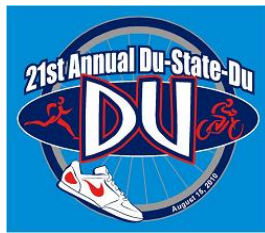




Cornbelt Running Club
www.cornbelt.org



Quad City Bicycle Club
www.qcbc.org

Sunday, August 15, 2010 at 8:00AM in the Loud Thunder Forest Preserve

2 mile Run + 15 mile Bike + 2 mile Run Duathlon

Post Race Picnic, we furnish hamburgers, salads and soft drinks – dessert potluck

Register Online at GetMeRegistered.com

Race Director is Marta Verschoore (309)756-0751 or email Runfaster40@mchsi.com

Sponsors

Healthy Habits – Nutrition & Bicycles, Kaminski Pain and Performance Care, County Waste Systems, Inc.

Approved Helmets are required for the bicycle portion of the event!

\$50 prize money to overall male/female winners

Awards to top three in each age group and division

Age Group Division, Male

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Age Group Division, Female

29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Fat Tire Division, Male

Fat tire is a tire width over 1.90 inches

Fat Tire Division, Female

Male Team Division

Mixed Team Division

Female Team Division

Teams are 2 persons, One runner and One Biker; applications must be submitted together, with name of teammate on each

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/11/10)

Loud Thunder Forest Preserve is located off Route 92, about 5 miles southwest of Andalusia, Il. From Interstate 280, take the Route 92 exit west. Follow 92 thru Andalusia to Loud Thunder (right turn at top of hill). Follow Loud Thunder Road west, past the lake. At the top of the hill, follow the signs to the Horse Corral (race headquarters and start). Camping is available (about \$10 fee)—arrive early on Saturday to obtain the best camping spots. Race results will be available at www.cornbelt.org after the event.

Name _____ Age (8/15/10) _____ Birthdate (mm/dd/yy) _____

Address _____ City _____ State _____ Zip _____ Phone _____

Circle club membership: CBRC QCBC none Circle: Male Female

Circle one: Individual Du Fat Tire Male Team Female Team Mixed Team

Teammate's Name _____ Team Name _____

Entry Fee Per Person:

Early registration entry fee is \$29.00. Registration after 8/11/10 is \$34

CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

WAIVER: I know that running/biking a 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 event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants and their equipment, 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, Quad Cities Bicycle Club, County of Rock Island, Loud Thunder Forest Preserve, 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 Signature if under 18 _____

Make checks payable to: Du State Du

Mail to: Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803