

# RACE GUIDE

2026



Your guide to a  
DAM good race  
experience.

**CROFTON'S  
DAM RACE**

# Hey racers.

## NINE YEARS AGO,

a group came together with one main goal in mind: to invite newcomers to experience our Missouri River region in a fresh way. Thus, Crofton's Dam Race was born. Today, we draw over 300 racers to our little town of 800.

We know we have something special ... and we hope you feel it too. Here's a few things we've learned along the way:

1. **Hard works deserves a celebration.** We know our race isn't a piece of cake. That's why we've worked hard to create a finish line celebration full of good food, delicious drinks, live music and camaraderie. The Bloody Mary's aren't bad either.
2. **Crofton is full of really good people.** Over 150 volunteers make our race what it is today. We are so thankful for the families, EMT crews, firefighters, Yankton Search & Rescue, local law enforcement, state park hosts and staff that joyfully spend the day with us. Please take a moment on race day to give them a high five.
3. **We live in the most beautiful place.** Once you ride our river roads and watch the sun set over Lewis & Clark Lake, we promise you'll say the same thing. And we hope you'll come back to visit us again.
4. **Big things lead to bigger things.** Thanks to our sponsors, Crofton's Dam Race continues to pledge every year toward a pedestrian trail through Lewis & Clark State Recreation Area. #DamRight

To ensure you have a good time in Crofton, we've put together this guide, but don't hesitate to reach out with questions.

—Heidi & Johnnie, your race directors



## RACE CREW

Heidi Marsh  
Johnnie Ostermeyer  
Craig Marsh  
Kim Sawatzke  
Tyler Wulf  
Jon Voelker  
Leslie Donner  
Doug de Shazer  
Jullet de Shazer  
Joyce Stevens  
Jodi Schultz

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# Schedule.

## CHECK-IN EARLY

### FRIDAY, JULY 24

*Crofton Haymarket, 105 Main Street, Crofton*

Check in early, pick up your race packet, and eat spaghetti in town!

5-7:30 p.m. Spaghetti Supper at Crofton Haymarket. Free will donation.  
Benefits the Crofton Senior Center

5 p.m. Kids Triathlon at Crofton Baseball Park. Registration at 5 p.m. Race at 6 p.m.

6-8 p.m. Packet pick-up at Crofton Haymarket

## RACE DAY

### SATURDAY, JULY 25

*Lewis & Clark State Recreation Area, 54731 897 Rd, Crofton*

6:00 a.m. Final opportunity to check in at Weigand Beach

7:00 a.m. Half Marathon starts

7:30 a.m. Welcome Ceremony

8:00 a.m. Triathlon starts. First kayak wave on water

9:00 a.m. Individual Bike Race starts 10 minutes after the last kayak flight

9:00 a.m. First Bus transport from Crofton to Weigand

9:30 a.m. Crofton Haymarket open for food and beverages. Cash bar

12:30 p.m. Awards on Main Street

2:00 p.m. Final bus transport from Crofton to Weigand

**Hey kids,  
this race is for you!**



**DON'T FORGET ...**

**BIKE  
HELMET (required)  
TOWEL  
WATER BOTTLE  
RUNNING SHOES  
and a SMILE**

Crofton Physical Therapy is once again hosting **Crofton's Dam Kid's Triathlon** Friday, July 24, for kids 8-13 years old. The race begins and ends at the Crofton Baseball Park. Registration is 5 p.m. and the race starts at 6 p.m. This un-timed fun race includes:

RUN a half mile

BIKE a half mile on gravel

Registration is \$10 and every kid gets a goodie bag!

Questions: Contact Amber Jansen at  
402-358-0806 or [amberrjansen@gmail.com](mailto:amberrjansen@gmail.com)

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# Race details.

## RACE PACKETS

Your race packet contains the following:

- **Bib** with meal ticket and drink ticket. Bibs should be secured on the **front of your shirt**. For teams, only the biker wears a bib. Teammates can pick up their meal tickets from the ticket counter at the Haymarket following the race.
- **Timing strap**. The white timing strap should be secured to your left ankle on race day. Teams have a velcro strap to share from one team member to the next in the transition area. Timing straps can be thrown away after the race.
- **T-shirt(s)**. No need to wear these during the race, but you can if you want.
- **Sponsorship swag**. Make sure to thank our sponsors for the cool gear!

## RACE ROUTES

Visit [www.croftonsdamrace.com/routes](http://www.croftonsdamrace.com/routes) for race routes.

## QUESTIONS?

Check out our [FAQ online](#) or contact our race directors. Please no kayak wave requests at this time.

Heidi Marsh  
director@croftonsdamrace.com  
(605) 660-4498

Johnnie Ostermeyer  
(402) 508-0224

## At the beach.

### **STATE PARK ENTRANCE**

To enter the Lewis & Clark State Rec Area/Weigand Beach, you'll need a Nebraska Park Entry Permit per vehicle. Anyone entering the park (even for a quick pick up/drop off) must have a park permit! Purchase at the Haymarket at packet pick-up or early at the Park.

Nebraska Licensed Vehicle: \$7.00 daily, \$35 annual

Non-Nebraska Licensed Vehicle: \$14.00 daily, \$70 annual

### **PARKING**

Kayaks and bikes can be dropped off at the swim beach 5:30-6:45 a.m. Saturday morning. The beach area will be closed to traffic until the race is completely over. Parking is available about a quarter-mile walk. Transportation will be available for spectators who need assistance.

### **TRANSITION AREA**

The transition area is designated for racers only! Non-racers (including pets!) are not permitted in this area. Bikes racks are available for bikes, helmets and other race gear. Please do not lean your bike against the fencing around the transition area. When the race begins, teammates should wait by the team bike to transfer timing straps.

### **KAYAK WAVES**

Kayak waves usually start with women, then teams, and finish with men. We'll send wave information via email closer to race day. Please no additional wave requests at this time.



## On the route.

Our race route can be challenging ... it's those DAM hills. We're fortunate to have over 150 volunteers to ensure you stay hydrated, safe and cheered on. Here's what you'll find along the route:

- 11 water stations approx. every two miles
- Volunteers wearing bright orange shirts guarding each intersection
- An Aid Station at the Crofton Lake Fire Hall on 54C, approx. 9 miles from finish
- Crofton EMT crew at start, finish and mobile along the route
- A porta potty at the water station along Hwy 121 approx. 7 miles from finish



**SCAN THIS QR CODE TO  
VOTE FOR YOUR FAVORITE  
WATER STATION**



**Be safe out there.**



We take the safety of our racers and volunteers pretty seriously, so listen up.

- Thanks to our fire department, we'll have lighted vehicles leading and following both runners and bikers.
- Yankton Search & Rescue (the hunks pictured above) will have boats on the water in case of any accidents during the kayak portion of our race.
- The Crofton EMT squad will have crew members at the starting line-up and on the route. Volunteers can call EMT crews quickly for minor injuries.
- Local and state law enforcement will be on-site to ensure traffic safety.
- Your job: Wear a bike helmet, life jacket and be respectful/aware of fellow racers, volunteers and traffic.
- **One earbud policy!** To ensure racers can hear direction, traffic, or other racers, we are implementing a one earbud and/or bone conduction devices only.

#### BE AWARE

Kayakers not wearing life jackets properly on the water WILL BE DISQUALIFIED.

Bicyclists not wearing helmets properly while on bikes WILL BE DISQUALIFIED.

**PLEASE CALL 911 FOR EMERGENCIES  
& ASK DISPATCH TO PING YOUR LOCATION!**

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# Inclement weather guide.

Let's talk weather.

Crofton's Dam Race reserves the right to alter, delay or cancel the race based on severe weather or dangerous conditions. The following policy will be implemented:

- If the event is canceled prior to race, participants registered at time of event cancellation will receive a 15% discount for Crofton's Dam Race the following year. Race directors will send a discount code through email.
- If the event is canceled after starting, results will be recorded and division awards will be issued for the athletes that started the race and crossed the finish line prior to the time of event cancellation only. Racers who did not finish will receive a 15% discount for Crofton's Dam Race the following year. Race directors will send a discount code through email.

Please find the following Severe Weather/Tornado guide. Emergency notifications will be sent to racers through SMS text messaging and volunteers through SportsYou app.

# Inclement weather guide.

## A. Advance Forecast of severe weather

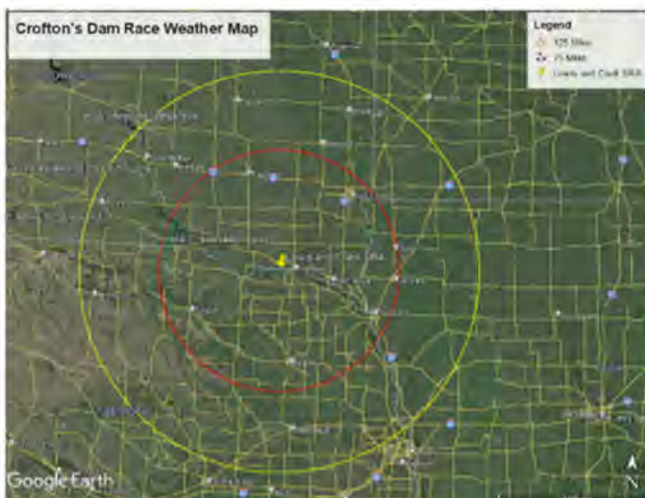
- a. Race participants/volunteers, and Emergency Personnel will be notified of the weather plan in their event information.
- b. Race committee will advise participants of the forecasted weather at check-in or pre-event meetings.

## B. National Weather Service

- a. Event supervisors will visit with the NWS on race morning to discuss the day's weather forecast. In the event severe weather appears, the NWS will inform event supervisors.

## C. Severe Weather Watch

- a. Designated event supervisors will be alerted if: 1). A watch has been issued for this area 2) that severe weather has developed and is approaching the 125 mile away distance boundary. Activities will continue during a severe weather watch.
- b. Designated staff will advise all activity participants/volunteers of the issued watch and/or that severe weather has reached a designated line and is moving in our direction. This will be coordinated thru text messaging from the race timer and loudspeaker announcements through the designated emergency vehicles and race coordinators. Decision is left to participants and volunteers to leave or stay at the event. Event supervisors will assist participants/volunteers choosing to depart.





# Inclement weather guide.

## D. Sever Weather Warning

- a. Designated event supervisors will be informed by the NWS in the event severe weather has reached the warning boundary, approximately 75-100 miles away and moving in our direction.
- b. Designated event supervisors will close the event according to the Severe Weather Policy.
- c. Designated event supervisors will notify participants and volunteers, to initiate departure. All activities will stop and everyone will be asked to leave proceeding to their vehicles.
- d. For participants/volunteers on race routes or at Crofton Haymarket, designated Conservation Officers, event coordinators, park staff, emergency personnel, and event bus shuttle will pick up the race participants/volunteers and return them to their vehicles.
- e. All vehicles must leave the premises and participants/volunteers will be responsible to selecting the best route after exiting the park.
- f. Anyone still on the park premises when the storm hits should proceed to the following safe areas: moderns restrooms or park headquarters

## E. Severe Weather Strikes Event

- a. In the event of a tornado/damaging severe storm striking the park, the entrance gates will be closed except to the entry/exit of emergency personnel/vehicles. Best efforts will be attempted to collect the following information will be recorded for each non-emergency person(s) leaving the park/Haymarket:
  - i. Name, address, phone number
  - ii. Injury-yes/no; if so, list injuries and were taken and transported by

## F. Safe Zones/Buildings

- a. Park Headquarters and Modern Restrooms
- b. Basement of Crofton Haymarket in Crofton

## G. Cell Phones

- a. Make sure to carry your cell phone with you at all times. Make periodic checks for messages if potential severe weather is nearby.

## Bring a friend.

Family and friends are welcome. In fact, we encourage a cheering section. Please share these notes with them:

- **Please take an alternate vehicle route to Crofton** to keep traffic off Highways 54C and 121. We recommend [this route](#) along County Rd 896 to Hwy 12.
- Dogs are allowed at the race. However, they must be on a leash (max 6 feet) and owners must immediately clean up pet waste.
- Racers' meals are included with the registration fee. Guests can buy a meal on race day for just \$15 each.
- Your guests can also buy one of our blue dry-fit t-shirts or hats. Race gear can be purchased at the Crofton Haymarket on race day, while supplies last.





## Party on Main



**Join us for the  
best DAM finish  
line celebration!**

A few highlights include:

- A bus transit will be available from Crofton to Weigand for racers, 9 a.m. to 2 p.m.
- A delicious lunch of grilled chicken sandwich, salad and chips, water/sport drink, plus one drink ticket are included with your registration. The Haymarket will also have a cash bar. Ask about Crofton's Best Dam Bloody Mary and DAM Cream Ale, the official beer of Crofton's Dam Race.
- Live music by the 11 Dollar Bills
- Awards ceremony will begin at 12:30 p.m. Racers that come in after the award ceremony will receive high fives!

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Keep in touch,  
would'ya?



Welcome to our race family.  
Here are a few things to keep on  
hand after the race.

- [Check out the race results](#)  
from TrueTime Racing.
- Share your experience on  
our [Facebook group](#).
- Thank a volunteer today!  
They are awesome.

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Let's hear it for  
our sponsors!



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see ya  
next year

07.31.27

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