



ILLINOIS RIVER BLUES

RIVER TO RIVER RELAY

APRIL 21, 2012







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The River to River Relay is organized by River to River Runners, a member of Road Runners Club of America.

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Throughout the 25 years of the River to River Relay, several photographers have given time and support to the relay. Our staff photographer in 2010 who took the majority of the photos in this publication, was Eric Johnson. Other photos were generously shared by friends and fans. We thank them heartily for their support.

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First Time Relay Runners

This book has been written to answer most of the questions that you might have about the relay. Please read each section carefully. If you still have questions about any aspect of the race, contact the race director. The best way to find an answer to your question is to send an e-mail to dillard@mchsi.com.

Experienced Relay Runners

The relay is a logistically complex event (a “logistical nightmare,” according to one team manager). Please do not assume that you know what to do just because you have done it many times before. Review especially the sections on the start of the race and the exchanges, and the charges for late changes in the team roster, since this is where people have been most likely to encounter problems.

River to River Relay 2013

The River to River Relay next year will be run
on Saturday, April 20, 2013

Registration is Tuesday, October 23, 2012, 12 noon CDT

River to River Relay Hall of Fame

Nominees to River to River Relay Hall of Fame

Judy Ayala	Judy and the Gang
Bruce Arrow	Skeeziks and the Pipsawahs
Joe Bannon, Jr	Bannon's Mountain
Chuck Barnett	Indiana Brew Crew
Lance Bovard	Prairie State Road Runners
Doug Braasch	Shake, Waddle and Run
Joe Brading	Coles County Ridge Runners
Cathy Bradley	St. Jude Runners
Clearance "Buzz" Bradley	Buzz Boys & Buzz Boyx Mixed
Lenny Bruce	GTE Front Runners
Chris Christian	Grandma's Thursday Night Running Club
Jon Davis	Taylorville Turtles
Carl and Carol Gross	Back for More
Roy Haake	Keep It In The Family
Keith Hammond	Scott AFB Striders
Bob Hickman	Kansas City River Ratz
Chuck Hinde	Silver Striders
Gary Holda	One More Time For Fun
Sister Marion Irvine	PFC Possum Trotters
Gene Jones	St. Jude Runners
Larry Keeling	Magnificent Seven and Another Guy
Jim Leming	Thunder Canyon Road Raptors
Jack Meyer	Wandering Walukis (posthumous)
Mike McGrath	Hurry Up and Wait, Again!
Dick Macknick	Fritterazz the Smatterriff (and other teams)
Gary Moss	Masters of Shawnee Forest
Tom Newlin	General's Team
Lance Nogle	Lisle Windrunners
Peter Olson	Highwaymen
Dick Parker	Starved Rock River Runners
Bob Putnam	General's Team
Kevin Reveal	Herrin Road Runners (posthumous)
Jerry Riebling	Shake, Waddle and Run
Dale Righter	Breaking Wind Running Club
Robert Rogalski	Y-Connection
Charles Rose	Dixie Flyers
Greg Rose	Prairie State Road Runners (posthumous)
Dick Ruzicka	Dixie Flyers
Stu Sax	Miami Coca Nuts and other teams
Martha Schierer	St. Jude Runners
Donald (Butch) Sherrod	Eleven-Eleven Y Group
Brook Smith	Eight Up
Ron Smith	West Frankfort All Around Athletes (posthumous)
Frank Stash	St. Jude Runners
Bob Stevens	Park Forest Running, Pancake Club, Chicago Wet Socks
Patti Swayka	Bonnies and Clydes
John Taylln	Park Forest Pancake and Running Club
Bob Theodore	Lisle Windrunners
Cheryl Tucker	P.F. Flyers (and other teams)
Jean Wade	St. Jude Runners
John Welge	Mudd Ducks
George West	GTE Front Runners
Ray Wucher	Fantastics (posthumous)
Tim Demco, Andre Fomby, Gus Coronado, Tony Daniels, Dan Lawson, Derek Olenek, Jeff Hill, and Craig Young:	Arenberg Racing Team



Planning for the Relay

Does it matter which runner runs which leg?

Team members must run in a fixed order, and each runner has to deal with a different challenge. The runner in position 8 has the furthest to run; runner 3 has the shortest total distance. Team members who run in the sixth position probably have the most difficult job. They will tackle a steep hill leaving Cobden and face the most difficult hill on the course on section 22.

How should we train for the relay?

The course is not easy. If you normally run only on flat routes, you should include some hill training in the weeks before the race. Some teams use the ramps in a parking garage for training purposes if there are no hills available.

If you have never run in a race, we recommend you do so a month or two before the relay. Do not engage in any strenuous training the week before the race.

It is important to avoid dehydration during the race. Therefore, in the days leading up to the relay it is wise to drink plenty of fluids. Coffee, beer, and other alcoholic drinks don't count; in fact, they increase dehydration.

How long will it take to finish the race?

If you start at 6:15 a.m., your team must maintain an average pace of 10 minutes per mile in order to finish the course before it closes. If you start at 8:45 a.m., your team must maintain an average pace of 8 minutes per mile.

A rough estimate of your team's finishing time can be calculated by adding typical 5-kilometer race times for the eight runners, and multiplying the total by 3.5. For example, if a team of runners averages 20

minutes for a 5K race, the total times for all eight runners is 160 minutes. Multiplying that total by 3.5 gives the team an estimated finishing time of 9 hours and 20 minutes.

Where can we stay?

There are numerous hotels, motels, cabins, and bed and breakfast accommodations within a reasonable distance of the start line and Friday's check-in. Simple Internet searches will generate the most current contact information.

How do I find out about changes in the course?

Late changes in the course will be described at the managers' meeting on Friday, April 20, the evening before the relay, at 7 p.m. at the The Pavilion of the City of Marion, 1602 Sioux Drive in Marion, Illinois. There have been last minute changes almost every year the race has been run, so please arrange to have one or two team representatives attend the meeting.

What should we bring in the way of supplies?

Be prepared for both cold rain and warm sunshine. Following is minimum check list of supplies to bring.

- water (a lot of water)
- other refreshments
- litter bag
- first aid kit
- sun screen
- toilet paper
- towels
- extra clothing and shoes for each runner
- reflective safety vest (needed if your team does not finish before sunset)

Food, drinks and other basic supplies may be purchased in the towns of Cobden and Goreville along the route. Water is the most important item; you cannot have too much. It may be quite warm by the time you run your third section. Drink regularly, especially before running your own sections.



Anyone who has participated in the River to River Relay will understand the hard work and dedication that is required to bring a team of eight runners to the starting line. For many teams, the same person has contributed time, effort, and often money, year after year.

Whether the team is a perennial winner or a struggling also ran, everyone who is associated with the relay benefits from the contributions of these dedicated people, and we are please to recognize them through the River to River Relay Hall of Fame.

Divisions and Awards

May my team enter more than one division?

You may enter only one of the nine major divisions. Eligibility rules for each division are on the inside back cover.

In addition to the major divisions, there are several special divisions. These special divisions are informal and not meant to be taken too seriously. To qualify, a team need only declare that it comes reasonably close to meeting the qualifications. You may enter one special division in addition to one of the major divisions.

How many awards are given in each division?

The number of awards in each major division is listed on the inside back cover. There will be one award in each special division for every five teams entered, up to a maximum of three awards.

May I change the division in which the team is entered?

You may make changes any time before March 21, 2010. After that you may only change to a less restrictive division. That is,

a Mixed-Masters team may change to either Mixed or Masters, and a Women-Masters team may change to either Women or Masters. Any team may change to the Open Division at any time.



Packet Pickup

Friday, April 20, 2 p.m. - 7 p.m.

The Pavilion of the City of Marion

1602 Sioux Drive • Marion, Illinois 62959
phone 618-993-2657 • fax 618-997-1874

Mandatory manager's meeting, Friday, April 20, 7 p.m.

Special Divisions

Academic Division

Any team affiliated with a school, college, university, or other center of learning.

Armed Forces

Any team that is instrumental in the nation's defense.

City and County

Any team that claims to represent the city or county included in the team's name.

Civil Service Division

Any team affiliated with a federal, state, or municipal government agency; non-U.S. governments acceptable upon receipt of appropriate visas.

Culinary Division

Open to any team that claims special culinary skills, and is willing to prove it.

Ecclesiastical Division

Any team affiliated with a church or other religious group. Freedom of religion guaranteed, but no animal sacrifice allowed during the relay.

Financial Services

Any team associated with banks, insurance, stock brokers, etc. Awards in this division are not for sale (unless absolute confidentiality guaranteed).

Happy Families

Every team member must be related in some way to some other team member.

Health and Medical Division

Any team affiliated with a health agency, hospital, or other medical group. Proof of insurance required.

Legal Division

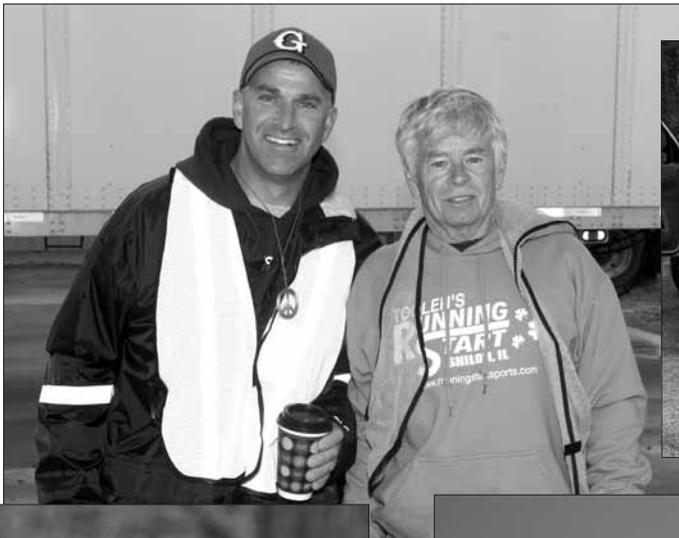
Any team affiliated with a law firm or other legal group. Special waiver and release of liability required from these teams.

Old Friends Division

Team members have run together for at least four years.

Running Club Division

Any team consisting of members of the same running club (no ringers allowed).





Race Packets

Where do we collect the race packets?

Race packets will be available at The Pavilion of the City of Marion, Illinois, and can be collected between 2 p.m. and 7 p.m., on Friday, April 20. Packets must be collected on April 20. They will not be available on the morning of the race. Packets will contain runners' numbers, vehicle identification tags, and a baton. A bag of fruit and a roll of toilet paper will also be provided.

Why are there nine runner numbers in the race packet?

Runners must be assigned numbers in the order in which they run—the person running the first leg must wear the number ending in 1, the runner for the second leg must wear the number ending in 2, and so on. Use the ninth number for any alternate who runs as a substitute.

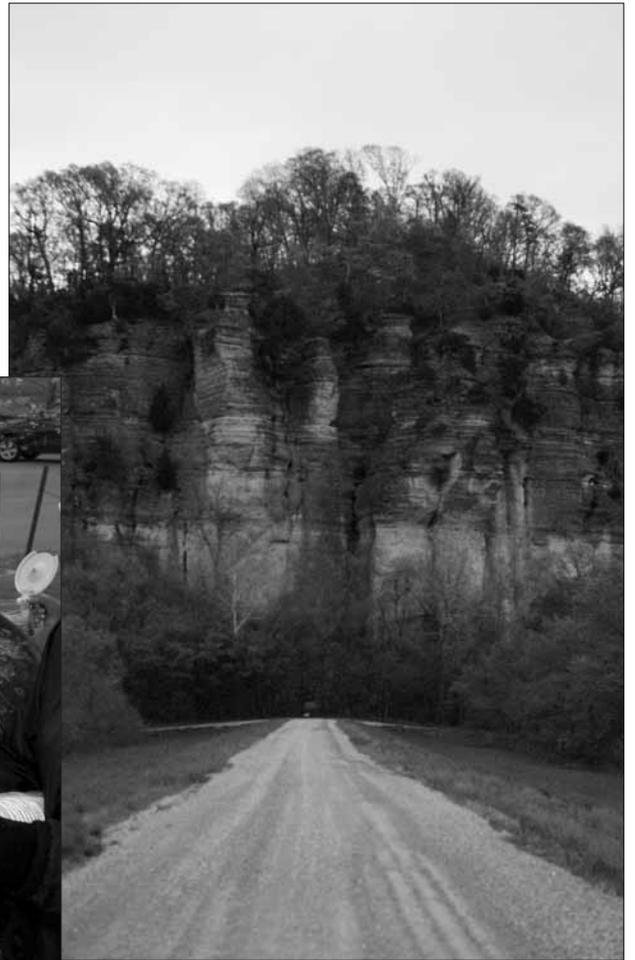
What are the other numbered labels for?

They are vehicle tags. They should be attached to the rear window and front window of the team vehicle as instructed. The tags must be visible to race officials. Vehicles will not be allowed to park at exchanges unless tags are displayed. If a vehicle is seen displaying only one of the registration tags, that team will be disqualified.

What do I do with the form asking for a final roster?

The final roster must be turned in when you reach the Pre-Start area on race morning. It is your official announcement of the team rotation, in case there are disputes later. It should also list the license plate numbers of your team vehicles. Also, the finish line announcer uses the list to read as many names as he can when your team finishes.





Vehicles

How many vehicles may we use to transport the runners?

The permitted number of vehicles per team depends on the starting time. Only seeded teams and teams starting at 7:45 a.m. may register two vehicles. Other teams are restricted to one registered vehicle.

How do we register vehicles for our team?

A registered team vehicle must display official tags in front and rear windows. The tags will be provided in the race packet.

Teams that try to use additional vehicles by using one tag per vehicle are being unfair to every team that follows the rules. Any team vehicle that does not display both vehicle tags will be disqualified.

May we use extra vehicles to transport the team members?

Unregistered vehicles may be used to transport members of the team to later sections of the course. Unregistered vehicles **may not** use the relay route for transporting team members or supporters. **Only registered vehicles may park at the exchanges.** Unregistered vehicles may park in towns along the route: Cobden, Goreville, Robbs, Eddyville and Golconda. For example, the sixth, seventh, and eighth runners might go directly to Cobden and meet other members at Stage 6. From there, the fourth and fifth runners may go directly to Goreville and Stage 12.

Can we use a camper to transport the team?

No vehicles wider than 7 feet are allowed.

We will have two vehicles.

What's the best way to use them?

One possibility is to split the team into two groups of runners that function independently.

Another strategy is to begin the race with odd-numbered runners in one vehicle and even-numbered runners in the other. Each runner would be dropped off by one vehicle at the beginning of a section and picked up by another at the end of the section. Runners must be picked up by the same vehicle that dropped them off at every seventh exchange.

Be certain not to leave runners stranded; it will be difficult if not impossible to return to get them.



Team Rosters

When must the team roster be submitted?

A preliminary list of runners must be submitted via <http://rrr.olm.net> by March 21, 2012. Team seeding is done and T-shirts are ordered based on the information supplied by the team captain by this date. An electronic confirmation of the receipt of the roster will be sent to the e-mail address listed on the roster form after it is processed. It is a good idea to keep a copy of everything you send to us.

Must all eight runners be listed on the preliminary roster?

The preliminary roster need not be complete, but a complete roster must be submitted by April 8, 2012.

How should I report changes in the team membership?

On or before 4 p.m., April 14, 2012, go to the web site for roster submission. You can retrieve your team's current data by entering the last name of the team manager and the team's roster number. The roster number is included in the reply showing that we accepted your team entry. (If you cannot find it, send the race director an e-mail at dillard@mchsi.com and he will reply with your roster number). You will be able to retrieve the current data and then change those runners, etc. that need to be updated. After 4 p.m., April 14, plan to bring all changes to the check in on Friday.

Must alternates be listed?

You are encouraged to list one or two alternate runners on the roster in case of late changes to the team. You may substitute alternates for registered runners without charge at any time.

Alternates listed before March 21, 2012, will receive T-shirts. If your alternates would really like to run, they should attend check-in on April 20 where there are bound to be teams looking for extra runners.

May I recruit a runner who has already signed up for another team?

A runner who has signed the roster for one team may not change teams without written permission from the manager of the original team.

Do I have to pay for changes to the roster?

You may replace runners with registered alternates at any time at no cost. **Please do not send in changes to your roster that only change the order of running. You will turn in the final order of running at the pre-start area on race day.** Before April 14, you may make changes to your roster at no cost. Beginning on April 15, all roster changes will be charged at \$5 per change. The computer "thinks" that any correction to a runner's information is a change (spelling, T-shirt size, gender, 5K time, etc.) and charges accordingly.

Must I list on the roster the order in which team members will run?

No. You can wait until the last minute to settle on a running order.

Where do I get the waiver or minor waiver forms?

Both the relay waiver and minor waiver forms are available on the web site at <http://rrr.olm.net/teams/register.html>. You can mail the signed waiver form to our PO box or you can bring it to check in on Friday, April 20.

Must every runner sign the waiver before I send the team roster?

No. Every team member must eventually sign the waiver. However, we do not need the waivers until April 20, so you may, if you wish, bring them with you when you register.

Again, keep copies of any waivers you send to us, and have blanks available so that people you add to the team have a copy to sign.

May I change the team's name?

Yes, until February 25, 2012. However, lists of names will be published prior to that date, including here.



The Start of the Race

How do we get to the pre-start area?

Study the map on pages 16-17 in this book. There are two ways from Marion to the start line. (1) Take I-57 south to exit 30 at Anna. Head west on Illinois 146 for 16 miles to Illinois Rt. 3. Turn north on Illinois Rt. 3. Teams with one vehicle will go north for 9.2 miles and turn east onto Muddy Levee Road. **This is gravel road the SOUTH side of the bridge.**

Those teams with 2 vehicles will have the "B" vehicle turn east at Wolf Lake after going north on Illinois Rt. 3 for 4.5 miles. Driving time from Marion to the pre-start check-in area is slightly more than one hour when you get on I-57 south.

Or (2) take Illinois Rt. 13 west through Carbondale to Murphysboro. Take Illinois 149 west through Murphysboro to Illinois Rt. 3. Turn south on Illinois Tr. 3 for 13.5 miles.

Cross the concrete bridge and take the turn east onto Muddy Levee Road. DO NOT TAKE THE GRAVEL ROAD ON THE NORTH SIDE OF THE BRIDGE.

Driving time from Marion is approximately 75 minutes to the pre-start check-in area. "B" vehicles will continue south on Illinois Rt. 3 an additional 4.5 miles to Wolf Lake and turn east for 1/2 mile to Stage 2.

Should all of the team vehicles go to the start?

NO. If you have a second registered vehicle, it should take Illinois Rt. 3 to Wolf Lake, and go directly to Stage 2 (the first exchange) or beyond. The exchange is half a mile east of Wolf Lake. Your second vehicle should arrive at Stage 2 by the time your first runner is starting. If you are early, please wait in Wolf Lake, not at

the exchange. Unregistered team vehicles should go directly to Cobden, Goreville, Robbs, Eddyville, or Golconda to meet the remainder of the team.

What should we do when we reach the pre-start?

You will be stopped at a check-in point about 4 miles short of the race start line. Race officials will ensure that your vehicle stickers are appropriately displayed. You will also turn in your final team roster, which indicates the order in which team members will run. You will drive past the porta-potties and park where directed. Since there are only one or two pit toilets at the starting line area, we recommend you use porta potties here at the pre-start.

Should all of the team vehicles go to the pre-start?

NO. If you have a second registered vehicle, it should take Illinois Rt. 3 to Wolf Lake and go directly to Stage 2 (the first baton exchange) or beyond. The exchange is one-half mile east of Wolf Lake. Your "B" vehicle should arrive at Stage 2 by the time your first runner is starting. If you are early, please wait in Wolf Lake, not at the exchange.

How long does it take to reach the starting line?

Allow 20-25 minutes for the 4.3 mile drive from the pre-start check in to the parking area 500 yards beyond the actual start line. This will give you time to drive, park and have your #1 runner walk/run back to the start line. (It is a good idea to set your vehicle odometer at the pre-start so you know how far you have gone as it seems further than it actually is.)

What is the protocol at the starting line?

You will be asked to drive past the start line to the staging area about 500 yards farther up the road. Your first runner will then jog back to the start line. **Do not stop to let your runner out before you get to the staging area!** Team vehicles will leave for Stage #2 five minutes before the runners start so the vehicles can arrive at the exchange before the runners.

Will the race start on time?

It always has! Timing is under the control of the Southern Illinois Amateur Radio Society whose members take pride each year in starting the race by the National Bureau of Standards' atomic clock.

What happens if we are late?

Your lead off runner must locate the Race Director, who is at the start line, and inform him that your team missed its assigned start time. Your team will then be allowed to start with the next wave of teams. The team's finish time will be corrected in the computer to assure the correct finish time for the team.

Do the fast teams start together?

A small number of teams with the fastest predicted times in each division will be seeded. Seeded teams will start at special times, regardless of previous assignments, and they may use two support vehicles. Seedings will be based on runners' previous 5K race times, as listed on team rosters submitted before March 21, 2012.



The Exchanges

Why is the first exchange number 2?

The beginning of each section is referred to as a "Stage." Stage 1 is the first section of the race; the first exchange is Stage 2, and so on. The terminology was chosen so that the stage number corresponds to the number of the runner who takes over the baton.

Runner number 1 begins at Stage 1; his or her later sections begin at Stages 9 and 17. Runner number 2 takes over at Stages 2, 10, and 18, and so on.

What do we do at each exchange?

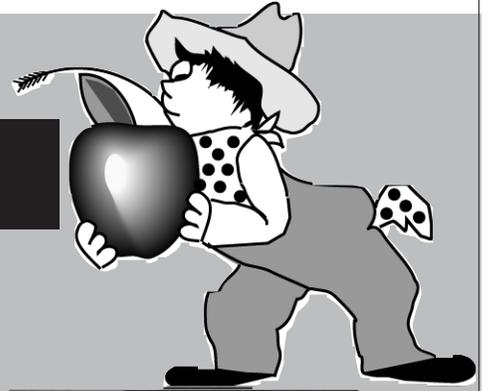
Race officials will direct traffic at the exchanges. Parking areas will generally be

100 to 500 meters beyond the exchange. When parking, drivers must follow the directions of the officials. **Do not stop in the exchange area to discharge your runner.** The officials may penalize teams that refuse to obey their instructions by assessing time penalties or by disqualifying a runner or a team.



Compliments of the
Village of Cobden

The Appleknocker Town



We invite you to visit and enjoy
Cobden Peach Festival
Cidernite Cruise
Union County Museum



Good Luck Runners!

Emergencies

What are the chances of a runner getting lost?

There are one or two tricky turns on the course. Sometimes course markers mysteriously disappear, and once a runner was misled by a directional sign unrelated to the relay. Everyone on your team should be familiar with the course description in this book, and each runner should review it before setting out on a leg. If your runner is alone on the course, your team vehicle should pause at the turns marked “tricky” to assure the runner goes the right way.

What happens if one of my runners is injured?

The official rules spell out the conditions under which one runner may replace another. If your team hopes to win an award, the rule is quite strict. The only reason for a runner to drop out is injury or a medical problem. If a runner drops out, the rule spells out who may take his or her place. Once a runner has dropped out, he or she may not return to the team.

For non-competitive teams the rule is less strict, but it is still important. A runner may drop out for any reason, and any other

team member may replace the runner who has dropped out. It is still the case, however, that once a runner has withdrawn he or she may not return to the team.

If we are all exhausted, may we drive part of the way?

No. Someone must run (or walk) with the baton at all times. There have been reports of runners emerging from a van half way through a section; illegal transportation of the runner is strictly forbidden, and guilty teams will be disqualified.

Will medical assistance be available during the race?

Ambulance services will be on call during the race. Members of the Southern Illinois Amateur Radio Society will monitor the race, and will be able to summon assistance if it is needed. If you need help, look for cars that have Radio Communicator signs prominently displayed. You will also be provided with a first aid manual that includes phone numbers for ambulance and other emergency services.

When does the course close?

The last exchange closes at 7:30, but the finish line in Golconda will be kept open until 8 p.m. Sunset is at 7:34 p.m. If your team is still on the course after dark, you must be prepared to provide for your runner's safety. The rules require that runners wear a reflective vest after sunset.

Stage	Closes at	Stage	Closes at
2	9:30 a.m.	14	3:10 p.m.
3	10:00 a.m.	15	3:40 p.m.
4	10:30 a.m.	16	4:00 p.m.
5	11:00 a.m.	17	4:30 p.m.
6	11:30 a.m.	18	5:00 p.m.
7	12:00 noon	19	5:30 p.m.
8	12:30 p.m.	20	5:50 p.m.
9	1:00 p.m.	21	6:20 p.m.
10	1:25 p.m.	22	6:45 p.m.
11	1:50 p.m.	23	7:10 p.m.
12	2:20 p.m.	24	7:30 p.m.
13	2:45 p.m.		
			Finish 8:00 p.m.

Safety First

The most serious hazard for the runner is traffic. Heed these important suggestions for a safer run:

1. The rules require runners to pause at stop signs. Be very careful when crossing main roads.
2. Run on the shoulder of the road if there is one; otherwise stay as near the side of the road as you can.
3. In general, run on the left side of the road. At a blind curve to the left and at the crest of a steep hill, it may be safer to run on the right. Runners like to run tangents, crossing from side to side of the road as it turns. Be warned that this can be very dangerous.

- Sunset is at 7:34 p.m.
- The last exchange will close at 7:30 p.m.
- The finish line will remain open until 8 p.m.

If your team has not reached the last exchange by the time it closes, you will be asked to leave the road. If you finish after dark, a reflective vest is mandatory.

4. Vehicles should exercise great care when passing runners. Do not drive beside a runner; park if you need to provide water.
5. Use warning flashers at all times to advise other traffic that runners are present.

6. Do not drive against the flow of the race on narrow roads.

Congestion can be avoided if everyone follows four simple rules at the exchanges:

- a. Runners waiting to take the baton must remain on the left side of the road, behind the exchange marker.
- b. Spectators and other team members must remain on the right side of the road.
- c. The road must be kept clear for moving vehicles and runners.
- d. Drivers of vehicles must yield the right of way to runners as they pass through the exchange area.

After the Race

Is there a place to shower after the race?

Runners may use facilities at Pope County High School to shower and change clothes. The school is located 1.5 miles west of Golconda, on the north side of Illinois Route 146.

Please keep the school facilities clean and tidy. We depend on the cooperation and good will of school officials, who ask runners not to bring beer or other alcohol onto the school grounds.

Can I find help for my sore legs?

The sports council of the Illinois Chiropractic Society will provide chiropractic services (massage, rehabilitation, and recuperation) for runners who might like to avail themselves of these services. Additional help will be provided by physical therapist assistant students from SIUC.

What else happens after the race?

A food tent, craft fair, and other activities are also planned at the Pope County Court House near the finish line. The Old Fishskins will provide blue grass music before the awards ceremony and, for those runners whose legs still function, dancing is encouraged.

The awards ceremony will begin at 6:45 p.m.

We encourage you to pick up your awards at the awards ceremony. If you must leave, please arrange for someone to pick up your awards for you. Sorry, but we do not mail awards to those who could not stay.

While celebrating your success, we urge you to honor the wishes of our hosts in Golconda and keep beer containers out of sight: no visible cans or bottles; please use cups.

Once again, the Illinois Valley Striders and Starved Rock Runners, Ltd. will host a pre-race party. The location will be at the check in facility, the The Pavilion of the City of Marion, on Friday night. All runners are invited.

Will I receive an official set of results later?

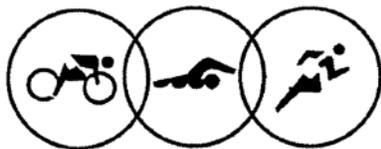
You may use the web site to submit the name and addresses of up to 8 people who should receive a copy of the results book. We send a Results book to every runner for whom we have an address.

Official results will be posted on the Web page by Monday, April 23, 2012.



Welcome Runners to Beautiful Southern Illinois!

I L L I N O I S



**CHIROPRACTIC
S O C I E T Y**

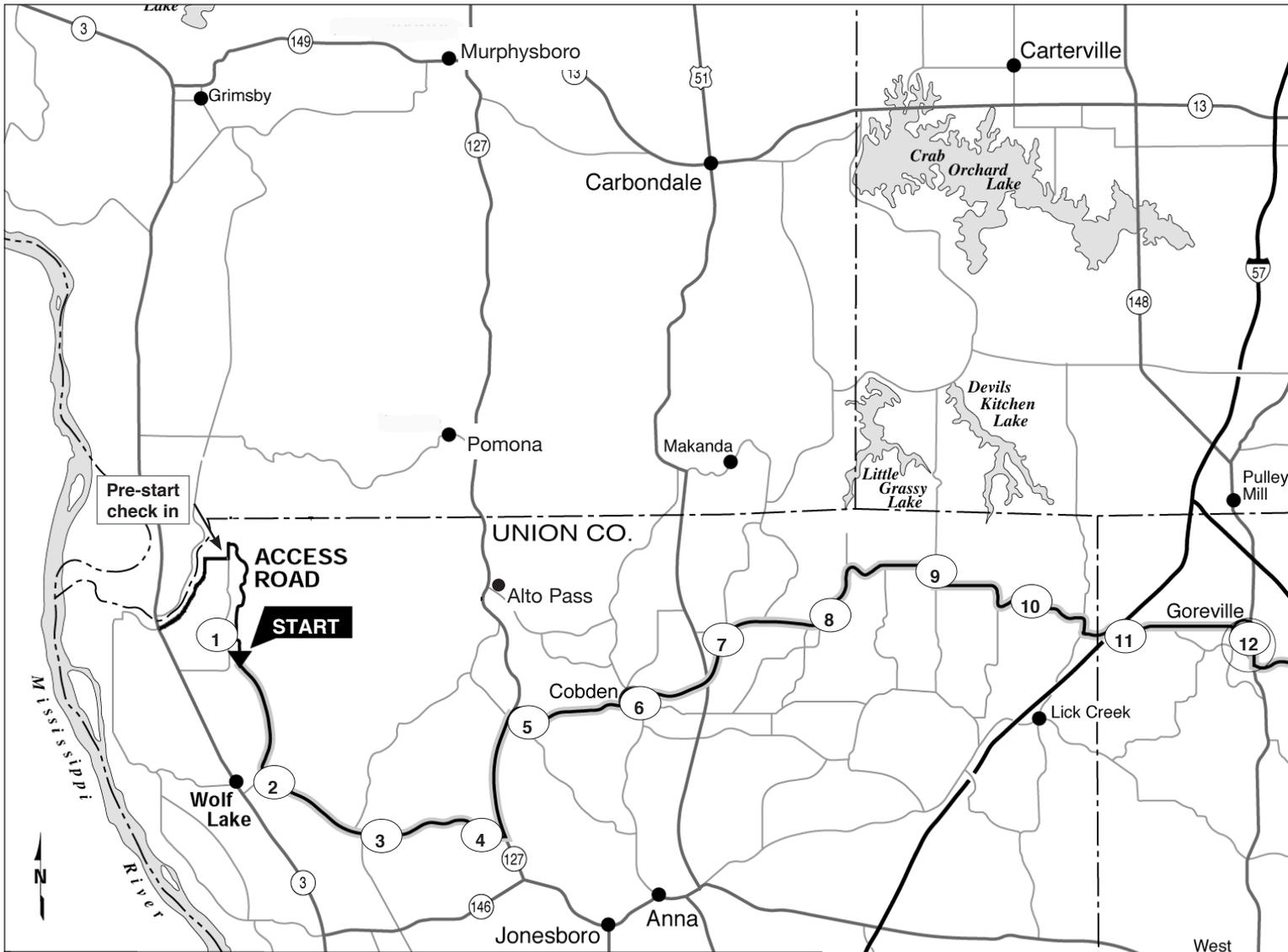
Sports Council

The Illinois Chiropractic Society Sports Council (ICS-SC), is an organization of chiropractic physicians with interest in the diagnosis, treatment and care of athletes and sports-related injuries. Athletes such as you, have a higher need for biomechanical and nutritional information.

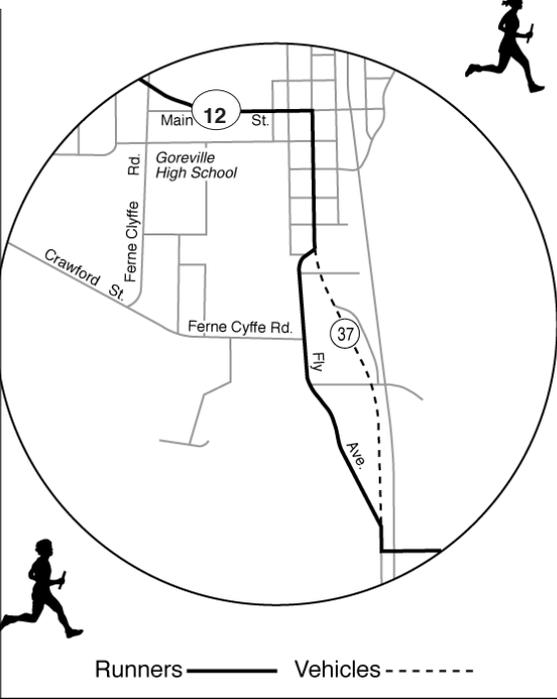
Certified chiropractic sports physicians will be available in Golconda to aid in enhancing your performance and recovery. They will offer you free advice and therapy if you need it after the relay. Stop by and we will help you reach a higher level of health.

**John McConnaughey D.C., C.C.S.P. - 618-985-4344 Carterville
SEE US IN GOLCONDA AFTER THE RELAY!**

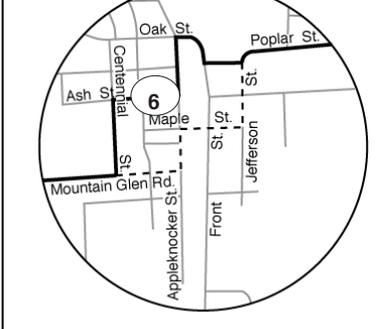
For information on a Sports Chiropractor near you, contact the ICS-SC network at 618-985-4344.



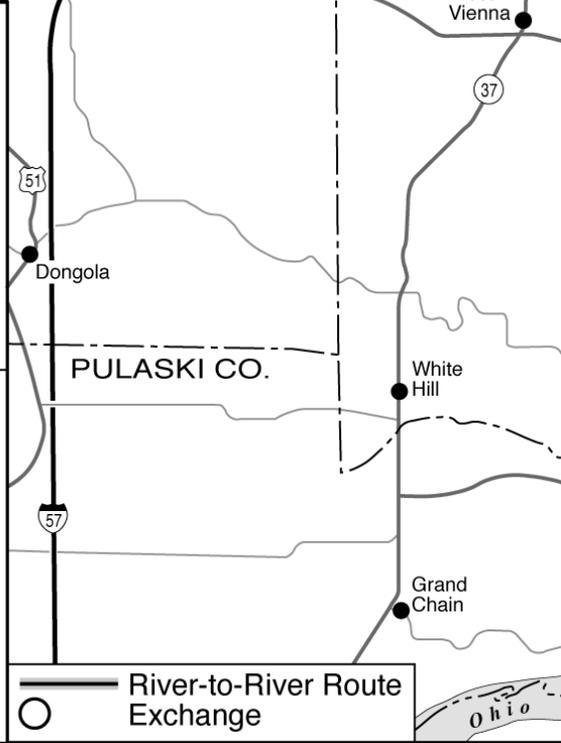
GOREVILLE



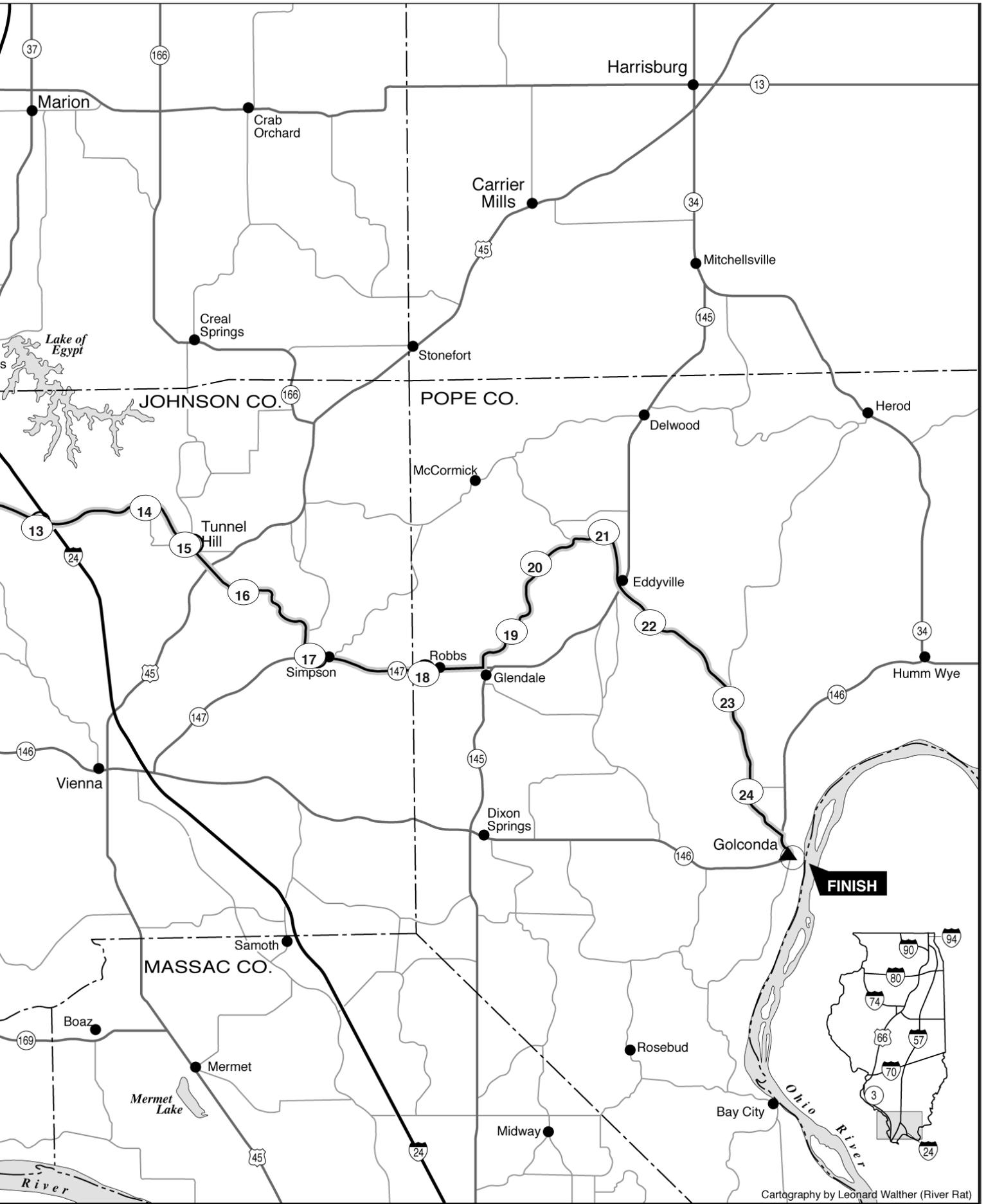
COBDEN

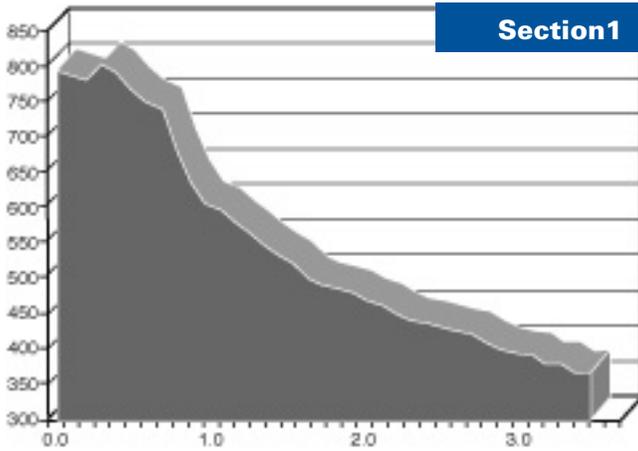


GOLCONDA



○ River-to-River Route Exchange





Section 1

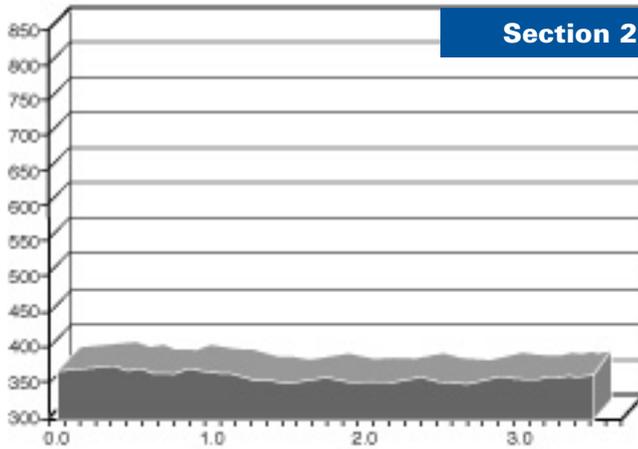
Moderate (Steep Downhill)

Runner 1

Length: 3.60 miles
Starts at 0.0, ends at 3.60
Surface: Gravel

3.6 m (3.6) - Turn left at 3.6 miles onto the blacktop road (State Forest Road).

NOTE: Approximate distances from the start are shown in parentheses.

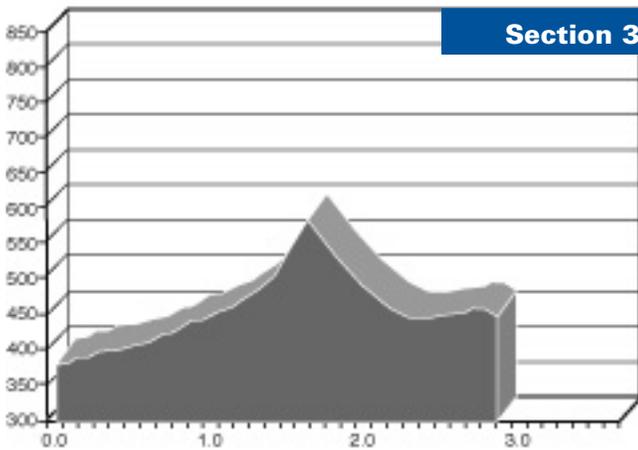


Section 2

Easy

Runner 2

Length: 3.60 miles
Starts at 3.60, ends at 7.20
Surface: Asphalt

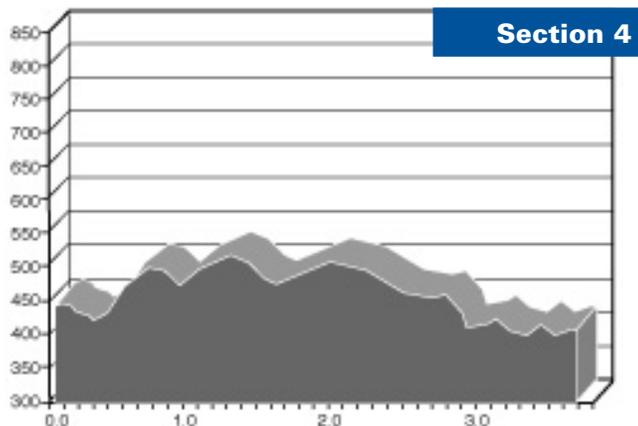


Section 3

Moderate to Easy

Runner 3

Length: 2.95 miles
Starts at 7.20, ends at 10.15
Surface: Asphalt



Section 4

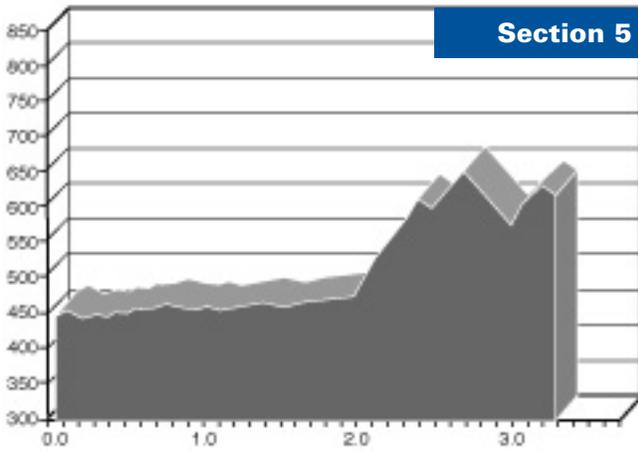
Moderate

Runner 4

Length: 3.65 miles
Starts at 10.15, ends at 13.80
Surface: Asphalt

0.2 m (10.4) Turn left on Route Illinois Route 127.
 Keep left, and watch for traffic.
 3.4 m (13.6) Turn right onto a blacktop road (Mountain Glen Road).

Be careful crossing the highway.



Section 5

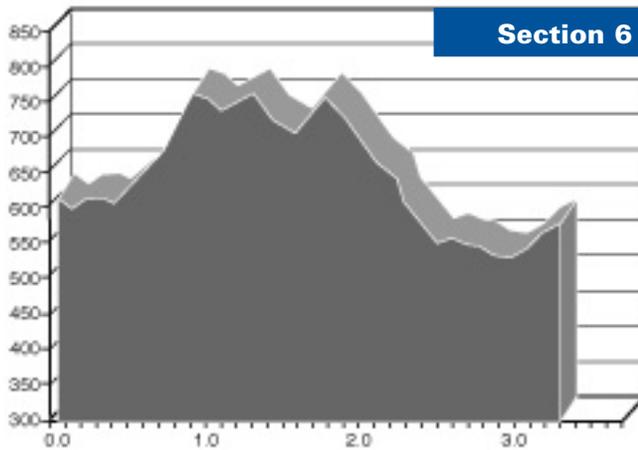
Hard

Runner 5

Length: 3.35 miles
Starts at 13.80, ends at 17.15
Surface: Asphalt

- 3.0 m (16.8) Runners turn left on Centennial.
- 3.2 m (17.0) Turn right on Ash.

Vehicles go straight ahead, then turn left at Appleknocker Street. Park on Appleknocker.



Section 6

Very Hard (Cobden)

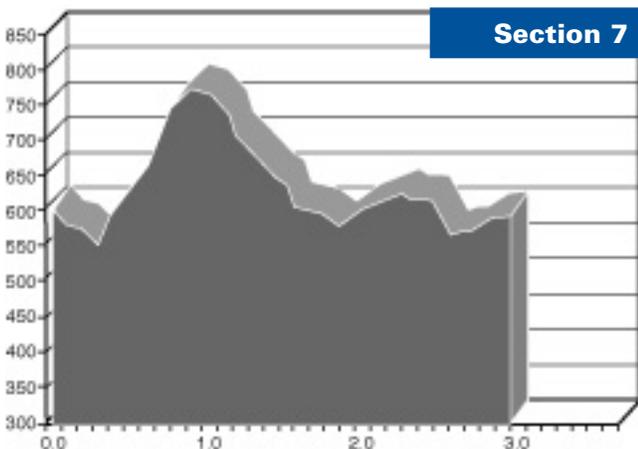
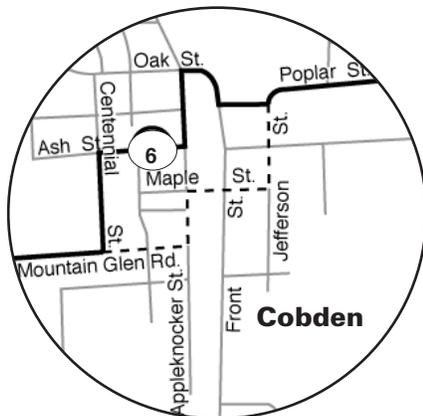
Runner 6

Length: 3.30 miles
Starts at 17.15, ends at 20.45
Surface: Asphalt

- 0.0 m (17.2) Turn left on Appleknocker.
- 0.1 m (17.3) Turn right across the bridge over the railroad.
- 0.2 m (17.4) Take the first left turn, onto Poplar Street.
THIS TURN IS EASY TO MISS!
- 0.3 m (17.5) Bear left, then right, remaining on Poplar Street.
- 2.1 m (19.2) U.S. 51 is the busiest road you will cross. Pause, look carefully, and have team members help you watch for traffic. Continue on Water Valley Drive.

Vehicles

Cross the railroad tracks on Maple street. Turn left on Jefferson, proceed two blocks, then turn right on Poplar. If delayed by a train, cross the tracks by the bridge used by runners.



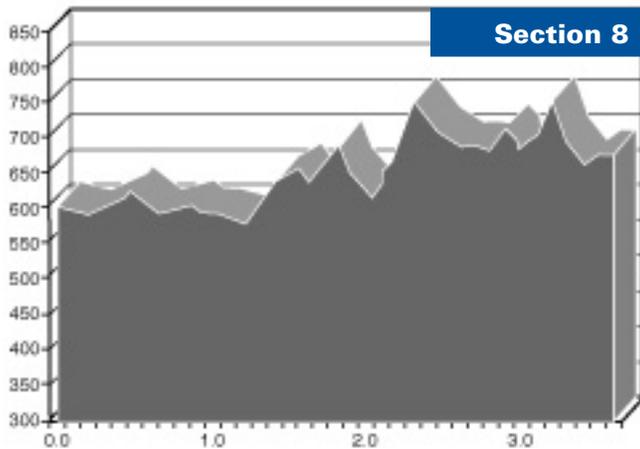
Section 7

Hard

Runner 7

Length: 3.00 miles
Starts at 20.45, ends at 23.45
Surface: Asphalt

- 0.1 m (20.6) Bear right at the fork. Remain on Water Valley Road; do not take Shiloh Road.
- 1.1 m (21.6) Stay right on blacktop road. Remain on Water Valley Road; do not take Giant City Park Road.
- 2.0 m (22.5) Stay left on blacktop road. Remain on Water Valley Road; do not take Bethel Church Road.



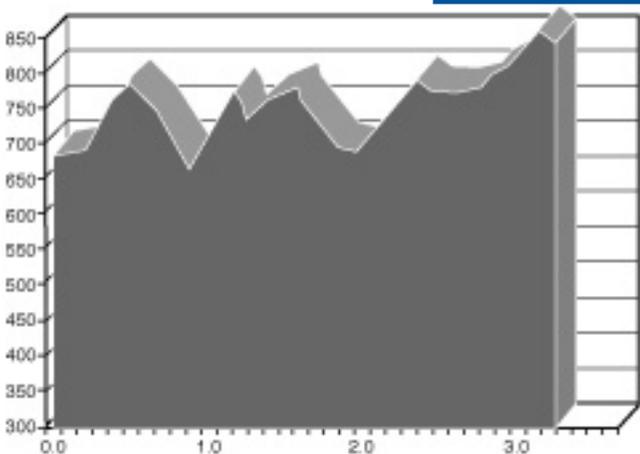
Section 8

Hard

Runner 8

Length: 3.60 miles
Starts at 23.45, ends at 27.05
Surface: Asphalt; two fords

- 1.2 m (24.6) Turn right on the blacktop road (Water Valley Road)
- 2.3 m (25.7) The road turns left, then right. Stay on Water Valley Road. Do NOT take Buffalo Gap Road.



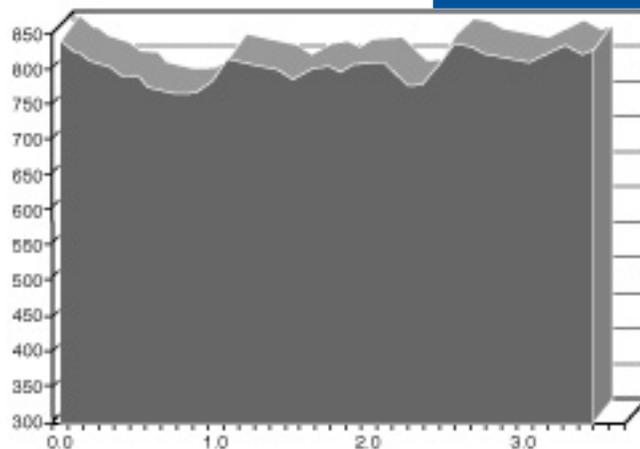
Section 9

Hard

Runner 1

Length: 3.35 miles
Starts at 27.05, ends at 30.40
Surface: Mostly gravel

- 0.1 m (27.1) Turn right on the blacktop road (Rocky Comfort Road).
- 0.3 m (27.4) Turn left on gravel road near top of hill (Panthers Den Road). **Watch carefully for turn.**
- 1.8 m (28.9) Bear to the right on Robinson Hill Road.
- 2.4 m (29.5) Watch for left turn at the crest of a hill on Mount Hebron Rd. **Turn is easy to miss.**
- 3.1 m (30.2) Go straight ahead on Mount Hebron Road at the top of the hill.



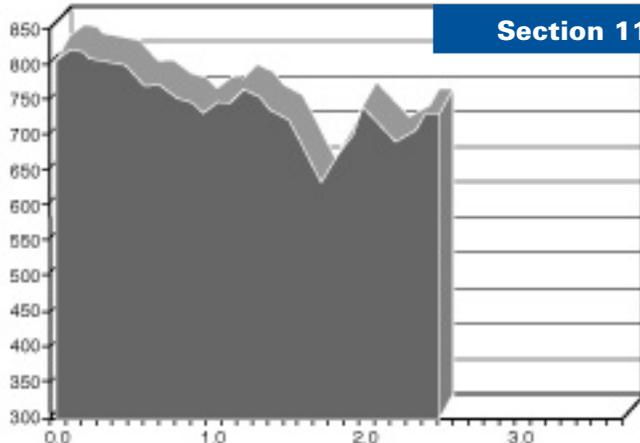
Section 10

Moderate

Runner 2

Length: 2.85 miles
Starts at 30.40, ends at 33.25
Surface: Mostly asphalt, some gravel

- WARNING:** Large stones may make thin-soled shoes inadvisable.
- 1.5 m (31.9) Turn right on blacktop road (Lick Creek Road).
 - 1.9 m (32.3) Take the road to the left (Goreville Road).
Enjoy the view!
 - 2.9 m (33.3) Follow the main road over Interstate 57.



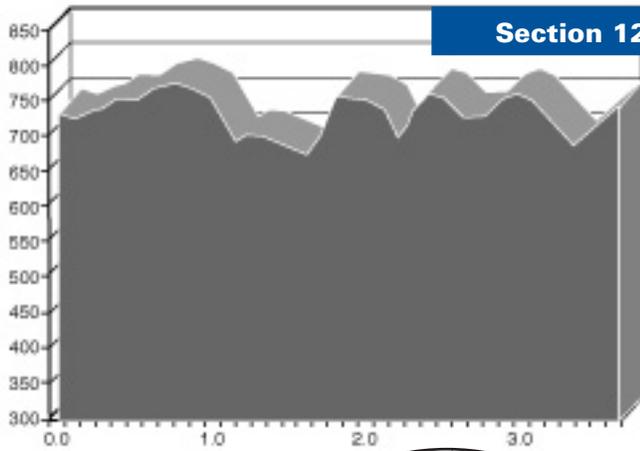
Section 11

Moderate

Runner 3

Length: 3.25 miles
Starts at 33.25, ends at 36.50
Surface: Asphalt

- Vehicles** follow race officials' directions to parking.
- 0.05m (33.3) Follow the main road over Interstate 57.



Section 12

Moderate to Hard (Goreville)

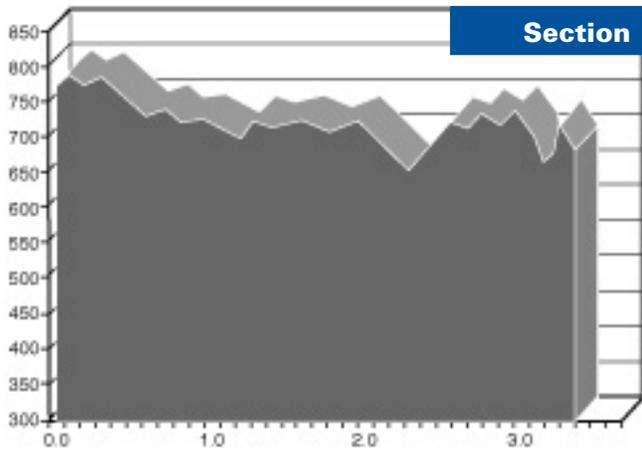
Runner 4

Length: 3.80 miles
Starts at 36.50, ends at 40.30
Surface: Asphalt

- 0.3 m (36.8) Turn right on Broadway. **Stay to the right!**
- 0.6 m (37.1) Turn right and follow Fly Avenue.
This is an easy turn to miss; do not follow vehicles along the highway.
 Do not follow vehicles along the highway.
- 0.9 m (37.4) Stay to the right.
- 1.3 m (37.8) Be very careful crossing Illinois Route 37.
 Pause, and watch for traffic.
 Then turn left under the railroad bridge onto Tunnel Hill Road.



Vehicles From the center of Goreville, follow Illinois Route 37. Do not follow runners. The runners emerge from the right, south of the town. At that point, turn left onto Tunnel Hill Road, under the railroad bridge.

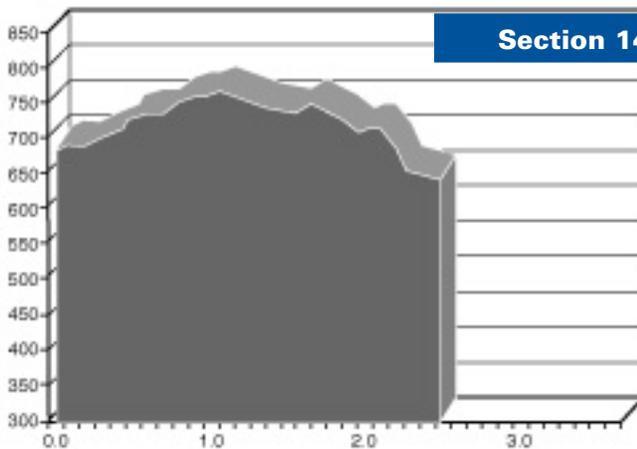


Section 13

Moderate

Runner 5

Length: 3.40 miles
Starts at 40.30, ends at 43.70
Surface: Asphalt

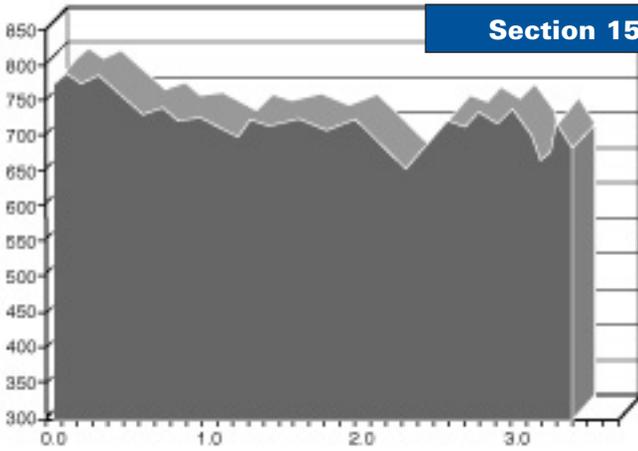


Section 14

Easy

Runner 6

Length: 2.50 miles
Starts at 43.70, ends at 46.20
Surface: Asphalt



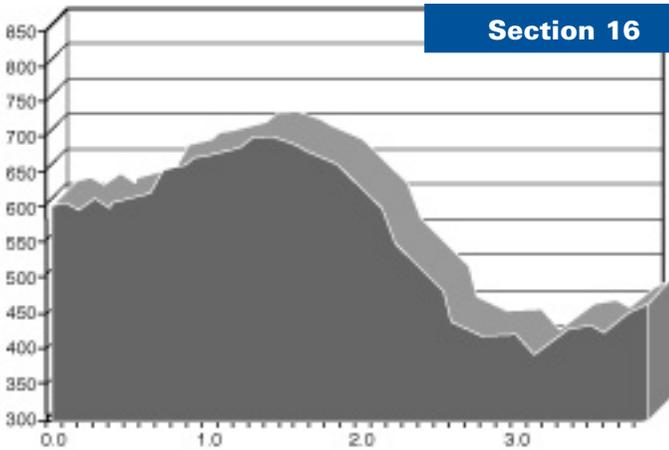
Section 15

Moderate to Easy

Runner 7

Length: 2.95 miles
Starts at 46.20, ends at 49.15
Surface: Asphalt

1.0 m (47.2) Be careful crossing U.S. 45.
 Continue on Gilead Church Road.



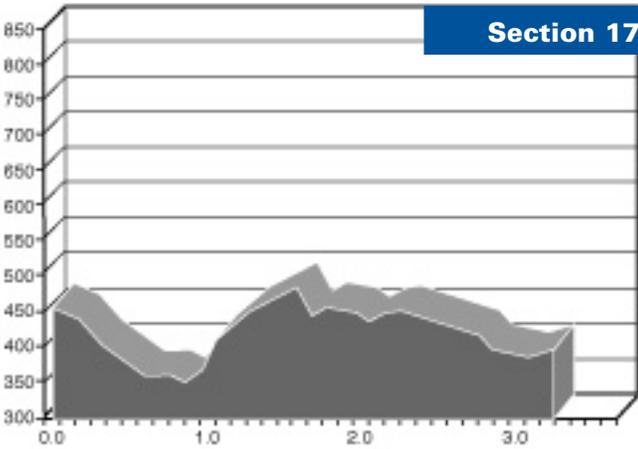
Section 16

Moderate (Steep Downhill)

Runner 8

Length: 4.05 miles
Starts at 49.15, ends at 53.20
Surface: Asphalt

3.4 m (52.5) Turn left onto Illinois Route 147.
 Watch for traffic.

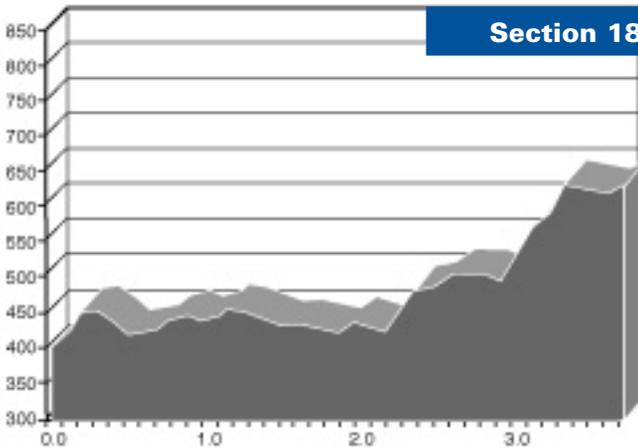


Section 17

Moderate

Runner 1

Length: 3.30 miles
Starts at 53.20, ends at 56.50
Surface: Asphalt



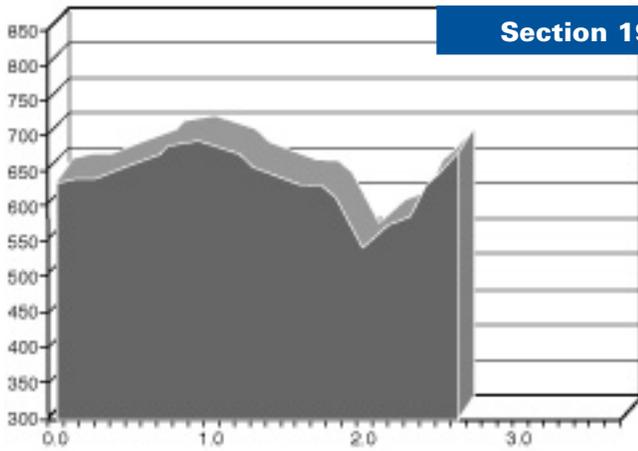
Section 18

Moderate to Hard

Runner 2

Length: 3.75 miles
Starts at 56.50, ends at 60.25
Surface: Mostly asphalt, some gravel

2.1 m (58.6) Turn left on the gravel road.
Watch carefully for the turn.

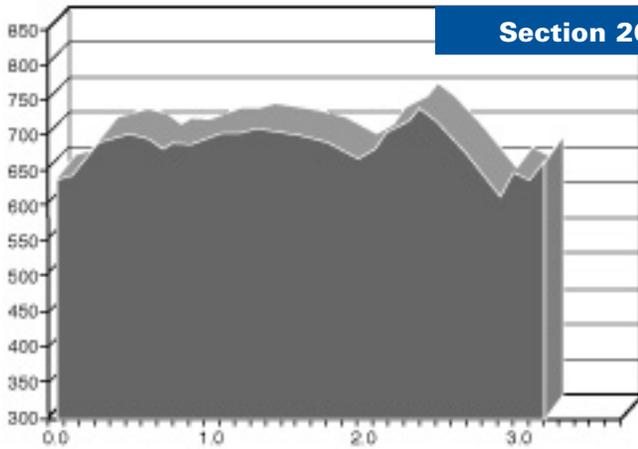


Section 19

Moderate

Runner 3

Length: 2.60 miles
Starts at 60.25, ends at 62.85
Surface: Asphalt



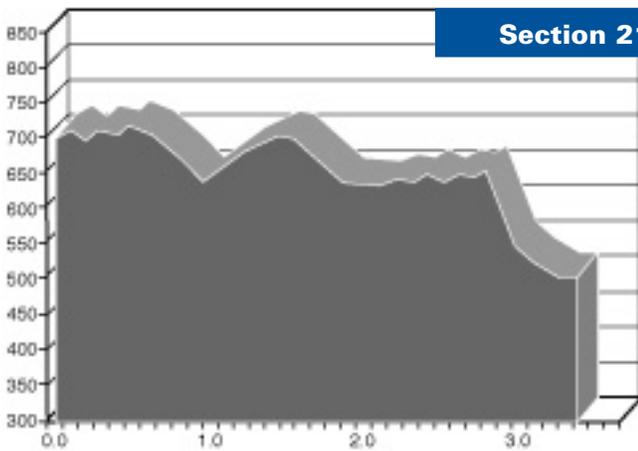
Section 20

Moderate

Runner 4

Length: 3.25 miles
Starts at 62.85, ends at 66.10
Surface: Asphalt

2.0 m (64.9) Turn right.
 3.2 m (66.1) Cross the road. The exchange
 will be
 on the grassy field.



Section 21

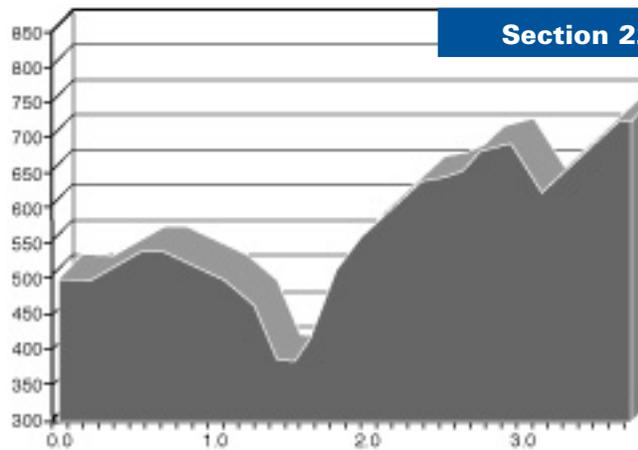
Moderate to Easy

Runner 5

Length: 3.45 miles
Starts at 66.10, ends at 69.55
Surface: Asphalt

0.0 m (66.1) Leave the field.
 1.9 m (68.0) Be careful crossing Illinois Route 145.
 Team vehicles will be coming from your left

Vehicles turn left at the exchange. Park on the side road.
 When leaving, turn right at the first road junction, then turn
 right on Route 145. Drive 2 miles and turn left at Eddyville.
 You rejoin the runners at Eddyville.

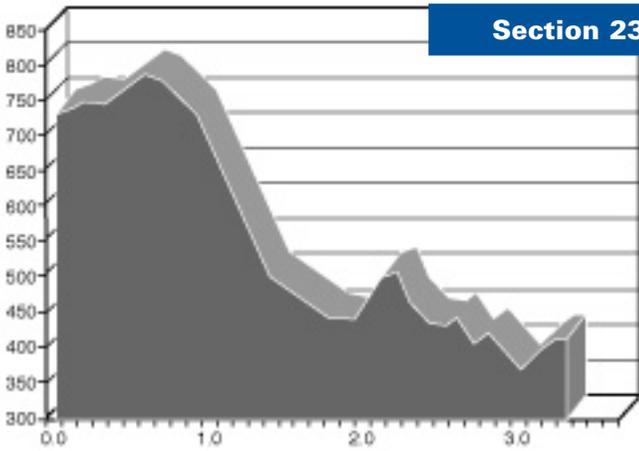


Section 22

The Hardest

Runner 6

Length: 3.80 miles
Starts at 69.55, ends at 73.35
Surface: Asphalt

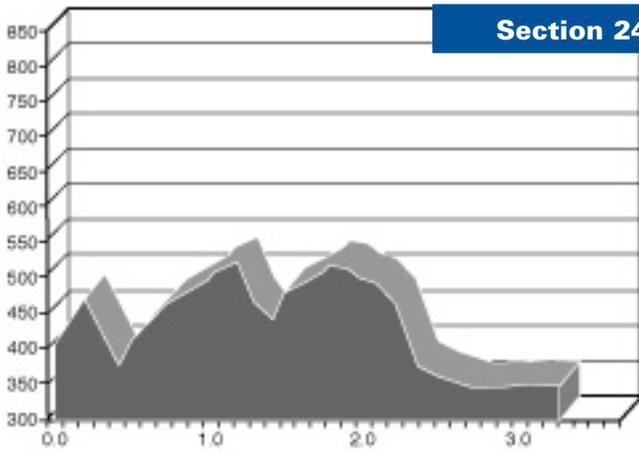


Section 23 *Moderate (Steep Downhill)* **Runner 7**

Length: 3.35 miles
Starts at 73.35, ends at 76.70
Surface: Asphalt

3.2 m (76.6) Runners go straight. Do **not** follow the main road to the left.

Vehicles follow the main road to Illinois Route 146.



Section 24 *Hard* **Finish** **Runner 8**

Length: 3.30 miles
Starts at 76.70, ends at 80.00
Surface: Asphalt

1.9 m (78.6) Turn right on Illinois Route 146.
 Be very careful; watch for traffic.

3.1 m (79.8) Turn left on Main Street.

3.3 m (80.0) Finish beside the Pope County Court House.

Vehicles turn right on Illinois Route 146 and drive toward Golconda. The runners will emerge from the right, 1.4 miles along Illinois Route 146. Follow directions to parking in town.

Elevation on vertical axis in feet

Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6	Runner 7	Runner 8
1 - 3.60 <i>Downhill</i>	2 - 3.60 <i>Easy</i>	3 - 2.95 <i>Moderate to easy</i>	4 - 3.65 <i>Moderate</i>	5 - 3.35 <i>Hard</i>	6 - 3.30 <i>Very hard</i>	7 - 3.00 <i>Hard</i>	8 - 3.60 <i>Hard</i>
9 - 3.35 <i>Hard</i>	10 - 2.85 <i>Moderate</i>	11 - 3.25 <i>Moderate</i>	12 - 3.80 <i>Moderate to hard</i>	13 - 3.40 <i>Moderate</i>	14 - 2.50 <i>Easy</i>	15 - 2.95 <i>Moderate to easy</i>	16 - 4.05 <i>Downhill</i>
17 - 3.30 <i>Moderate</i>	18 - 3.75 <i>Moderate to hard</i>	19 - 2.60 <i>Moderate</i>	20 - 3.25 <i>Moderate</i>	21 - 3.45 <i>Moderate to easy</i>	22 - 3.80 <i>Hardest</i>	23 - 3.35 <i>Downhill</i>	24 - 3.30 <i>Hard</i>
total 10.25 mi.	total 10.20 mi.	total 8.8 mi.	total 10.70 mi.	total 10.20 mi.	total 9.60 mi.	total 9.30 mi.	total 10.95 mi.



Main Street Golconda and Golconda-Pope County
Chamber of Commerce



Welcome
YOU TO THE
Finish Line at
Golconda

FOOD AVAILABLE

- **On the Courthouse Lawn**
Hamburgers, with all the fixin's
Pork Tenderloin
The Fajita Ladies' Famous Fajitas
Homemade desserts -- pies & cakes
And much, much more
- **Local Restaurants**
Pudgy's Pizza
Dari Barr
Sweetwater Saloon
Cousin Eddie's Grill,
Ice Cream, & BBQ

CRAFTS

Visit Golconda's unique specialty shops

- Gifts
- Collectibles
- Antiques
- Jewelry
- Candles
- Flowers

Plan to stay the weekend in one of our many accommodations from bed and breakfast to camping. Enjoy the beauty of the Ohio River and other natural wonders surrounding Golconda.

FOR ACCOMMODATIONS AND INFORMATION, CALL 618-683-6246

WWW.MAINSTREETGOLCONDA.NET

GOOD LUCK TO POPE COUNTY'S OWN "GOLCONDA RIVER RATS"!

2012 Team Roster

Corporate Division

16 Cheeks to the WIND	Argonne, Ill.
Abbott Rabbits	Abbott Park, Ill.
Air Mobility Flying Feet	Scott Afb, Ill.
CNA A	Chicago, Ill.
CNA B	Chicago, Ill.
Dried Up and Wiped Out	Jackson, Mo.
Two Big Two Fail (Team Kennedy)	Saint Louis, Mo.

Corporate Handicap Division

Carbon Footprint	Carbondale, Ill.
Cherry Hills	Springfield, Ill.
Cheshire Cats	Joliet, Ill.
GSI - Lean Team	Assumption, Ill.
IDOT the Runs	Carbondale, Ill.
Meramec Maniacs	St Louis, Mo.
Riding in a Van Down By the River	St. Louis, Mo.
Running in Zurcles	Schaumburg, Ill.
Schneider Electric	Chicago, Ill.

Handicap Division

16 Feet to Go	Evansville, Ind.
6:20 Club	St. Louis, Mo.
6:20 Trotters	St. Louis, Mo.
Abe's Runners	Springfield, Ill.
Arkansas Mixed Nuts	Paragould, Ark.
Ayow	Nashville, Ill.
Bannon's Mountain	Liberty Twp., Ohio
Belleville Running Club	Belleville, Ill.
Belleville Running Club #2	Belleville, Ill.
BIG DOG Running AND Eating Society	Olney, Ill.
Bottoms UP BAR and Grill	Neunert, Ill.
Box of Eight	Saint Louis, Mo.
BRC	Belleville, Ill.
Breakfast Club	Shorewood, Ill.
Cape Road Runners	Cape Girardeau, Mo.
Chaney's Gang	Carterville, Ill.
Charlie's Angels	Carbondale, Ill.
Donkeys Punchers	Henderson, Ky.
Eight Gusy From Nowhere	Omaha, Neb.
Finish the Task	Cobden, Ill.
Front Line	Carbondale, Ill.
ISP Flatfoot Pursuit	Marion, Ill.
Jones Creek Road Runners	Dickson, Tenn.
Lab Rats	Chicago, Ill.
Leback Park Runners	Chicago, Ill.
Lisle A-Train	Lisle, Ill.
Lisle Windrunners	Lisle, Ill.
Logistic Runners	St. Louis, Mo.
Los Tortugas	Albuquerque, N.M.
Movin' Shoes; the Elders	Madison, Wisc.
Mudd Ducks	St Louis, Mo.
Murphy's Moonlight Milers	Davenport, Ia
Pounding Gravel Kicking ASSphalt	Chicago, Ill.
Radical Runners	Paducah, Ky.
Righteous Roadkill	Springfield, Ill.
Roadhogs of the Rockies	Boulder, Colo.
Sammy's Girls	Springfield, Ill.
Second Childhood	Cobden, Ill.
Slow Twitch	Beecher, Ill.
Team Tommy	Evanston, Ill.
War and Feet	Lisle, Ill.
When Bad Knees Happen to Good People	Springfield, Ill.
Wide Bodied Redbirds	West Frankfort, Ill.

Masters Division

Acceleratii Incredibus	Jonesboro, Ark.
Cape Ghisallo Masters	Cape Girardeau, Mo.

Down N Dirty	Indianapolis, Ind.
Fleet Feet Sports 40+	St. Charles, Mo.
Lakers Eight	Crystal Lake, Ill.
NWI Ridge Runners	Valparaiso, Ind.
Old Buck	Bloomington, Ill.
Prairie Chickens	Newton, Ill.
STFD	St. Charles, Mo.
The Cutting Edge of Insanity	Charles City, Ia

Mixed Masters Division

1St Cavs Got Your Back	Falls Church, Va.
Buzz Boys Mixed	Sparta, Ill.
Chenny and the Jets	Chicago, Ill.
Festina Lente	Carbondale, Ill.
Fritterrassz the Smatterriff	Homer Glen, Ill.
Grandma's Thursday Night Running Club	La Salle, Ill.
Pacers and Racers	New Albany, Ind.
Psychokinetics	Champaign, Ill.
Run Fast, Drink Beer Sooner	St. Louis, Mo.
St. Louis Frontrunners	St. Louis, Mo.

Mixed Division

Abe Lincoln's Pants	Manhattan, Kan.
Beats, Volts and Sleep	St. Louis, Mo.
Big E's Family Affair	Highland Park, Ill.
Big Hump Bench Warmers	St. Louis, Mo.
Big Hump Hash House Harriers	St. Louis, Mo.
Blended Family	Urbana, Ill.
Blessed Union of Soles	Altamont, Ill.
Bob Giacomo's Auto Repair	Pinckneyville, Ill.
Body 'N Sole Slugs	Savoy, Ill.
Born to Drink	Urbana, Ill.
Cake Is a Lie	Urbana, Ill.
Crazy Eights	Chicago, Ill.
Define Fun	Charleston, Ill.
Down Hill From Here	Carbondale, Ill.
Family and Friends	Urbana, Ill.
Family Rununion	Crete, Ill.
Fast and Cheap	Chicago, Ill.
Flints Flying Salukis	Flint, Mich.
Foot Pursuit	Ava, Ill.
For the Hill of It	Carbondale, Ill.
Friends to Foes	Carterville, Ill.
Fueled By Cuervo	Chicago, Ill.
Golconda River Rats	Golconda, Ill.
Harrison University Running Cougars	Nashville, Ill.
Hash House Harrier FRBs	Saint Louis, Mo.
Heaven Bound	Herrin, Ill.
Honey Badgers	Edwardsville, Ill.
Honkin Woohoos	Bloomington, Ind.
Insanity Is Relative	Carterville, Ill.
Joel Coles County Ridge Runners	Charleston, Ill.
Keep Your Eye on the Prize	Metropolis, Ill.
Kiss My Asphalt	St. Louis, Mo.
Letz Go Dutch	Palos Park, Ill.
Metro Milers	Edwardsville, Ill.
Midwest Eclectic	Kankakee, Ill.
MM2	Edwardsville, Ill.
Murray Light Feet	Murray, Ky.
Polymerase Chain Reaction	St. Louis, Mo.
Press'n On	Golconda, Ill.
Pub Crawlers II	Makanda, Ill.
Regions Rally Squirrels	Belleville, Ill.
River Roadrunners	Carterville, Ill.
River to River to a Bar	New York, N.Y.
Roger's River Runners	Dixon, Mo.
Run for the Hills!	Marion, Ill.
Run Now, Drink Later At Kinkaid!	Murphysboro, Ill.

2012 Team Roster

Running Scared
Schnuckiputzies
Silkworm
SIUC Triathlon Team
Smart Runners
South Central Druggies
Squinge
St. Jude Runners
St. Louis Hash House Harriers
St. Louis Speed Trap
Steeple Chaisers
Synergy
Team McClure Engineering
Thunder Canyon Road Raptors
Victorious Secret
Where the Hill Are We
Wolfpack

Open Division

80, Are You Crazy?
Art and Kevin Reveal Memorial
Assiduous Soles
Aurora Lites
Away We Go
Back of the Packers
Ballwin Bunch
Blood, Sweat and Beers
Blues Brothers and Sisters
BMHK
Bone Breakers
Buckdaddies
Capital City Crossfit
Chase the ACE Pace
Chasin' the Lobster
Cheetahs
Chester Running Club
Collinsville Police Department
Corona Club
Drinkers With a Running Problem
Eagle's Wings Runners
Easy to Pass and Tough to Lap
F.A.S.T.
Family on the Run
Faster Than Frankie Jackson
Fastor Pastors
Fun Runnin' Girls
Great Eight
Has Beens
Heaven Bound Too
Hills Angels
Hoosier Homecoming
Ice Packs and Beer Please
Iron Mules
Just Run Again
Kickin' ACE and Takin' Names
Last Place
Little Egypt Sultans of Stride
Lumberjacks
Michelob Ultra Runners
MIssion Possible
More Cowbell
MORE EGO THAN Brains
Munning Ruppets
Mustang Sally and the Topsy Runners
Neighborhood Co-Op Grocery
No Earthly Idea
Possum Trotters

Sparta, Ill.
Saint Louis, Mo.
Murphysboro, Ill.
Carbondale, Ill.
Vienna, Ill.
Mattoon, Ill.
Cobden, Ill.
Peoria, Ill.
St. Louis, Mo.
St. Louis, Mo.
Harrisburg, Ill.
Metropolis, Ill.
St Louis, Mo.
Carbondale, Ill.
Minooka, Ill.
Carmel, Ind.
Normal, Ill.

Highland, Ill.
Herrin, Ill.
Phoenix, Ariz.
Aurora, Ill.
Chicago, Ill.
Bloomington, Ill.
Ballwin, Mo.
St. Louis, Mo.
Palos Heights, Ill.
Baldwin, Ill.
Herrin, Ill.
St. Louis, Mo.
Springfield, Ill.
Urbana, Ill.
Saint John, Ind.
Beecher, Ill.
Chester, Ill.
Collinsville, Ill.
Carbondale, Ill.
Bloomington, Ind.
Godfrey, Ill.
Steeleville, Ill.
Eldorado, Ill.
Carbondale, Ill.
Golconda, Ill.
Mahomet, Ill.
St. Louis, Mo.
Effingham, Ill.
Cape Girardeau, Mo.
Marion, Ill.
Carbondale, Ill.
Bloomington, Ind.
Carbondale, Ill.
Indianapolis, Ind.
Effingham, Ill.
Champaign, Ill.
Aurora, Ill.
Harrisburg, Ill.
Pittsboro, Ind.
St. Louis, Mo.
Centralia, Ill.
Cahokia, Ill.
Effingham, Ill.
Bloomington, Ill.
Saint Louis, Mo.
Carbondale, Ill.
Herrin, Ill.
Coello, Ill.

Prairie Chickens #2
Quick and the Dead Tired
Quick and the Dead Tired II
Road Hard
Rocky Top Road Runners
Rubber Guppies
Run Like You Stole Something
Runners With a Drinking Problem
Running a Cross Roads
Running on Empty
Running Walker
Running Witness
Seven Fast Guys and Me
Silvery Moon Runners
SIUC Army ROTC Striking Salukis
Skeeziks and the Pipsawahs
Smokey on the Run
Soaring Warriors
Team Chud
Team Godzilla
The Dead Man's Cave Running Club
The Leftovers
The Road Less Traveled
The Running Illini
Think Pink
This Is a 5K, Right?
Together We Perspire
Tootsie Jingles
Tramps Like Us
Under Par
Vine Runners
W3T (What Were We Thinking?)
Walk Fast, Carry a Big Stickle
Wandering Elderbarries
Washed Ashore
We Are Not Them
We Eight the Sandbox
Wetro Wunning Wabbits
Whose Idea Was This?
Wicked Deuce
WNBA Chicago Sky

Newton, Ill.
Champaign, Ill.
Champaign, Ill.
Springfield, Ill.
Orlando, Fla.
St. Louis, Mo.
Normal, Ill.
Effingham, Ill.
Monticello, Ill.
Carbondale, Ill.
Carterville, Ill.
Paxton, Ill.
Poplar Bluff, Mo.
Carbondale, Ill.
Carbondale, Ill.
Orlando, Fla.
Marion, Ill.
Carbondale, Ill.
Geneva, Ill.
Edwardsville, Ill.
Chicago, Ill.
Chester, Ill.
Rock Island, Ill.
Lake Zurich, Ill.
Carbondale, Ill.
Tampa, Fla.
Saint Louis, Mo.
Saint Louis, Mo.
Murphysboro, Ill.
Marion, Ill.
Carbondale, Ill.
Eddyville, Ill.
Indianapolis, Ind.
Champaign, Ill.
Bloomington, Ill.
Urbana, Ill.
Urbna, Ill.
Du Quoin, Ill.
St. Louis, Mo.
Freeburg, Ill.
Chicago/Springfield, Ill.

Women Masters Division

Fabulous Fleet FEET Ladies
Groovy Girls
Iron Maidens
Michelob Ultra Women
Women on the Run

St. Louis, Mo.
Webster Groves, Mo.
Batavia, Ill.
St. Louis, Mo.
Crete, Ill.

Womens Division

Angry Divas
Average Janes
Bad Mother Runners
Baptist Buns on the Run
CUSD
Don't Dawg It!
Finish the Task: in Pink
Heart and Sole
Lunachicks
Running Divas
Seven Speedy Girls and Me
Shut Up and Run
Team Meatballs
Wild Things

Chicago, Ill.
Effingham, Ill.
Mahomet, Ill.
Harrisburg, Ill.
Collinsville, Ill.
Carbondale, Ill.
Cobden, Ill.
Carbondale, Ill.
Sycamore, Ill.
St. Louis, Mo.
Gifford, Ill.
Saint Louis, Mo.
Metropolis, Ill.
Glasford, Ill.

Official Rules

1. Teams shall consist of eight runners, each of whom shall complete three sections of approximately 3 miles each while carrying a baton.

Rules Concerning Runners

2. Team members shall run in a fixed order. The first runner shall complete sections 1, 9, and 17; the second runner shall complete sections 2, 10, and 18, and so on.

3. Runners must wear official race numbers that correspond to their position on the team. The first runner must wear a number ending in 1; the second runner must wear a number ending in 2, and so on. Race numbers must be visible from the front.

4. If for medical reasons a runner cannot complete a section, another runner may take over. The substitute must be either the next runner in sequence or the previous runner in sequence (e.g., if runner 3 is injured, runners 2 or 4 may take over). Substitutes must complete all remaining sections for the injured runners they replace, as well as their own sections.

Once a runner has dropped out of the race, he or she may not re-enter.

The team shall be eligible for awards in the Mixed or Mixed-Masters divisions if at least three runners of each sex complete the course. The team shall be eligible for awards in the Handicap or Corporate Handicap divisions, but only the handicap times of runners who complete the course will be counted in calculating the team handicap. See Notes (above) for further clarification of this rule.

5. The baton must be passed from one runner to the next within a marked exchange zone 50 meters in length. While in the exchange zone, runners must remain on the left side of the road.

Note 1. Teams are not required to follow the substitution rule (Rule #4) unless they are competing for an award. If substitutions are made other than those that are allowed, including the use of extra runners, teams may finish the race but will not be eligible for any award.

Note 2. The substitution rule (Rule #4) applies if one or more runners are missing at the start of the race. One or more substitutes must then complete back-to-back sections (approximately a total of 20 miles).

Note 3. Teams in the Mixed and Mixed-Masters divisions with only three women will be able to follow the rule only if the women follow each other in the sequence (e.g., positions 2, 3, and 4).

6. Runners must carry the baton so that it is visible to race officials while approaching or leaving the exchange zone.

7. Runners may receive water or other supplies from team members. No other physical contact with the runner is permitted.

8. Runners who take a wrong turn must return to the course where they left it and continue on the correct route. Runners may use the team vehicle or other transportation to return to the correct route, provided they complete all of the correct route unaided.

9. Runners must pause at all stop signs, and obey all safety instructions.

10. Runners must wear a reflective vest or other reflective clothing if running after sunset.

11. Runners may not wear headphones or any other equipment that interferes with their hearing.

Rules Concerning Vehicles

12. Teams may use one or two registered vehicles, depending on the team's starting time, to transport runners during the race. Team vehicles must be less than seven feet in width.

13. Registered team vehicles must display an official identification tag in the front and rear windows. Both tags must be visible to race officials at the exchanges. Only team vehicles displaying both official tags will be allowed to park at the exchanges.

14. Team vehicles must obey all speed limits, traffic signs, other traffic laws, and instructions from race officials.

15. Team vehicles must drive at a normal rate of speed. Vehicles may not block or interfere with other vehicles, and must yield right of way to runners at all times.

16. At the exchanges, team vehicles must park only in designated areas. Vehicles may not stop at an exchange, even to discharge runners, except where directed.

Rules Concerning All Participants

17. At the exchanges, team members and other participants who are not involved in the exchange of the baton must remain on the right side of the road.

18. Participants must leave no litter on the course.

Violation of any rule may result in assessment of time penalties or disqualification of the runner or the team.

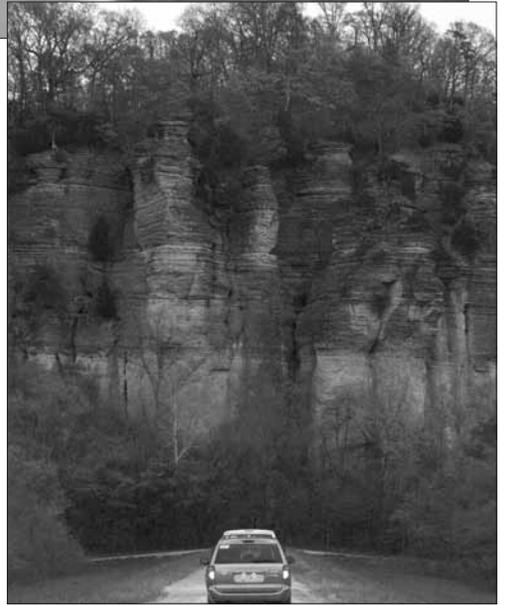
Handicaps

Age	Males	Females									
10	17:30	19:00	28	0:00	8:00	46	5:30	16:20	64	16:00	32:00
11	15:00	17:30	29	0:00	8:10	47	6:00	17:00	65	17:00	33:30
12	13:00	16:30	30	0:00	8:20	48	6:30	17:40	66	18:00	35:00
13	11:00	15:30	31	0:00	8:40	49	7:00	18:20	67	19:00	37:00
14	9:00	14:30	32	0:20	9:00	50	7:30	19:00	68	20:00	39:00
15	7:00	13:30	33	0:40	9:20	51	8:00	19:40	69	21:00	41:00
16	5:00	12:30	34	1:00	10:00	52	8:30	20:20	70	22:00	43:00
17	3:30	11:30	35	1:20	10:30	53	9:00	21:00	71	23:00	45:30
18	2:30	10:30	36	1:40	11:00	54	9:30	21:45	72	24:30	48:00
19	1:30	10:00	37	2:00	11:30	55	10:00	22:30	73	26:00	51:00
20	1:00	9:30	38	2:20	12:00	56	10:30	23:15	74	27:30	54:00
21	0:30	9:00	39	2:40	12:30	57	11:00	24:00	75	29:00	57:00
22	0:00	8:45	40	3:00	13:00	58	11:30	25:00	76	30:30	60:00
23	0:00	8:20	41	3:20	13:30	59	12:00	26:00	77	32:00	63:00
24	0:00	8:10	42	3:40	14:00	60	12:45	27:00	78	33:30	66:00
25	0:00	8:00	43	4:00	14:30	61	13:30	28:00	79	35:00	69:00
26	0:00	7:50	44	4:30	15:00	62	14:15	29:00	80	36:30	72:00
27	0:00	7:50	45	5:00	15:30	63	15:00	30:30			









Course Records

Open	6 : 47 : 10	1997	Where We Go One We Go All	Bartlett, Ill.
Handicap	*6 : 46 : 35	1995	Dixie Flyers	St. Petersburg, Fla.
Women's	8 : 32 : 13	1995	Chicago Gazelles	Chicago, Ill.
Mixed	7 : 36 : 35	1999	Palos Roadrunners	Palos Heights, Ill.
Masters	7 : 20 : 45	1994	Masters of Shawnee Forest	New Lenox, Ill.
Women Masters	9 : 09 : 05	2005	Run Chicago Gazelles	Chicago, Ill.
Mixed Masters	8 : 01 : 38	1995	Coed Masters of Shawnee Forest	New Lenox, Ill.
Corporate	7 : 43 : 03	1990	McDonnell Douglas Flyers	St. Louis, Mo.
Corporate Handicap	*7 : 35 : 08	1995	DMA-Cartographic Express	St. Louis, Mo.

* *Times adjusted for team handicap.*

Awards

The divisions and minimum number of awards for each division are as follows:

Open	All teams may compete.	7 awards
Handicap	All teams may compete. Awards will be based on times corrected for handicap.	7 awards
Women	All team members must be women.	3 awards
Mixed	A minimum of three members must be of each sex.	7 awards
Masters	All team members must be at least 40 years old.	3 awards
Mixed Masters	All team members must be at least 40 years old. A minimum of three members must be of each sex.	3 awards
Women Masters	All team members must be women, and at least 40 years old.	3 awards
Corporate	All members must be employed by the same employer or place of business.	3 awards
Corporate Handicap	All members must be employed by the same employer. Awards will be based on finish times corrected for handicap.	3 awards

Team handicaps will be the total of the handicap times for all team members.

Acknowledgments

More than 200 volunteers, including members of the Southern Illinois Amateur Radio Society, will help on the day of the race. The sheriffs of Johnson, Pope, and Union counties, and the Illinois State Police, will assist with traffic control. The organizing committee is very grateful to all of these people. Please express your appreciation should you have the opportunity, and make their jobs easier by following their instructions.

