



# 42nd ANNUAL CORNBELT RUNNING CLUB 24 HOUR RUN



DATE: Saturday, May 6&7, 2023 – 7:00 A.M.  
LOCATION: Eldridge, Iowa, North Scott High School Track  
SURFACE: 400 meter all-weather track  
WEATHER: Average temp. low 47, high 64

USATF CERTIFIED TRACK #IA15001KU

ENTRY FEE BEFORE April 1: \$120.00 \_\_\_\_\_  
AFTER April 1: \$140.00 \_\_\_\_\_  
TOTAL \_\_\_\_\_

DEADLINE: April 15 – Limited to 60 runners  
Benefits CBRC Children’s Running Programs

**AWARDS: T-shirt to all entrants – Plaques for all runners over 100 km**  
Trophy or Hour Glass to male and female winners  
Restroom facilities within 70 feet from track  
Register Online at [Getmeregistered.com](http://Getmeregistered.com)

**MAKE CHECK TO CORNBELT RUNNING CLUB & SEND APPLICATION TO:**  
**Bonnie Busch**  
**1120 14th Street**  
**Bettendorf, Ia 52722**

**FOR MORE INFORMATION CONTACT BONNIE BUSCH**  
**Phone (563) 349-9120**  
**E-mail [BonnieBusch@Centurylink.net](mailto:BonnieBusch@Centurylink.net)**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: DAY \_\_\_\_\_ EVENING \_\_\_\_\_ E-MAIL \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ SEX \_\_\_\_\_ SHIRT SIZE: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

BEST ULTRA PERFORMANCE: DISTANCE \_\_\_\_\_ TIME \_\_\_\_\_

NUMBER OF MILES YOU ANTICIPATE RUNNING IN THIS 24-HOUR RUN \_\_\_\_\_

**WAIVER:** In consideration of your accepting this entry, I, the below signed, intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release all rights and claims for damages I may have against the Cornbelt Running Club, The City of Eldridge, the North Scott School Board, the officials, volunteers and other sponsors of the Cornbelt Running Club 24 Hour Run and their representatives, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I will participate in this event as a foot race, that I am physically fit, and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

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

PARENT/GUARDIAN IF MINOR \_\_\_\_\_ DATE \_\_\_\_\_

THIS ENTRY IS INVALID UNLESS SIGNED BY ENTRANT. THE RACE DIRECTORS RESERVE THE RIGHT TO REJECT ANY ENTRY

## CORNBELT RUNNING CLUB 24 HOUR RUN

1. Participants will run in the second lane. Pylons or other restriction will be placed in the inside lane to enforce correct distance.
2. Volunteers will count laps for all participants.
3. This event is a “go as you please” race. Running, walking, and crawling are permitted. No mechanical assistance will be allowed. Runners may leave the track at any time, however they must notify their lap counters when leaving or returning to the track.
4. Race numbers must be displaced prominently to assist lap timers. It also is recommended that verbal and/or visual recognition be made between the runner and his/her lap counter to insure the correct recording of time and number.
5. Lap counters generally work a three hour shift. When they change, it would be helpful for the runner to check in with the new lap counter.
6. Lap direction will change after the first four hours, and every three hours thereafter. Finish the lap you are on when the change occurs and, then as directed, reverse direction at the start of the next lap in view of your lap counter.
7. Should you have any concerns about your lap count, discuss this with your lap counter AND the lap counter supervisor as soon as possible. Yes, during the race.
8. Anyone attempting a record (world, US record, age group or all-comers records) must notify race management well in advance of the race start so that appropriate measures can be taken for the verification of any record. If during the race, the record is unobtainable, race management should also be notified.
9. Participants will be responsible for their own handlers and aid. The race will provide water and some other items but a runner should not rely solely on this.
10. Gaterade has been selected as the “Official Drink” of the Cornbelt Running Club 24 Hour Run.
11. Restroom facilities are within easy walking distance from the track.
12. We are working to secure post-race showers, more information available closer to the race.
13. The winners, one male and one female, will be the runner who completes the most miles within the 24 hour time limit.