

QUAD CITIES DISTANCE CLASSIC

23rd Anniversary!
HALF MARATHON

5K RUN/WALK

MAY 9, 2010

SPONSORED BY

CORNBELT RUNNING CLUB

AUGUSTANA COLLEGE

RUNNING WILD

CARDIOVASCULAR

MEDICINE, P.C.

SANDLER TRAINING

CAFE EXPRESS

GUERRILA MARKETING

"BULLET" BOB THOMPSON

CLEAR CHANNEL MIX96 RADIO

HUCKLEBERRY'S

HY-VEE WHITEY'S

CBRC 2010 CIRCUIT RACE

FEATURING:

TECHNICAL FABRIC SHIRTS,

FAST RACE COURSES,

COMMON START TIME & CHIP TIMING

RACE LOCATION:

AUGUSTANA COLLEGE

38TH ST. & 7TH AVE., ROCK ISLAND, IL

Locker room & shower facilities available at Carver Hall. **AMBULANCE AT FINISH**

REGISTRATION & PACKET PICK-UP:

CARVER HALL, AUGUSTANA COLLEGE

Saturday May 8th: Noon to 4 pm

Race Day May 9th: 6:30 am to 7:00 am

TECHNICAL RACE T-SHIRTS:

Technical Short Sleeve Shirts to first 500 registrants-cott/poly thereafter.

POST-RACE PARTY IN STADIUM:

For race participants and volunteers! Sports drink, cookies, fruit, bagels, and water available at finish area. Free post race massages & chiropractic care.

AWARDS & RACE RESULTS:

Trophies presented as available after each race. Results posted at www.cornbelt.org and USAT&F Road Running Information Center (for state & national rankings).

UNCLAIMED AWARDS, PACKETS, &

BACK ORDERED SHIRTS:

After the race they may be picked up at Running Wild, 3216 N. Brady Street, Davenport, IA, for 2 weeks. Allow 2-3 weeks order time for back orders.

FLOWERS TO ALL FINISHERS

HAPPY MOTHER'S DAY!

RACE HOTLINE: 563-326-1942

EMAIL: dkmrun1@aol.com

or: paulrunsultras@msn.com

WEBSITE: www.cornbelt.org

VOLUNTEERS NEEDED!

For Course-email: jk17wwtrl@mchsi.com

HALF MARATHON DETAILS:

USAT&F CERT. #IL09002KU

START Augustana College, **7:30 am**

COURSE 13.1 miles. Scenic, some hills, through Rock Island and Moline, IL, including Sunset Park and Mississippi River bike path. 5 water stations. Finish on stadium track at Augustana College.

IMPORTANT! Course protection provided until 10:30 am. After 10:30 am, if you are still on the course, you must move to the sidewalks. Clock stops running at 10:30 am. Walkers encouraged to enter the 5K event-contact Race Hotline with questions.

COMMEMORATIVE MEDALS

to all Half Marathon finishers.

AWARDS \$100 Prize Money to the overall Male and Female Winners. \$100 Masters Prize Money to Male and Female Winners (40 & Over). Awards based on participation: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Overall winners and Overall Masters winners ineligible for age group awards. Overall award winner ineligible for Masters awards.

FREE HALF MARATHON TRAINING RUNS!

McDonald's, Kimberly & Eastern, Davenport. FREE! Sundays @ 7:30 a.m. Open to all, 8 weeks. Start March 7th. Will run 5-8 miles on 3/7/10, then longer each following week. Coach: John Parker

5K RUN/WALK DETAILS:

USAT&F CERT. #IL00006KU

START Augustana College, **7:30 am**

COURSE 3.1 miles. Fast and flat. Splits every mile, one water station.

AWARDS \$100 Prize Money to the overall Male and Female Winners. UP TO three places in each of the following age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Overall winners ineligible for age group awards.

OFFICIAL ENTRY FORM

PLEASE PRINT CLEARLY

WAIVER MUST BE SIGNED

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CIRCLE RACE: 5K or HALF MARATHON

CIRCLE ONE: MALE FEMALE

DATE OF BIRTH: _____ MM/DD/YY

AGE ON RACE DAY _____

PHONE (_____) _____

ENTRY FEES (ALL FEES NON-REFUNDABLE)

	HALF MARATHON	5 K
CBRC MEMBER, PREREGISTERED	\$25.00	\$18.00
NON CBRC MEMBER, PREREGISTERED	\$30.00	\$20.00
ALL REGISTRANTS AFTER 5/3/10	\$35.00	\$23.00

TOTAL FEES ENCLOSED _____

CIRCLE SHIRT SIZE: XS S M L XL XXL

You can also register online at:



MAKE CHECKS PAYABLE TO:

QUAD CITIES DISTANCE CLASSIC, and mail to: Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, City of Rock Island, County of Rock Island, City of Moline, State of Illinois, Augustana College, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

SIGNATURE

DATE

PARENT'S SIGNATURE IF UNDER 18