



Ways to Register:

- **Come to our W101 Open House on Saturday, March 9 from 10 AM-2 PM at Centre Station**
- **Sign up online at GetMeRegistered.com/CornbeltWomensRunning**
- **Fill out this registration form and send it with registration fee to**

CBRC Women's 101
c/o Cornbelt Running Club
315 E. George Washington Blvd.
Davenport, IA 52803

Like Our Facebook Page!

[Facebook.com/CornbeltRunningClubsWomens101](https://www.facebook.com/CornbeltRunningClubsWomens101)

Your Registration Includes:

- **An 8-week training plan for walkers, walk/runners, or runners**
- **Knowledgeable leaders who are excited to help you reach your goals**
- **Guest speakers on health, nutrition, injury prevention, and more!**
- **Discounted entry to the Quad Cities Distance Classic 5k on May 12.**
- **A high quality technical t-shirt**
- **An exclusive “practice 5k” before the QC Distance Classic, only open to W101 participants.**
- **A celebratory dinner at the end of the program!**



Cornbelt Running Club's 2019 Women's 101



Celebrating 15 Years: Reflections

As the original women's running program in the Quad Cities, Women's 101 strives to provide a safe and supportive atmosphere for walkers and runners of all ability levels.

Our program is composed of three subgroups for betterment: walking, walk/running, and running. Within each group, we hope to help you identify goals, bond as a team, gain knowledge on a variety of training topics, and complete a 5k!

Come Join Us!

When: Monday Evenings, March 25-May 13
6 PM

Where: Centre Station, 1200 River Drive, Moline
(next to Johnny's Italian Steakhouse)

Eight weeks of gals, goals, and great guests!

Our program starts Monday, March 25, and continues each Monday for 8 weeks.

On Mother's Day, May 12, we will walk, walk/run, or run a 5k (3.1 miles) at the QC Distance Classic at Augustana College. Race registration forms will be available to participants soon!

COST: \$40 for the 8 week program, \$55 for the 8 week program & a 1 year Cornbelt Membership (new members only— no renewals, please no partial fee requests and no refunds.)

With a Cornbelt membership, you will receive a monthly newsletter, access to the Cornbelt Running Club Facebook Group, weekly group runs, and info on running events in the Quad Cities. Membership also includes discounts to local businesses and select CBRC races.

Registration Form (Please Print)

Name: _____

E-mail Address:

Street Address:

City, State, Zip Code

Phone Number with area code

Emergency Contact
Name: _____
Phone Number: _____

T-Shirt Size
(Circle One— Size Guaranteed if registered by April 1, 2019)

Women's Sizes	Unisex Sizes
S M L XL	S M L XL
	XXL XXXL

Please Circle Program:

- 1. Cornbelt Women's 101 8-week Program—\$40**
- 2. Cornbelt Women's 101 8-week program & 1 year Cornbelt Running Club Membership—\$55**

Waiver Form 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 at 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 the liability may arise out of negligence or carelessness on the parts of the persons named in this waiver.

Additionally, I understand that due to liability issues, no strollers, children, or dogs are allowed.

Waiver must be signed in order to participate!

Signed _____

Date: _____