



# You are cordially invited to attend the 18th Annual Music in Motion 5k Run/Walk

Saturday, August 4th, 2018

8:00 a.m. Sterling, IL

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

[www.getmeregistered.com](http://www.getmeregistered.com) [www.cmsorchestras.org](http://www.cmsorchestras.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 pets.

### Registration Information

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

Friday, August 3<sup>rd</sup>, from 4:00-6:00 p.m.

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

Saturday, August 4<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: [blauff@sps5.org](mailto:blauff@sps5.org)

### 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

Bryan Glass, Springfield, IL 15:47 (2015)

Kelly Timmerman, Geneseo, IL 19:46 (2009)

### 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!

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

Street address \_\_\_\_\_ City/town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Area code/home/cell phone \_\_\_\_\_ E-mail address \_\_\_\_\_ Sex \_\_\_\_\_ Birth date \_\_\_\_\_ Age on 8-4-18 \_\_\_\_\_

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

For Office Use:

Cash

Check

Bib #

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