

**RACE LOCATION:**

**AUGUSTANA COLLEGE**

38TH ST. & 7TH AVE., ROCK ISLAND, IL  
Locker room & shower facilities available at Carver P.E. Center.  
AMBULANCE AT FINISH

**REGISTRATION & PACKET PICKUP:**

**Saturday, May 11th:** Noon to 4 pm

**CARVER P.E. CENTER** - west of stadium  
38<sup>TH</sup> St. & 7<sup>TH</sup> Ave., Rock Island, IL

**Race Day, May 12th:** 6:15 am to 7 am

**CARVER P.E. CENTER** - west of stadium

**RACE T-SHIRTS:**

Technical Short Sleeve Shirts to first 650 registrants- alternate fabric/color is possible 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](http://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 for 2 weeks at:

**Running Wild**

3216 N. Brady Street  
Davenport, IA .

Allow 2-3 weeks order time for back orders.

**FLOWERS TO ALL FINISHERS**



**HALF MARATHON + 5K MAY 12TH, 2019**

**CBRC 2019 CIRCUIT RACE**

(Join the Circuit at [www.cornbelt.org](http://www.cornbelt.org))

**RACE HOTLINE: 563-326-1942**

**Club website:** [www.cornbelt.org](http://www.cornbelt.org)

**VOLUNTEERS:**

**To volunteer or race information:**

contact: Race Director - Dale Manley  
[dkmrun1@aol.com](mailto:dkmrun1@aol.com)

**COURSE VOLUNTEERS NEEDED!**

**Course Control:** contact Mary Kozlov  
563-209-5134 [marykozlov@yahoo.com](mailto:marykozlov@yahoo.com)

**5K RUN/WALK DETAILS:**

USAT&F CERT. IL15001KU

**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. Masters First Place Male and Female. 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, 70-74, 75-79, 80+. Overall winners and Masters ineligible for age group awards.

**HALF MARATHON RUN DETAILS:**

USAT&F CERT. # IL14001KU

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

**COURSE:** 13.1 miles.

Scenic out and back through Rock Island and Moline, IL, including Rock Island 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, 70-74, 75-79, 80+. Overall winners and Overall Masters winners ineligible for age group awards. Overall award winner ineligible for Masters Awards.

**FREE HALF MARATHON TRAINING RUNS :**

**FREE! Starting March 10th, 2019 Sundays @ 7:30 a.m.**

**McDonald's**

Kimberly & Eastern, Davenport.

**Open to all**

Will run 4-7 miles on 3/10/19, then longer each following week for 9 weeks.

**Coach:** John Parker

**OFFICIAL ENTRY FORM**

PLEASE PRINT CLEARLY

WAIVER MUST BE SIGNED

**CIRCLE RACE:** 5K or HALF MARATHON

**CIRCLE SHIRT SIZE:** XS S M L XL XXL

NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ PHONE(\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ MM/DD/YY **CIRCLE ONE:** MALE FEMALE

**CBRC 6 MONTH TRIAL MEMBERSHIP \$10.00**

**ENTRY FEES (ALL FEES NON-REFUNDABLE)**

	HALF MARATHON	5 K
CBRC MEMBER, PREREGISTERED	\$45.00	\$25.00
NON CBRC MEMBER, PREREGISTERED	\$50.00	\$27.00
ALL REGISTRANTS AFTER 5/6/2019	\$60.00	\$30.00

TOTAL FEES ENCLOSED \_\_\_\_\_

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, Palmer Chiropractic Clinics 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. By signing I give CBRC permission to use any photographic images of myself associated with the event. No refund policy including a decision by race management in the event of weather that necessitates the cancellation of the event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT'S SIGNATURE IF UNDER 18 \_\_\_\_\_

EMERGENCY PHONE CONTACT #: \_\_\_\_\_