



# You are cordially invited to attend the 16th Annual Music in Motion 5k Run/Walk

Saturday, August 6<sup>th</sup>, 2016  
8:00 a.m. Sterling, IL



On-line registration, information, flyers, and results available at:

[www.getmeregistered.com](http://www.getmeregistered.com) [www.musicinmotion5k.org](http://www.musicinmotion5k.org) [www.rockriverroadrunners.org](http://www.rockriverroadrunners.org)



Circuit Race



Circuit Race



Circuit Race



Circuit Race

All proceeds benefit the Sterling Public Schools Orchestra program with the primary goal to provide instruments for kids in need.

### Course Information

Course Certified IL-14096-JW

- ♫ The race begins and ends at Westwood Sports Center, Building 1, 1900 Westwood Drive, Sterling, IL
- ♫ Awards ceremony on indoor track
- ♫ Course is L-shaped out and back
- ♫ Flat with one "rolling hill"
- ♫ Race will be held rain or shine
- ♫ In case of race cancellation, thank you for your donation!
- ♫ Please, no wheeled objects or pets

**\*\*For 2016, the Sterling Schools Foundation is matching our school fund-raisers dollar to dollar. Please assist us to raise as much as possible to double what we can provide for our students!!\*\***

### Registration Information

**Pre-Registration/Package Pick-Up:**

Friday, August 5<sup>th</sup>, from 4:00-6:00 p.m.

**Race Day Registration/Package Pick-Up:**

Saturday, August 6<sup>th</sup> from 7:00-7:45 a.m.

Westwood Sports Center, Building #1  
1900 Westwood Dr. Sterling, IL

#### Contact information:

Barb Lauff, Race Director (815).626.1948  
E-mail: [lauffline@comcast.net](mailto:lauffline@comcast.net)

### 10 and under Kids Rhythm Run!

- The Rhythm Run is a 1/10 mile sprint to the official Music in Motion 5K finish line. All kids will receive a ribbon and goodie bag!

### Awards

Overall Male and Female  
Overall Masters Male and Female

**Top three winners in the following age groups:** 10 and under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over. **Walker's Divisions:** Top five male and top five female walkers.

#### Course Records

Bryan Glass, Normal, IL 15:23 (2008)  
Suzy Stanley, Rock Falls, IL 19:29 (2008)

#### Masters Records

Jerry Lack, East Moline, IL 16:40 (2008)  
Kelly Timmerman, Geneseo, IL 19:46 (2009)

First name \_\_\_\_\_

Last name \_\_\_\_\_

Street address \_\_\_\_\_

City/town \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Area code/home/cell phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Sex \_\_\_\_\_

Birth date: mm/day/yr \_\_\_\_\_

Age on 8-6-16 \_\_\_\_\_

5K Run/Walk

Kids' Rhythm Run (7:45am)

5K Walkers Division. Walkers must walk the entire course to qualify for awards.

#### T-shirt adult sizes (Circle Size)

S M L XL

**Rock River Road Runners members--\$2.00 discount (pre-registered only)**  
*Release and Waiver: In consideration of my entry, I, intending to be legally bound, for myself, my heirs, executors, administrators, and assignees, waive, release, and forever discharge any and all rights and claims which may hereafter accrue to me against the Music in Motion 5K event committee, City of Sterling, Sterling Park District, Whiteside County officials, CUSD #5, Orchestra Parents Organization, and all other sponsors, officials, volunteers for any and all accidents or injuries incurred by me at or during this event. I further state I have trained adequately and am in suitable condition to compete in this event.*

#### FEES

\$20.00 pre-registered  
\$18.00 RRRR Pre only  
\$25.00 race day  
\$10.00 students (K-12)  
\$10.00 Veterans  
**Kid's Run**  
\$5.00  
Checks payable to  
**O.P.O.**

#### Mail to

Barb Lauff  
1301 E. LeFevre Rd.  
Sterling, IL 61081

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature (for participants under 18) \_\_\_\_\_

Date \_\_\_\_\_

For Office Use:

Cash

Check

Bib #