



#### 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](http://GetMeRegistered.com/CornbeltWomensRunning)

#### Like Our Facebook Page!

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

#### Your Registration Includes:

- An 8-week training plan for walkers, run/walkers, and 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 Women’s 101 participants.
- A celebratory dinner at the end of the program!

#### Cornbelt Running Club’s Women’s 101 2024



*It doesn't get easier,  
you get stronger!*

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

Our program is composed of 3 subgroups for betterment: walking, run/walking, and running. Within each group, we hope to help you identify goals, bond as a team, gain knowledge on a variety of topics, and complete a 5k!

#### Come Join Us!

Monday evenings, March 25-May 13, 6 PM  
Where: Centre Station, 1200 River Drive  
(next to Johnny's Steakhouse)

Free parking is available in the upper level of the parking ramp!

## Eight weeks of goals, gals, and great guests!

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

On May 12, we will walk, walk/run, or run a 5k (3.1 miles) at the QC Distance Classic at Bass Street Landing. Race registration forms will be available to participants soon!

COST: \$50 for the 8-week program. Please, no partial fee requests and no refunds.

### Registration Form - all lines required Please Print Clearly!

Name:

---

E-mail address:

---

Street address:

---

City, State, Zip Code

---

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Emergency Contact Name:

---

Emergency Contact Phone Number with Area Code

---

T-Shirt Size: (Circle One - Unisex Sizes)

S M L XL XXL XXXL

Shirt size guaranteed by April 1  
Cornbelt Women's 101 8-Week Program - \$50

### 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 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 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 children, strollers, or dogs are allowed.

**Waiver MUST be signed in order to participate:**

Date:

---

Please make checks out to Cornbelt Running Club

