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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 2018
The River to River Relay next year will be run on Saturday, April 21, 2018
Registration is Tuesday, October 24, 2017, 6:00 p.m. CDT

Throughout the 29 years of the River to River Relay, several photographers have given time and support to the relay. Our staff photographer in 2016 who took the majority of the photos in this publication, was Jim Kramer. Other photos were generously shared by friends and fans. We thank them heartily for their support.

Published in Carbondale, Illinois
March 2017
### Nominees to River to River Relay Hall of Fame

<table>
<thead>
<tr>
<th>Name</th>
<th>Team/Group</th>
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<tbody>
<tr>
<td>Judy Ayalaa</td>
<td>Judy and the Gang</td>
</tr>
<tr>
<td>Bruce Arrow</td>
<td>Skeeziks and the Pipsawahs</td>
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<td>Joe Bannon, Jr.</td>
<td>Bannon’s Mountain</td>
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<tr>
<td>Chuck Barnett</td>
<td>Indiana Brew Crew</td>
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<tr>
<td>Lance Boyard</td>
<td>Back for More</td>
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<tr>
<td>Doug Brausch</td>
<td>Shake, Waddle and Run</td>
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<tr>
<td>Joe Bradig</td>
<td>Coles County Ridge Runners</td>
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<tr>
<td>Cathy Bradley</td>
<td>St. Jude Runners</td>
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<tr>
<td>Clearance “Buzz” Bradley</td>
<td>Buzz Boys &amp; Buzz Boys Mixed</td>
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<tr>
<td>Lenny Bruce</td>
<td>GTE Front Runners</td>
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<tr>
<td>Chris Christian</td>
<td>Grandma’s Thursday Night Running Club</td>
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<tr>
<td>Jon Davis</td>
<td>Taylorville Turtles</td>
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<tr>
<td>Carl and Carol Gross</td>
<td>Keep It In The Family</td>
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<tr>
<td>Ray Haake</td>
<td>Scott AFB Striders</td>
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<tr>
<td>Keith Hammond</td>
<td>Kansas City River Ratz</td>
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<td>Bob Hickman</td>
<td>Silver Striders</td>
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<tr>
<td>Chuck Hinde</td>
<td>One More Time For Fun</td>
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<td>Gary Holda</td>
<td>PFC Possum Trotters</td>
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<td>Sister Marion Irvine</td>
<td>St. Jude Runners</td>
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<tr>
<td>Gene Jones</td>
<td>Masters of Shawnee Forest</td>
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<tr>
<td>Larry Keeling</td>
<td>Magnificent Seven and Another Guy</td>
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<tr>
<td>Jim Leming</td>
<td>Thunder Canyon Road Raptors</td>
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<tr>
<td>Jack Meyer</td>
<td>Wandering Walukis (posthumous)</td>
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<tr>
<td>Mike McGrath</td>
<td>Hurry Up and Wait, Again!</td>
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<tr>
<td>Keith McQuarrie</td>
<td>Race Director</td>
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<tr>
<td>Dick Macknick</td>
<td>Fritterraz the Smatterriff (and other teams)</td>
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<tr>
<td>Gary Moss</td>
<td>Starved Rock River Runners</td>
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<tr>
<td>Tom Newlin</td>
<td>Race Founder</td>
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<tr>
<td>Lance Nogle</td>
<td>Herrin Road Runners (posthumous)</td>
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<tr>
<td>Peter Olsen</td>
<td>General’s Team</td>
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<td>Dick Parker</td>
<td>-Lisle Windrunners</td>
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<td>Gordon Pirz</td>
<td>Highwaymen</td>
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<td>Bob Putnam</td>
<td>General’s Team</td>
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<td>Kevin Reveal</td>
<td>Shake, Waddle and Run</td>
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<td>Jerry Riebling</td>
<td>Herrin Road Runners (posthumous)</td>
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<td>Dale Righter</td>
<td>Breaking Wind Running Club</td>
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<td>Robert Rogaliki</td>
<td>Y-Connection</td>
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<tr>
<td>Charles Rose</td>
<td>Dixie Flyers</td>
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<tr>
<td>Greg Rose</td>
<td>Prairie State Road Runners (posthumous)</td>
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<tr>
<td>Dick Ruzicka</td>
<td>Miami Coca Nuts and other teams</td>
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<tr>
<td>Sru Sax</td>
<td>St. Jude Runners</td>
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<td>Martha Schierer</td>
<td>Eleven-Eleven Y Group</td>
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<tr>
<td>Donald (Butch) Sherrrod</td>
<td>Eight Up</td>
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<td>Brook Smith</td>
<td>West Frankfort All Around Athletes (posthumous)</td>
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<tr>
<td>Frank Stahl</td>
<td>St. Jude Runners</td>
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<tr>
<td>Bob Stevens</td>
<td>Park Forest Pancake Club, Chicago Wen Socks</td>
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<tr>
<td>Patri Swayka</td>
<td>Bonnies and Clydes</td>
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<tr>
<td>John Taylln</td>
<td>Park Forest Pancake and Running Club</td>
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<tr>
<td>Bob Theodore</td>
<td>Lisle Windrunners</td>
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<tr>
<td>Cheryl Tucker</td>
<td>P.E. Flyers (and other teams)</td>
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<tr>
<td>Jean Wade</td>
<td>St. Jude Runners</td>
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<tr>
<td>John Welge</td>
<td>Mudd Ducks</td>
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<tr>
<td>George West</td>
<td>GTE Front Runners</td>
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<tr>
<td>Ray Wucher</td>
<td>Fantastics (posthumous)</td>
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<tr>
<td>Tim Demco, Andre Fomby, Gus Coronade, Tony Daniels, Dan Lawson, Derek Olenek</td>
<td>Arenberg Racing Team</td>
</tr>
</tbody>
</table>

Jeff Hill, and Craig Young:
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 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.

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.
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, 2017. 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 21, 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

Manager’s meeting, Friday, April 21, 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).
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 21. Packets must be collected on April 21. 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.
When must the team roster be submitted?
A preliminary list of runners must be submitted via http://rrr.olm.net by March 21, 2017. Team seeding is done and 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 March 21, 2017.

How should I report changes in the team membership?
On or before 4 p.m., April 19, 2017, 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 brad@r2rrelay.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 19, 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, 2017, will receive shirts. If your alternates would really like to run, they should attend check-in on April 15 where there are always 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 19, you may make changes to your roster at no cost. Beginning on April 14, 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, 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 21.

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 21, so you may, if you wish, bring them with you when you check-in.

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?
No. Team names must be on original entry form.
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 Illi-
nois 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. Driv-
ing 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 Car-
bondale 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 vehi-
cle, 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 vehi-
cle should arrive at Stage 2 by the time
your first runner is starting. If you are ear-
ly, 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 top of
Pine Hills and the starting line. This will
give you time to drive PAST the starting line,
park in a single line, and have the #1
runner jog or walk back to the starting
line. Before you leave the pre-start area, set
your trip odometer to 0. The ride to the
start will seem further than it actually is.
Do NOT SPEED. Dangerous drop offs
and low hanging branches are ahead.

What is the protocol at the starting line?
You will drive PAST the starting line
before letting out your first runner. The
vehicle in the lead will drive about 0.4 of a
mile and stop at a designated spot. All other
vehicles should park in a single line behind
that first vehicle. Don’t let your first runner
out until you are stopped in the line. #1
runners should jog back to the starting line
with their baton in hand. Porta-Potties are
available where the vehicles stop and for the
#1 runner at the starting line. Do not stop
to let your runner out at or before you
get to the starting line! Team vehicles will
leave for Stage #2 FIVE minutes before the
runners start. This allows time to reach
stage #2 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 cor-
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,
2017.
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!
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 noncompetitive 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 halfway through a section; illegal transportation of the runner is strictly forbidden, and guilty teams will be disqualified.

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 7:36 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.

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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.

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.

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Emergencies

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 7:36 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.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Closes at</th>
<th>Stage</th>
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<tr>
<td></td>
<td>2</td>
<td>14</td>
<td>3:10 p.m.</td>
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<td>10:30 a.m.</td>
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<td>4:30 p.m.</td>
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<td>5:00 p.m.</td>
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<tr>
<td></td>
<td>11:30 a.m.</td>
<td>19</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>noon</td>
<td>12:00 p.m.</td>
<td>20</td>
<td>5:50 p.m.</td>
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<tr>
<td></td>
<td>12:30 p.m.</td>
<td>21</td>
<td>6:20 p.m.</td>
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<tr>
<td></td>
<td>1:00 p.m.</td>
<td>22</td>
<td>6:45 p.m.</td>
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<tr>
<td></td>
<td>1:25 p.m.</td>
<td>23</td>
<td>7:10 p.m.</td>
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<tr>
<td></td>
<td>1:50 p.m.</td>
<td>24</td>
<td>7:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:20 p.m.</td>
<td>25</td>
<td>8:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:45 p.m.</td>
<td></td>
<td>Finish 8:00 p.m.</td>
</tr>
</tbody>
</table>

---
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 and John A. Logan College.

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 Ol’ 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?
Official results will be posted on the Relay website by Monday, April 24, 2017.

GILSTER-MARY LEE CORP. AND THE RIVER TO RIVER RELAY
Two Great Southern Illinois Traditions!

On behalf of all the employees of Gilster-Mary Lee, especially from our plants in Chester, Steeleville, and Centralia, IL, welcome to beautiful southern Illinois! Gilster-Mary Lee has been providing food products to consumers around the world since 1895, and like the River to River Relay, we are proud to call southern Illinois home.

Have a great race, stay safe, and finish strong!

GILSTER-MARY LEE CORP.
1037 State St.
Chester, IL  62233
www.gilstermarylee.com
**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

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 4**  Moderate  Runner 4

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

---
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.
  0.1 m (27.1) Turn right on the blacktop road (Rocky Comfort Road).

**Section 9**

**Hard**

**Runner 1**

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

  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 onto 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).
  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.

  0.05 m (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

Vehicles only turn right on Bowmans Bottom Rd.
2.0 m Vehicles only turn left on Possum Rd.
1.75 m Vehicles only turn left on High St.
  Watch for race official to cross over Tunnel Hill Rd. to parking lot.
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**

<table>
<thead>
<tr>
<th>Runner 1</th>
<th>Runner 2</th>
<th>Runner 3</th>
<th>Runner 4</th>
<th>Runner 5</th>
<th>Runner 6</th>
<th>Runner 7</th>
<th>Runner 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 3.60 Downhill</td>
<td>2 - 3.60 Easy</td>
<td>3 - 2.95 Moderate to easy</td>
<td>4 - 3.65 Moderate</td>
<td>5 - 3.35 Hard</td>
<td>6 - 3.30 Very hard</td>
<td>7 - 3.00 Hard</td>
<td>8 - 3.60 Hard</td>
</tr>
<tr>
<td>9 - 3.35 Hard</td>
<td>10 - 2.85 Moderate</td>
<td>11 - 3.25 Moderate</td>
<td>12 - 3.80 Moderate to hard</td>
<td>13 - 3.40 Moderate</td>
<td>14 - 2.50 Easy</td>
<td>15 - 2.95 Moderate to easy</td>
<td>16 - 4.05 Downhill</td>
</tr>
<tr>
<td>17 - 3.30 Moderate</td>
<td>18 - 3.75 Moderate to hard</td>
<td>19 - 2.60 Moderate</td>
<td>20 - 3.25 Moderate</td>
<td>21 - 3.45 Moderate to easy</td>
<td>22 - 3.80 Hardest</td>
<td>23 - 3.35 Downhill</td>
<td>24 - 3.30 Hard</td>
</tr>
<tr>
<td>total 10.25 mi.</td>
<td>total 10.20 mi.</td>
<td>total 8.8 mi.</td>
<td>total 10.70 mi.</td>
<td>total 10.20 mi.</td>
<td>total 9.60 mi.</td>
<td>total 9.30 mi.</td>
<td>total 10.95 mi.</td>
</tr>
</tbody>
</table>
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
  Dari Barr
  Sweetwater Saloon
  Dive Down Restaurant & Bar
  The Mansion of Golconda

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.ORG

GOOD LUCK TO POPE COUNTY’S OWN “GOLCONDA RIVER RATS”!
2017 Team Roster

Corporate Division

16 Cheeks to the WIND
Air Mobility Flying Feet
Brown Electric
CNApple: Made From the Best Runners
Dried Up and Wiped Out
For the Hill of It
Illinois ARMY National Guard
Prison Breakers
Team Buchheit
Wells Fargo Running Club

Cheshire Cats
Learning Curves
Skanks
Stray Cats

Corporate Handicap Division

Corporate Handicap Division

Handicap Division

6:20 Club
6:20 Trotters
Agnosy of Da Feet
BIG DOG Running and Eating Society
Bannon’s Mountain
Belleville Running Club
Belleville Running Club #2
Big Hump Hair House Harriers
Big Rock Milers
Bottoms Up Bar and Grill
Bourbon Bent and River Bound
Breakfast Club
Chaney’s Gang
Crustaceons on Fire
Easy to Pass and Tough to Lap
Eight Deadly Sins
Forced Family Fun
Ice Packs and Beer
Jones Creek Road Runners
Lab Rats
Lisle Windrunners
Lisle-A-Train
Los Tortugas
Moonlight Milers Last Waltz
Movin’ Shoes; the Elders
Murphy’s Moonlight Milers
River Roadrunners
Roadhogs of the Rockies
Running on Empty
Second Childhood
Slow Twitch
Team Chud
The Cutting Edge of Insanity
Thunder Canyon Road Raptors
Toolen’s Running Start
We Are Not Them
Winning Is Not An Option
Zombie Walkers

Masters Division

Ballwin Bunch
Chasin the Lobster
NW1 Ridge Runners
Radical Runners
STFD
Spitriclub
Team XLR8

The Lumberjacks
We Eight the Sandbox

Mixed Masters Division

5X + 3Y = 1W
CMRC ABB
Depreciating Assets
Honkin Woohoo’s
Lactic Acid Junkies
Pirates of the Rivers
St. Jude Runners
St. Louis Frontrunners
Suck It Up, Buttercup!
Team Zilla
Two Ringers and Cowbell

Mixed Division

Agony of Defeat
Boot Camp
Bowermans Nikes
Buns on the Run
Buzz Boys Mixed
C-Town Iron Rooster Runners
Carterville Runners
Chester Running Club
Craddockeddo
Cradle Robbers
Family on the Run
Fellowship Baptist Church
Finish the Task
Fish Out of Water
Five Rivers
Flint’s Flying Saluki’s
Foot Pursuit
Friends to Foes
Front Line
Girls, Guys and Gravel Roads
Golconda River Rats
Harrison University Running Cougars
Haury Hillbangers
Hell on Heels
Hellacious Chaos
Honey Badgers
Insanity Is Relative
Iron Dragons
Letz Go Dutch
Lickety Negative Splits
Local Joggers
Makanda Mainstreamers
Midwest Eclectic
Mother Hen and Her Copper Nuts
Not Far From Normal
One Way Ticket
Oops
Paducah Running and Cycling Company
Pyramid Running Club
SIUC Triathlon Club
Seven Sundays
Silkworm
Slo Children
Smart Runners
Smells Like Team Spirit
Squaring
St Louis Hash House Harriers
Stride for Stride
Synergy

Pittsboro, Ind.
Champaign, Ill.
Buffalo Grove, Ill.
Channahon, Ill.
Charleston, Ill.
Bloomington, Ind.
Gurnee, Ill.
Indianapolis, Ind.
Peoria, Ill.
St. Louis, Mo.
Waltonville, Ill.
Edwardsville, Ill.
Carbondale, Ill.
Carbondale, Ill.
St. Louis, Mo.
Carbondale, Ill.
Goreville, Ill.
Sparta, Ill.
Centravia, Ill.
Carterville, Ill.
Chester, Ill.
Teutopolis, Ill.
Saint Charles, Mo.
Carbondale, Ill.
Vienna, Ill.
Cobden, Ill.
Carbondale, Ill.
Carbondale, Ill.
Dayton, Ohio
Flint, Mich.
Carterville, Ill.
Cobden, Ill.
Carterville, Ill.
Effingham, Ill.
Golconda, Ill.
Okaeville, Ill.
O’Fallon, Ill.
Crystal Lake, Ill.
Carbondale, Ill.
Carterville, Ill.
St Louis, Mo.
Kankakee, Ill.
Herrin, Ill.
Normal, Ill.
St. Louis, Mo.
Mulkeytown, Ill.
Paducah, Ky.
Pincneville, Ill.
Carbondale, Ill.
Carbondale, Ill.
Murphysboro, Ill.
Vienna, Ill.
Thompsonville, Ill.
Cobden, Ill.
St Louis, Mo.
Carbondale, Ill.
Metropolis, Ill.
# 2017 Team Roster

## Open Division

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team RWB #1</td>
<td>Marion, Ill.</td>
</tr>
<tr>
<td>Team Sockmonkey</td>
<td>Rockford, Ill.</td>
</tr>
<tr>
<td>Tgif</td>
<td>Minooka, Ill.</td>
</tr>
<tr>
<td>The Cake Is a Lie</td>
<td>Urbana, Ill.</td>
</tr>
<tr>
<td>The Wadical Running Wabbit</td>
<td>Duquoin, Ill.</td>
</tr>
<tr>
<td>Tortoise and Hares</td>
<td>Harrisburg, Ill.</td>
</tr>
<tr>
<td>Trailblazers</td>
<td>Carriereville, Ill.</td>
</tr>
<tr>
<td>Tramps Like Us</td>
<td>Riverside, Ill.</td>
</tr>
<tr>
<td>Unique Feet</td>
<td>Carriereville, Ill.</td>
</tr>
<tr>
<td>WTF? Were We Thinking?!</td>
<td>Buncombe, Ill.</td>
</tr>
<tr>
<td>Wabash Valley Road Runner</td>
<td>Terre Haute, Ind.</td>
</tr>
<tr>
<td>Young River Dynasty</td>
<td>Carriereville, Ill.</td>
</tr>
</tbody>
</table>

## Women Masters Division

<table>
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<th>Team Name</th>
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<tbody>
<tr>
<td>Miss Direction</td>
<td>Marion, Ill.</td>
</tr>
<tr>
<td>Too Inspired to Be Tired</td>
<td>Harrisburg, Ill.</td>
</tr>
<tr>
<td>Women on the Run</td>
<td>Effingham, Ill.</td>
</tr>
</tbody>
</table>

## Womens Division

<table>
<thead>
<tr>
<th>Team Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Baptist Buns on the Run</td>
<td>Harrisburg, Ill.</td>
</tr>
<tr>
<td>Don't Dawg It!</td>
<td>Effingham, Ill.</td>
</tr>
<tr>
<td>Eye on the Prize</td>
<td>Metropolis, Ill.</td>
</tr>
<tr>
<td>Fun Runnin' Girls</td>
<td>St. Louis, Mo.</td>
</tr>
<tr>
<td>Get It Girl</td>
<td>Valparaiso, Ind.</td>
</tr>
<tr>
<td>Gone Girls</td>
<td>Murphysboro, Ill.</td>
</tr>
<tr>
<td>Gopher Gals—Chasing the Dream</td>
<td>Blaine, Minn.</td>
</tr>
<tr>
<td>Heart and Sole</td>
<td>Downers Grove, Ill.</td>
</tr>
<tr>
<td>Jody's Speedy Girls</td>
<td>Gifford, Ill.</td>
</tr>
<tr>
<td>Running Like Mothers</td>
<td>Evanston, Ill.</td>
</tr>
<tr>
<td>Sassy At Sunrise</td>
<td>Sparta, Ill.</td>
</tr>
<tr>
<td>Victims of Bad Ideas</td>
<td>Wentzville, Mo.</td>
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<tr>
<td>Your Pace Or Mine</td>
<td>Caseyville, Ill.</td>
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## Other

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<tr>
<td>Average Janes</td>
<td>Flora, Ill.</td>
</tr>
<tr>
<td>Banana Clan Beatdown</td>
<td>Springfield, Ill.</td>
</tr>
<tr>
<td>Betty multisport</td>
<td>North Aurora, Ill.</td>
</tr>
<tr>
<td>Blaurel</td>
<td>Springfield, Ill.</td>
</tr>
<tr>
<td>Blind Pig Social Club</td>
<td>Herrin, Ill.</td>
</tr>
<tr>
<td>Cool Relay Kids</td>
<td>Charleston, Ill.</td>
</tr>
<tr>
<td>Crosstrainers</td>
<td>Herrin, Ill.</td>
</tr>
<tr>
<td>Girls Just Wanna Have Fun</td>
<td>Marion, Ill.</td>
</tr>
<tr>
<td>Heaven Bound</td>
<td>St. Louis, Mo.</td>
</tr>
<tr>
<td>Heaven Bound Too</td>
<td>Flora, Ill.</td>
</tr>
<tr>
<td>Rubber Guppies</td>
<td>Flora, Ill.</td>
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<tr>
<td>SO II. Storm</td>
<td>Tinley Park, Ill.</td>
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<tr>
<td>Too Inspired to Be Tired</td>
<td>Harrisburg, Ill.</td>
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<tr>
<td>Women on the Run</td>
<td>Effingham, Ill.</td>
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## Womens Division

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<th>Team Name</th>
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<tbody>
<tr>
<td>Baptist Buns on the Run</td>
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<tr>
<td>Don't Dawg It!</td>
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<tr>
<td>Eye on the Prize</td>
<td>Metropolis, Ill.</td>
</tr>
<tr>
<td>Fun Runnin' Girls</td>
<td>St. Louis, Mo.</td>
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<tr>
<td>Get It Girl</td>
<td>Valparaiso, Ind.</td>
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<tr>
<td>Gone Girls</td>
<td>Murphysboro, Ill.</td>
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<tr>
<td>Gopher Gals—Chasing the Dream</td>
<td>Blaine, Minn.</td>
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<tr>
<td>Heart and Sole</td>
<td>Downers Grove, Ill.</td>
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<tr>
<td>Jody's Speedy Girls</td>
<td>Gifford, Ill.</td>
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<tr>
<td>Running Like Mothers</td>
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<tr>
<td>Sassy At Sunrise</td>
<td>Sparta, Ill.</td>
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<tr>
<td>Victims of Bad Ideas</td>
<td>Wentzville, Mo.</td>
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<tr>
<td>Your Pace Or Mine</td>
<td>Caseyville, Ill.</td>
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## Other

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<td>Average Janes</td>
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<td>Banana Clan Beatdown</td>
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<td>Betty multisport</td>
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<td>Blind Pig Social Club</td>
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<td>Crosstrainers</td>
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<td>Girls Just Wanna Have Fun</td>
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<td>Heaven Bound</td>
<td>St. Louis, Mo.</td>
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<td>Heaven Bound Too</td>
<td>Flora, Ill.</td>
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<td>Rubber Guppies</td>
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<td>SO II. Storm</td>
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## Other

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<tbody>
<tr>
<td>Alien Movers</td>
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<tr>
<td>Baptists Buns on the Run</td>
<td>Harrisburg, Ill.</td>
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<td>Don't Dawg It!</td>
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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 are discouraged from wearing 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

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<th>Age</th>
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