Race
Carry Your Own 'Dam' Water

In an effort to reduce the amount of waste we generate at the aid stations, if you carry your own 'dam' water for the entire 14 mile race (and certainly re-fill at the aid stations if needed), you will receive a 22 second handicap off your finish time. Why 22? Well, because the race is on August 22nd! It's brilliant, we know. Of course there are rules and here they are:

Handicap Rules

1. You must check in race morning if you will be carrying water during the race. Your race bib will be marked to indicate your willingness to reduce waste on the trails.
2. You must still be in possession of your own water at the half way point aid station. Make sure a volunteer sees you with the water or you won't get your 22 seconds!
3. You must **STILL** be carrying your water when you cross the finish line. Then you can ditch it and get some of our water.
4. All types of portable water carriers will be accepted.
5. You can fill up at any of the aid stations as needed.
6. Carrying water is optional. Aid will be provided for all runners.