



29TH ANNUAL CORNBELT RUNNING CLUB 24 HOUR RUN



DATE: Saturday, May 1, 2010 – 7:00 A.M.
LOCATION: Eldridge, Iowa, North Scott High School Track
SURFACE: 400 meter all-weather track
WEATHER: Average temp. low 48, high 69

GOLD SPONSORS: Mark S. Lucas, D.P.M.
Wolfe Beverage Co, Eldridge
Hammer Gel / E-Caps
SILVER SPONSORS: Eldridge Telephone Co.
Eldridge True Value
North Scott Foods
Eldridge Recreation & Fitness Center
Country Spring Bottled Water

HOST MOTEL: QUALITY INN & SUITES, 1000 E. Iowa Street, Eldridge IA 52748 – Tel: (563)285-4600, Fax: (563)285-1933
Cut Off Date: April 15, 2010 – Single or Double \$69.99
Mention that your reservation is for the Cornbelt Running Club 24 Hour Run.

ENTRY FEE BEFORE April 1: \$80.00; AFTER APRIL 1: \$90.00
(includes Pre Race dinner \$ Post Race breakfast)
GUEST MEALS AVAILABLE AT \$10.00 each
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

MAKE CHECK TO CORNBELT RUNNING CLUB & SEND APPLICATION TO:
Karl Ungurean
203 E. Denison Ave.
Davenport, Ia 52803
Phone (563) 324-2250, E-mail: UngureanK@mchsi.com

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 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 direction will change after the first four hours, and every three hours thereafter.
6. 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.
7. Hammer Gel has been selected as the “Official Drink” of the Cornbelt Running Club 24 Hour Run.
8. Restroom facilities are within easy walking distance from the track.
9. Showers available at North Scott Racquetball & Fitness Center Sunday morning following the race.
10. The winning runner will be the only one who completes the most miles within the 24 hour time limit.