

RACE #19 ON STARVED ROCK RUNNERS CIRCUIT

USTF Certified IL12196JW

CERTIFIED COURSE



10K RACE

NEW - IMPORTANT INFORMATION ON BACK OF FLYER



ILLINOIS' FINEST

CANAL CONNECTION XXXIV

Sponsored and Organized by:
STARVED ROCK RUNNERS, LTD.

WALTHAM SOUTH
ELEMENTARY
SCHOOL
In Utica, IL

10:30 AM Sunday, November 6, 2016



- IMPORTANT REGISTRATION INFORMATION -

Registration will take place at the grade school in Utica, IL., beginning at 8:00 a.m. and ending at 10:00 a.m. on the day of the race. Busses will begin to leave Utica at 8:30 a.m. to transport runners to the starting line, at L-P High School near the west end of the I-M Canal Towpath. A bag will be provided with your race packet in which you may secure your possessions for transportation back to the finish line. **ALL RUNNERS MUST REGISTER IN UTICA!** For a complete and up-to-date list of entrants go to: timingiseverything.com.

OFFICIAL CANAL CONNECTION 10K RACE ENTRY BLANK

Name _____ Age (as of Nov. 6) _____ Male Female
FIRST LAST MI

Address _____ City _____ State _____ Zip _____

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

SHIRT SIZE: (Circle One) S M L XL XXL Make check payable to: **Starved Rock Runners, Ltd.** Send with entry form to:
Canal Connection - c/o Alan Avery, 1408 S. Noble Ave., Springfield, IL 62704-3450

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Starved Rock Runners Club, the City of LaSalle, the City of Utica, Illinois State Parks, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Signature _____

(Parent or Guardian if under 18 years old)

*** * NEW RACE INFORMATION * ***

Due to the time conflict with the Veteran's Day Parade the finish line and course will be closed 93 minutes (15:00 per mile) after the start of the race. Out of respect for the runners who cannot complete the race in that time frame, we will have a 9:50 start available to them. To be included in this start, you must notify the race director prior to race day for further information.

COURSE

This 10K (6.2 Miles) race should result in many fast times, as the course features a downhill slope for the first .75 mile stretch. Runners will then enter the I-M Canal Towpath and run the next 4.2 miles on a flat, unpaved surface featuring rock formations and autumn scenery. The race will finish on a paved street near the Waltham South Elementary School in Utica. Split times will be called out at each mile along the course. Two water stations will be available with ambulance crews covering the entire course. (the course has been measured by SRRL using Clain-Jones Counter Method. Certification with USATF.) Computerized Results by Alan Avery.

REGISTRATION

Pre-registering by mail through November 1, 2016 is \$25.00
 Registering after November 1, 2016 including race day - \$33.00 for everyone
 \$2.00 discount for pre-registered members of: Starved Rock Runners, Ltd.,
 Lake Run Club, Illinois Valley Striders & Springfield Road Runner Club
 For online registration go to www.runrace.net
 To obtain a registration form online, go to www.starvedrockrunners.org
 On Line registration will close at Noon, Thursday, November 3, 2016

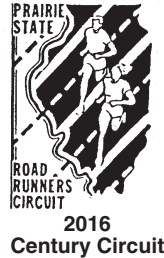
SPECIAL FEATURES

Newly designed Sweat Shirts to all entrants.
 Complete results available on Internet following the race on
www.starvedrockrunners.com
 For the safety of all runners strollers are not allowed & headsets strongly discouraged.
No showers will be available at the Waltham South Elementary School in Utica.

AWARDS

Trophies awarded to first 6 overall Male and Female finishers, top male and female Masters runners, and remaining awards being based on runners in 1982-2014 races in each age group. The award ceremony will follow tabulation of results.

For more information contact: Race Director, Jon Bastuck, 3027 E. 3rd Rd., LaSalle, IL 61301, Telephone: 815/223-8988
 or Email: jkbastuck@yahoo.com



MEN	AWARDS
14 & under	3
15 - 19	3
20 - 24	3
25 - 29	3
30 - 34	3
35 - 39	4
40 - 44	4
45 - 49	4
50 - 54	5
55 - 59	5
60 - 64	4
65 - 69	3
70 - 74	3
75 - 79	3
80 & Over	3

Canal Connection Records

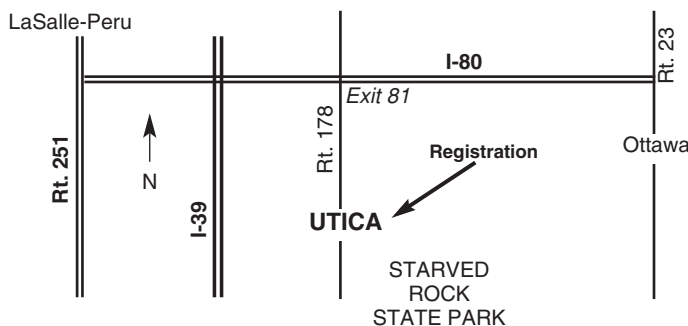
OVERALL	MASTERS
MALE WINNER 2015 Bryan Glass 32:43 Course Record	MALE WINNER 2015 John Collett 35:15 Course Record
1997 Bryan Glass 31:13	2013 Bryan Glass 31:45
FEMALE WINNER 2015 Carrie Mack 38:42 Course Record	FEMALE WINNER 2015 Lauren Lemke 44:47 Course Record
1994 Mary Toohill 34:26	2005 Lisa Menninger 37:00

All children 13 & under who finish the race will receive a Ribbon!

WOMEN	AWARDS
14 & under	3
15 - 19	3
20 - 24	3
25 - 29	4
30 - 34	5
35 - 39	5
40 - 44	5
45 - 49	5
50 - 54	5
55 - 59	4
60 - 64	3
65 - 69	3
70 - 74	3
75 - 79	3
80 & Over	3



Special Thanks
 to the communities of LaSalle and Utica, their police departments and the volunteer ambulance service of Utica and LaSalle Fire Dept.



Other Sponsors:

- UTICA
- Community Bank of Utica,
- Clark Street Studio
- LA SALLE
- Kmetz Architects, Inc.
- and Eureka Savings
- PERU
- HyVee and Maze Lumber
- NORMAL
- Often Running Shoe Store.