

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 13th: Noon to 4 pm
CARVER P.E. CENTER - west of stadium
38TH St. & 7TH Ave., Rock Island, IL
Race Day May 14th: 6:15 am to 7 am
CARVER P.E. CENTER - west of stadium

RACE T-SHIRTS:

Technical Short Sleeve Shirts to first 850 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 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 14TH, 2017

30th Anniversary!
HALF MARATHON
5K RUN/WALK
MAY 14, 2017
CBRC 2017 CIRCUIT RACE
(Join the Circuit at www.cornbelt.org)

RACE HOTLINE: 563-326-1942

Club website: www.cornbelt.org

VOLUNTEERS:

To volunteer or race information:
contact: Dale Manley dkmrun1@aol.com
COURSE VOLUNTEERS NEEDED!
Course Control: contact Missey
563-940-5733 miskey@mmandrews.com

5K RUN/WALK DETAILS:

USAT&F CERT. IL15001UK
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. 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 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 12th
Sundays @ 7:30 a.m.
McDonald's
Kimberly & Eastern, Davenport.
Open to all
Will run 5-8 miles on 3/12/17, 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

You can also register online at:



ENTRY FEES (ALL FEES NON-REFUNDABLE)

	<u>HALF MARATHON</u>	<u>5 K</u>
CBRC MEMBER, PREREGISTERED	\$45.00	\$25.00
NON CBRC MEMBER, PREREGISTERED	\$50.00	\$27.00
ALL REGISTRANTS AFTER 5/8/2017	\$60.00	\$30.00

TOTAL FEES ENCLOSED _____

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.

SIGNATURE _____ DATE _____ PARENT'S SIGNATURE IF UNDER 18 _____
EMERGENCY PHONE CONTACT #: _____