



**Carl Sandburg College** & Galesburg Road Runners Club  
 28<sup>th</sup> Annual  
**CARL SANDBURG COLLEGE**

**2 & 4 MILE RUN/WALK**

**SATURDAY, APRIL 11th, 2009**

**RACE TIME IS 9AM**

**RACE LOCATION** –Start and finish are front of the Carl Sandburg College Gymnasium located in Galesburg, Il, west of Hwy 150 on South Lake Storey Road.

**ENTRY FEES** -Pre-registered **\$16** with shirt, **\$10** without shirt, **\$14** for CSC Staff and Students & GRRC Members on entries postmarked before April 9<sup>th</sup>.

**Race day entry fee is \$18 with a shirt (if available) \$10 race day without a shirt.**

Race held rain or shine. **No refunds.**

**PACKET PICKUP & REGISTRATION** -Packet pickup & race day registration will begin at 7am in the CSC gym. Registration will continue until 15 minutes before race time.

**COURSE** -2 & 4 Mile run is a scenic out and back blacktop course with two hills with timers at each mile marker. Water stops at the 1 and 3 mile markers will be provided.

**AWARDS** -Awards will be presented after the race in the following divisions

Trophies to the top Overall Male and Female Finishers in the 2 & 4 mile.

Trophies to the top 3 finishers in each age group below in both the 2 & 4 mile run.

**2 MILE MEN'S & WOMEN'S**-19 & under,20-29,30-39,40-49,50-59,60 & over.

**4 MILE MEN'S**-19 & under,20-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65 & over.

**4 MILE WOMEN'S**-19 & under,20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60 & over.

**\*Also a special MENS Heavyweight division with trophies to the top 3 finishers in the 4 mile race for runners over 190 lbs. Circle "Heavyweight" below to enter.**

**FACILITIES** -Showers & lockers available. Not responsible for lost or stolen items.

**REFRESHMENTS** -Fruit, drink, and snacks will be provided to all participants.

**QUESTIONS?** -Contact Glen Gustafson at 309/342-1964, or e-mail at [gustafson@grics.net](mailto:gustafson@grics.net) or contact Jim Graham at 309/343-4947 or e-mail [jiccgraham@grics.net](mailto:jiccgraham@grics.net)

On line registration is available at <a href="http://www.getmeregistered.com">www.getmeregistered.com</a> & additional info and race forms can be found at the GRRC website <a href="http://www.grrc.net">www.grrc.net</a> This race is also on the GRRC & Cornbelt Running Clubs race circuits, see our website for details.
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**\*CO-SPONSORED BY CARL SANDBURG COLLEGE & GALESBURG ROAD RUNNERS CLUB.**

**MAKE CHECK PAYABLE TO: GALESBURG ROAD RUNNERS CLUB**

<b>MAIL ENTRIES TO: GRRC, CSC RACE PO BOX 1174 GALESBURG, IL 61402-1174</b>
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NAME \_\_\_\_\_ **SHIRT SIZE (circle one)**

ADDRESS \_\_\_\_\_ **MED LARGE X-LARGE NO SHIRT**

CITY \_\_\_\_\_ **RACE (circle one) 2 MILE 4 MILE**

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ **HEAVYWEIGHT DIVISION-4 MILE- \_\_\_\_\_**

PHONE \_\_\_\_\_ E-MAIL ADDRESS- \_\_\_\_\_

In consideration of your accepting this entry, I my heirs, executors, and administrators waive any and all rights and claims for damages against the director of the run, the Galesburg Road Runners Club Inc., Carl Sandburg College, State of Illinois, Knox County, City of Galesburg, for any accident or injuries incurred by me during, because of, or in travel to and from the Carl Sandburg 2 and 4 mile run/walk 2009. I am aware of problems that could be encountered such as traffic, heat, humidity, crowds, and animals. I further state that I have trained adequately and that I am in suitable condition to compete in a the race I have registered for.

**SIGNATURE** \_\_\_\_\_ (parent/guardian if under 18) **DATE-** \_\_\_\_\_

