## The Great River Bridge Race

This year marks the 18th running of the Great River Bridge Race. The event includes a 6 mile race/walk and a 2.2 mile fitness run/walk. Only the 6 mile event is timed. We again welcome Great River Health Systems as our major sponsor. Great River Health Systems is a regional medical center offering state of the art technology in medical services to the residents of southeast Iowa, western Illinois, and northeast Missouri.

The proceeds from this event will be used to support three local organizations: YWCA Domestic Violence Shelter, Young House Family Services, and the Dankwardt Pool Improvement Fund.

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BURLINGTON, IA
PERMIT NO. 68

Great River Bridge Race
City of Burlington
400 Washington St
Burlington, IA 52601

# Great River Bridge Race 2013

Saturday
May 18th, 2013
8:00 a.m.

**Course Records**

| | |
|---|---|
| Men - Trent Morrell 1997 | 30:55 |
| Women - Muriel Naumann 1999 | 38:25 |

**Masters Records**

| | |
|---|---|
| Men - Kevin Brueck 2010 | 33:50 |
| Women - Muriel Naumann 1999 | 38:25 |

City of Burlington
400 Washington St
Burlington, IA 52601

319-753-8166
selbyb@burlingtoniowa.org

## The Course

The 6 mile course starts on the majestic Great River Bridge. The Mississippi River provides a scenic backdrop as you make your way through historic downtown Burlington toward Snake Alley, recognized by *Ripley's Believe It or Not* as "the crookedest street in the world." Snake Alley consists of five half curves and two quarter curves, and climbs 58 feet over a distance of 22 yards. From the top of Snake Alley you will then proceed downhill and across the Great River Bridge to run a very flat out-and-back course that concludes with a 1 mile downhill sprint to the finish.

## Entertainment

Entertainment for the entire family will be offered near the starting line at The Drake across from The Port of Burlington. This site offers a beautiful view of the riverfront and downtown. The port also includes an Iowa Welcome Center featuring historic exhibits, artifacts, and movies about the Burlington area, as well as an "Iowa-theme" gift shop.

## Weather

Weather conditions can vary from hot and humid to cool and rainy. It is your responsibility to run, dress, and hydrate according to weather conditions.

## Showers

Showers are available at the YMCA/YWCA located at 2410 Mt Pleasant St. in Burlington.

## Event Information

For more information, please check our Facebook Page "Great River Bridge Race", or call the Burlington Area Convention and Tourism Bureau at (800) 82-RIVER.

## Race Coordinator

**Brad Selby**—City of Burlington
selbyb@burlingtoniowa.org
(319) 753-8166

# CHIP TIMING!

# PLEASE PRE-REGISTER!

## Schedule of Events

| | |
|---|---|
| **Friday, May 17**<br>5:00-7:00 pm | Pre-registration packet pickup (The Drake Restaurant, Front St. across from The Port of Burlington). |
| **Saturday, May 18**<br>6:00-7:45 am | Pre-registration packet pickup and late registration (The Drake Restaurant, Front St. across from The Port of Burlington).<br>Start of 6 & 2.2 mile race |
| 9:00 am | Entertainment |
| 10:00 am | Awards |

### Registration Fees

The **$25** registration fee for the 6 mile run and 2.2 mile walk is **due** by **May 13, 2013**. LATE REGISTRANTS WILL NOT RECEIVE A T-SHIRT. REGISTRATION FEES ARE NOT REFUNDABLE.

Make checks payable to:
Great River Bridge Race
Mail to:
400 Washington
Burlington, IA 52601

## Awards

Plaques will be awarded for 1st, 2nd, and 3rd place finishers in age groups "14 and under" through "55 to 59" and 1st and 2nd places for age groups "60 to 64" through the "70 and above" in both men's and women's categories.

**Age Groups**

| | | |
|---|---|---|
| 14 and under | 30 to 34 | 50 to 54 |
| 15 to 19 | 35 to 39 | 55 to 59 |
| 20 to 24 | 40 to 44 | 60 to 64 |
| 25 to 29 | 45 to 49 | 65 to 69 |
| | | 70 and up |

Overall Winners (Men/Women)

| | |
|---|---|
| First Place | $100 |
| Second Place | $50 |
| Third Place | $25 |

## Great River Bridge Race 2013

Detach and return this portion with registration fee

Please check one:

- ☐ 6 mile run/walk
- ☐ 2.2 mile run/walk

Shirt Size
Small Medium
Large X-Large
XX-Large

Name _____

Address _____

City/State/Zip_____

Phone _____

Email _____

_____ Age on 5/18/2013 Sex **M** **F**

Which organization would you like your registration fee to support? (circle one)

**YWCA Domestic Violence Shelter**

**Dankwardt Pool Improvement Fund**

**Young House Family Services**

If you have been an overall winner from a previous Great River Bridge Race, what year(s) did you win? _____

I hereby acknowledge that I voluntarily applied to participate in the Great River Health Systems Bridge Race event. I understand that the activities involve risk and hazards, and that I am fully capable of participating in these activities. I am willing to assume the risk of injury, death or loss of personal property, and expenses thereof, as a result of any cause including, but not limited to, my own negligence or the negligence of others participating in the race. I hereby release, indemnify, and hold harmless the organizers, sponsors, their officials, agents, volunteers, participants, employees, officers, and directors (this includes the State of Iowa, State of Illinois, City of Burlington, Village of Gulfport, Great River Health Systems, The Drake, The New Crystal Lake Club and Jennison Industries for any claim, case of action or liability arising from or by reason of any bodily or personal injury, death or loss of personal property. This agreement will serve as a release and assumption of risk form, and all members of my family. I also herby consent to and authorize emergency medical costs incurred will be my own responsibility. I have carefully read this agreement and fully understand its contents. I am aware that I am releasing certain legal rights that I otherwise may have and I enter into the contract on behalf of myself and/or my family of my own free will.

_____
Signature Date

_____
Parent/Guardian if under 18 Date