



You are cordially invited to attend the 10th Annual  
**Music in Motion 5k Run/Walk**  
 10 Year Anniversary Event!  
 Saturday, August 7<sup>th</sup>, 2010  
 8:00 a.m. Sterling, IL



On-line registration and information and additional flyers available at:

[www.getmeregistered.com](http://www.getmeregistered.com) [www.musicinmotion5k.org](http://www.musicinmotion5k.org) [www.rockriverroadrunners.org](http://www.rockriverroadrunners.org)



Circuit Race #20



Circuit Race #14



Circuit Race #10

All proceeds benefit the C.U.S.D. #5 Orchestra program with the primary goal to provide instruments for students in need.

**Course Information**

- ♫ The race begins and ends at Westwood Sports Center, Building 1, 1900 Westwood Drive, Sterling, IL
- ♫ Awards ceremony on indoor track
- ♫ Course is L-shaped out and back
- ♫ Flat with one "rolling hill"
- ♫ Race will be held rain or shine
- ♫ In case of race cancellation, thank you for your donation!
- ♫ Please, no wheeled objects or pets

**This year's shirts are TIE DYE!!**

**10 year anniversary event!**  
 Special recognitions and awards in celebration of 10 years running!

**Registration Information**

**Pre-Registration/Package Pick-Up:**  
 Friday, August 6<sup>th</sup> from 4:00-6:00 p.m.

**Race Day Registration/Package Pick-Up:**  
 Saturday, August 7<sup>th</sup> from 7:00-7:45 a.m.

Westwood Sports Center, Building #1  
 1900 Westwood Dr. Sterling, IL

**Contact information:**  
 Barb Lauff, Race Director 815.626.1948  
 E-mail: [lauffline@comcast.net](mailto:lauffline@comcast.net)

**Kids' Rhythm Run!**

For kids 10 and under. The Rhythm Run is a 1/10 mile sprint to the official Music in Motion 5K finish line. All participants will receive a finisher's ribbon and goodie bag.

**Awards**

Overall Male and Female  
 Overall Masters Male and Female

**Top three winners in the following age groups:** 10 and under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over. **Walker's Divisions:** Top five male and top five female walkers.

**Course Records**

Bryan Glass, Normal, IL 15:23 2008  
 Suzy Stanley, Rock Falls, IL 19:29 2008

**Masters Records**

Jerry Lack, East Moline, IL 16:40 2008  
 Kelly Timmerman, Geneseo, IL 19:46 2009

\_\_\_\_\_  
 First name                      Last name                      Street address                      City/town                      State                      Zip

\_\_\_\_\_  
 Area code/home phone                      E-mail address                      Sex                      Birth date: mm/day/yr                      Age on 8-7-10

**5K Run/Walk**

**Kids' Rhythm Run** (same on race day)

**5K Walkers Division.** Walkers must walk the entire course to qualify for these awards.

**T-shirt adult sizes S, M, L, XL**  
 (write size in box)

**Rock River Road Runners members--\$1.00 discount** (pre-registered only)

**FEES: 5K**  
 \$18.00  
 \$20.00 race day  
 \$10.00 students  
**Kid's Run**  
 \$5.00

Checks payable to  
**O.P.O.**

Mail to  
**Barb Lauff**  
 1301 E. LeFevre Rd.  
 Sterling, IL 61081

**Release and Waiver:** In consideration of my entry, I, intending to be legally bound, for myself, my heirs, executors, administrators, and assignees, waive, release, and forever discharge any and all rights and claims which may hereafter accrue to me against the Music in Motion 5K event committee, City of Sterling, Sterling Park District, Whiteside County officials, CUSD #5, Orchestra Parents Organization, and all other sponsors, officials, volunteers for any and all accidents or injuries incurred by me at or during this event. I further state I have trained adequately and am in suitable condition to compete in this event.

\_\_\_\_\_  
 Signature                      Date                      Parent Signature (for participants under 18)                      Date

For Office Use:

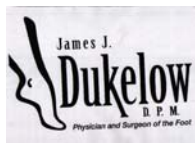
Cash

Check

Bib #



# Thanks to our sponsors:



## Special Thanks to:

- Kate Megill, web site design
- Larry Schuldt, Schuldt Entertainment
- Whiteside County Sheriff's Office
- CGH Ambulatory Services
- Challand Middle School Orchestra Parents and Students
- Sterling Park District
- Sterling Schools
- Our families, friends, supporters and volunteers!

THANK YOU FOR YOUR TIME AND GENEROSITY!