



YMCA STONE BRIDGE MARATHON & 5K Races

Marathon Sponsored by



5K Runs in Belvidere and Roscoe, IL
Sponsored by



Marathon Saturday, October 13, 2012
7:00 am start at Belvidere Family YMCA
Packet pickup Oct 12 at Stateline Family YMCA in Roscoe, 10 am–6 pm or Race Day Oct 13 at Belvidere Family YMCA, 6 am–6:30 am. No race day registration.
Marathon: Limited to 200 runners

Roscoe 5K Saturday, October 13, 2012
8:30 am start at Leland Park in Roscoe
Packet pickup Oct 12 at Stateline Family YMCA in Roscoe, 10 am-6 pm or race day at the start line from 7:30-8:15

Belvidere 5K Sunday, October 14, 2012
8:30 am start at Spencer Park in Belvidere
Packet pickup Oct 13 at Belvidere Family YMCA in Belvidere, 10 am-3 pm or race day at the start line from 7:30-8:15

Entry Fee: \$80 for Marathon, \$90 after October 5th
\$25 for Belvidere or Roscoe 5K, \$30 after Oct 5th

- USATF certified as a Boston Marathon qualifier. Course # IL-10094-JW
- Race Director: Marianne Eshleman 815-623-5858
- The Marathon is a 2012 Rockford Road Runners Circuit Race.
- Register online at www.YMCAStoneBridgeMarathon.org until 11:59 PM, CDST, October 9, 2012. Email: MEshleman@StatelineFamilyYMCA.org
- Send entries and checks postmarked by October 9th payable to:
Stateline Family YMCA 9901 Main Street Roscoe, IL 61073

YMCA Stone Bridge Marathon & 5K Races Registration/Safety Rules

Name: _____ **Birth Date:** _____ **Age:** ____ **Male or Female** (circle)

Address: _____ **City/State:** _____ **Zip:** _____

Circle one: Belvidere 5K Roscoe 5K Marathon **Shirt Size:** S M L XL

Email or Phone: (if we are unable to read handwriting or have a question): _____

Estimated finish time: _____ **Rockford Road Runner Member?** _____ **Bib:** _____

WAIVER: I, (we), the undersigned acknowledge that participation in the YMCA Stone Bridge Marathon or 5K races is extremely hazardous. I attest that I am medically able, and properly trained. To the fullest extent permitted by law, I hereby accept all risks associated with my participation in the selected race and release, indemnify, and hold harmless the Rockford Road Runners, Inc, event officials, volunteers, government entities and the sponsors, from and against all injuries or property damage sustained by me or caused by me during my participation in the selected race. I am of lawful age and legally competent to execute this statement and that before signing it, I have read and understand its contents completely.

Signature: _____ (parent's signature if under 18 years of age)

Safety at intersections will be provided by a combination of police officers and volunteer personnel. Runners are required to follow instructions given by traffic control personnel.

Water stations, first-aid medical services & port-a-johns will be provided. Aid stations providing water and sports drink will be located near Mile posts 2, 4, 6, 8, 10, 11, 12.5, 14, 16, 18, 19.5, 21, 23.5 & 25. Toilets will be available near Mile posts 1, 6, 11, 14, 19.5 & 23.5. Gel packs will be available at the water stations approximately Mile posts 11, 14, and 19.5.

USATF, has amended its ban on headphones, iPods and similar devices. Runners can wear them, but are cautioned to consider the safety issues they present and assume all risk. Share the road. Do not run more than two abreast and run as near to the side of the road as practical.

While every effort will be made to conduct the event, the race will be cancelled if the weather is judged to be hazardous to the safety of participants and spectators. Entry fees will not be refunded if the event is cancelled.

Additional people on the courses compromise safety, the integrity of the route, and good will with our community. Be considerate and do not participate as an unregistered runner. Skateboards, strollers, rollerblades, dogs, baby-joggers and bicyclists accompanying the participants are not permitted on the course.

The marathon has a 6-hour time limit. Runners who can not maintain a 13:45 per mile pace will be asked to leave the course for their own safety. Runner paces will be reviewed at miles 6, 11 and 18. Marathon participants are asked to advise race personnel if they decide to withdraw prior to the finish line.

Marathon Runners: Please answer the questions listed below:

PRE-RACE: Would you anticipate using race provided transportation, for runners only, to the Belvidere Family YMCA start line? Transportation departs from Leland Park in Roscoe at 6:00 AM. Yes _____ No _____

POST-RACE: Would you anticipate using race provided transportation, for runners only, to the Belvidere Family YMCA start line? Transportation departs from Leland Park in Roscoe at 1:00 AM. Yes _____ No _____

I accept and will comply with the safety rules listed above for the YMCA Stone Bridge Marathon and 5K races.

Print Name: _____ Bib # _____

Signature: _____ Date: _____