

The Great River Bridge Race

This year marks the 13th 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 405 bed regional medical center offering state of the art technology in medical services to the residents of south-east Iowa, western Illinois, and Northeast Missouri.

The proceeds from this event will be used to support four local organizations: YWCA Domestic Violence Shelter, Young House Family Services, Alcohol and Drug Dependency Services, and the J Street Youth Center.

Race day coverage is provided by KBUR-KGRS radio stations.

Platinum Sponsors:
Great River Health Systems

Gold Sponsors:
KGRS/KBUR
Jennison Industries
The Drake

Silver Sponsors:
HY-VEE

Bronze Sponsors:
Clear Falls
McDonalds
J + M Displays

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Burlington, IA
Permit No. 68

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



 Great River
Health Systems

Great People, Great Care, Great River Health Systems

Saturday
May 16, 2009
8:00 a.m.

Overall Winners	Men	Women
First Place	\$100	\$100
Second Place	\$50	\$50
Third Place	\$25	\$25

Course Records

Men (Trent Morrell 1997)	30:55
Women (Muriel Naumann 1999)	38:25
Masters Records	
Men (Jerry Lack 2003)	34:05
Women (Muriel Naumann 1999)	38:25

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. This makes the first mile a challenge to even the best runners. 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 Restaurant 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 Street in Burlington. To get to the YMCA/YWCA from the port building, take highway 34 West to the Curran Street exit. At the end of the exit, turn right and then turn left at the first stop sign onto Mt. Pleasant Street. The YMCA/YWCA is located on the right side of the street about two blocks from the Curran Street/Mt. Pleasant Street intersection.

EVENT INFORMATION

For more information, please call the Burlington Area Convention and Tourism Bureau at (800) 82-RIVER (827-4837).

RACE COORDINATOR

Brad Selby—City of Burlington
selbyb@burlingtoniowa.org
(319)753-8134

SCHEDULE OF EVENTS

Friday, May 15

5:00-7:00 P.M. Pre-registration packet pickup (The Drake Restaurant, Front St. across from the Port of Burlington).

Saturday, May 16

6:00-7:45 A.M. Pre-Registration packet pickup and late registration (The Drake Restaurant, Front St. across from the Port of Burlington).
8:00 A.M. Start of 6-mile and 2.2 mile race
8:30 A.M. Entertainment
10:30 A.M. Awards

Restrooms are available at the Port of Burlington

REGISTRATION FEES

The \$15 registration fee for the 6 mile run and 2.2 mile walk is **due** by **May 11, 2009**. Late registration fee is \$20(late registrants will not be guaranteed a race T-Shirt). **REGISTRATION FEES ARE NOT REFUNDABLE!**

Make checks payable to:
Great River Bridge Race
Mail check with entry form to:
400 Washington St.
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	45 to 49
15 to 19	50 to 54
20 to 24	55 to 59
25 to 29	60 to 64
30 to 34	65 to 69
35 to 39	70 and up
40 to 44	

Overall Winners	Men	Women
First Place	\$100	\$100
Second Place	\$50	\$50
Third Place	\$25	\$25

only the 6-mile race will be timed and it's participants eligible for awards

Great River Bridge Race

Detach and return this portion with registration fee
Event Entered (please circle one) Shirt Size

- | | | |
|--|------------------------------------|---------|
| <input type="checkbox"/> 6-mile run/walk | <input type="checkbox"/> Small | Medium |
| <input type="checkbox"/> 2.2-mile run/walk | <input type="checkbox"/> Large | X-Large |
| | <input type="checkbox"/> X X-Large | |

Name _____

Address _____

City/State/Zip _____

Phone _____

____ Age on 5/16/2009 Sex M F

Which organization would you like your registration fee to support?

- | | |
|--|---|
| <input type="checkbox"/> Alcohol and Drug Depend-
ency Services | <input type="checkbox"/> Young House
Family Services |
| <input type="checkbox"/> J Street Youth Center | <input type="checkbox"/> YWCA Shelter |

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, 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 from, and all members of my family. I also hereby consent to and authorize emergency medical treatment in case of injury. I understand that any 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 this contract on behalf of myself and/or my family of my own free will.

Signature _____ Date _____

Parent/Guardian if under 18 Date _____