

# 31<sup>st</sup> Dam to Dam - - June 5, 2010 - - Des Moines, Iowa

Name:	
Mailing Address:	
City, State, Zip Code/Country:	
Email Address:	
Age on June 5, 2010:	(please circle one) Male Female
Social Security Number or Tax ID:	
USATF Number (if applicable):	
Citizenship:	
Sponsor/Team/Agent/Coach & phone number (if applicable):	
Phone (Day or Evening?):	(Cell):

Please share any information about your running career (feel free to send a running resume):
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## Career Best Times

Distance	Time - Distance	Place	Race Name	Date
5k, 8k or 10k?				
Half-Marathon				
Marathon				
Previous DD				

## Best Times in 2009 & 2010

Distance	Time - Distance	Place	Race Name	Date
5k, 8k or 10k?				
Half-Marathon				
Marathon				
Previous DD				

\* *Invited Athlete Contact:* Cal Murdock at [calmurdock@earthlink.net](mailto:calmurdock@earthlink.net) or 1631 38<sup>th</sup> Street, Des Moines, 50310

\* *Invited Status Qualifications:* 20km - Male 1:05/Female 1:18 or equal times for 10 mile or Half-Marathon

\* *Hospitality:* Janna Lane and Runablaze Iowa Team at Packet Pickup 2pm-8pm on Friday, June 4