

STARVED ROCK RUNNERS PRESENT:

CANAL CONNECTION XXXV

10:00 AM Sunday, November 5, 2017

Waltham South Elementary School

24 W. Canal St.

North Utica, IL 61373



RACE NO. 19
SRRL CIRCUIT
USATF Certified
Course
#IL-12196-JW

***** NEW RACE INFORMATION *****

New this year, chip timing and 10 am start. For the safety of all runners strollers are not allowed & headsets strongly discouraged. No showers will be available at the Waltham South Elementary School in Utica. Bag check service available.

COURSE

This 10K (6.2 Miles) USTF certified course should result in many fast times, as the course features a downhill slope for the first .75 mile stretch. Runners will then enter the I-M Canal Towpath and run the next 4.2 miles on a flat, unpaved surface featuring rock formations and autumn scenery. The race will finish on a paved street near the Waltham South Elementary School in Utica. Split times will be called out at each mile along the course. Two water stations will be available with ambulance crews covering the entire course. There is a 2 hour time limit to finish.

REGISTRATION

Pre-registering by mail through November 1, 2017 is \$30.00. Registering after November 1, 2017 including race day - \$35.00 for everyone \$2.00 discount for pre-registered members of: Starved Rock Runners, Ltd., Lake Run Club, Illinois Valley Striders & Springfield Road Runners Club. For online registration go to runsignup.com/canalconnection10k To obtain a registration form online, go to www.starvedrockrunners.org. On Line registration will close at Noon, Thursday, November 2, 2017.

AWARDS

Awards presented to top overall male and female, top overall male and female masters and top 4 winners in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-41, 45-49, 50-54, 55-59, 60-64, 65-70, 71-74, and 75 & over. All children 13 and under who finish the race will receive a ribbon.

For more information contact: Race Directors, Rosanne Abbot/Janine Sobin
Email: srricanalconnection@gmail.com

- IMPORTANT REGISTRATION INFORMATION -

Registration and packet pickup will take place at the grade school in Utica, IL, beginning at 7:30 am and ending at 9:00 am on the day of the race. Buses will begin to leave Utica at 8:00 am to transport runners to the starting line, at LP High School. ALL RUNNERS MUST REGISTER IN UTICA!

OFFICIAL CANAL CONNECTION 10K RACE ENTRY BLANK

Name _____ Age (as of Nov. 5) _____ Male Female
FIRST LAST MI

Address _____ City _____ State _____ Zip _____

Phone () _____ Birthdate ____/____/____ Email _____

SHIRT SIZE: (Circle One) S M L XL XXL Make check payable to: **Starved Rock Runners, Ltd.** Send with entry form to:
P.O. Box 1092 - LaSalle, IL 61301

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 Starved Rock Runners Ltd, the City of LaSalle, the City of Utica, IDNR, Racing Expectations and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Signature _____

(Parent or Guardian if under 18 years old)