

## HERE IS HOW TO REGISTER:

1. Come to our OPEN HOUSE on Saturday, March 4 between 10 A.M. and 2 P.M. at the Cornbelt Running Club office, 315 E. George Washington Blvd., Davenport, IA.

2. Register online at:  
[www.GetMeRegistered.com/CornbeltWomensProgram](http://www.GetMeRegistered.com/CornbeltWomensProgram) Or scan the QR Code below.



3. Fill out this registration form and mail it to:  
CBRC Womens's 101  
c/o Cornbelt Running Club  
315 E. George Washington Blvd.  
Davenport, IA 52803  
(Registration forms are available at local fitness centers, Quad City Y's and at many winter races.)

4. Email this completed form to:  
[CBRCW101@gmail.com](mailto:CBRCW101@gmail.com)  
\*\*\*\*\* Check us out on FaceBook too! \*\*\*\*\*  
[www.facebook.com/CornbeltRunningClubs](http://www.facebook.com/CornbeltRunningClubs)  
[Womens101](https://www.facebook.com/CornbeltRunningClubs) (no spaces)



# I CAN & I WILL



## Cornbelt Running Club Women's 101 – 2017 Program

As the first and oldest women's running program in the Quad Cities, CBRC Women's 101 strives to provide a safe and supportive atmosphere for runners of all ability levels. Our program is composed of three subgroups for betterment: walking, walk/running, and running. Within each subgroup, we hope to help you identify goals, bond as a team, learn a variety of training topics, and show yourself that YOU CAN and YOU WILL.

## WE WILL CELEBRATE! YOU DID IT!

We will celebrate your accomplishments on Monday, May 15th with a Pasta Party! Our guest speaker will be Clara DeCoster. She will share her story on running 100 marathons! Please RSVP by May 8<sup>th</sup>.



# COME JOIN US!

Our program starts Monday, March 27th and continues each Monday for eight weeks. May 8th will be our Practice 5K". On Mother's Day - May 14 - YOU CAN SHOW THAT YOU CAN & YOU WILL at the QC Distance Classic 5K at Augustana College.

## Eight weeks of . . . . FUN!

# FITNESS! & FELLOWSHIP!

### COST: IS \$35 FOR THE 8 WEEK PROGRAM

*(Please no partial program fee requests.)*

### \$50 IF YOU'D LIKE TO JOIN THE CORNBELT RUNNING CLUB

(This is a DISCOUNTED RATE for NEW Cornbelt Running Club Members ONLY. Sorry no renewals.)

With a membership, you will receive a newsletter to keep you informed of races and running news in and around the Quad Cities area. Membership also includes discounts to a few local businesses and some CBRC races.

**WHEN:** Monday Evenings  
March 27 thru May 15  
6:00 to 7:30 P.M.

**WHERE: Quad Cities Marathon Office,  
733 15th Avenue, East Moline, IL  
\*\*\*\*\*NEW LOCATION \*\*\*\*\***

# REGISTRATION FORM (PLEASE PRINT)

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

ZIP: \_\_\_\_\_

Phone No. \_\_\_\_\_

# EMERGENCY CONTACT (NAME & PHONE):

\_\_\_\_\_  
\_\_\_\_\_

### T-Shirt Size: (please circle size)

Women's - S M L XL  
Unisex - S M L XL 2XL 3XL

### Please circle program

1. 8 week Women's 101 - \$35
2. Women's 101 & Cornbelt Running Club Membership - \$50

# WAIVER FORM MUST SIGN TO PARTICIPATE

I assume all risks associated with running or walking in this program 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 registration form, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club and Women's 101, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Accepted by: \_\_\_\_\_

Date: \_\_\_\_\_