





RACE DIRECTOR

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Keith McQuarrie, 1996-2006

Gordon Pitz, 1987-1996

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The River to River Relay is organized by River to River Runners, a member of Road Runners Club of America.

COMMUNICATIONS

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www.r2rrelay.com

Throughout the 35 years of the River to River Relay, several photographers have given time and support to the relay. Our staff photographers in 2022 were Jim Kramer, Micki Colson, and Chad Colson. Other photos were generously shared by friends and fans. We thank them heartily for their support.

Published in Carbondale, Illinois
April 2023

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First Time Relay Runners

This book has been written to answer most of the questions that you might have about the relay. Please read each section carefully. If you still have questions about any aspect of the race, contact the race director. The best way to find an answer to your question is to send an e-mail to kyle@r2rrelay.com.

Experienced Relay Runners

The relay is a logistically complex event (a “logistical nightmare,” according to one team manager). Please do not assume that you know what to do just because you have done it many times before. Review especially the sections on the start of the race and the exchanges, and the charges for late changes in the team roster, since this is where people have been most likely to encounter problems.

River to River Relay 2024

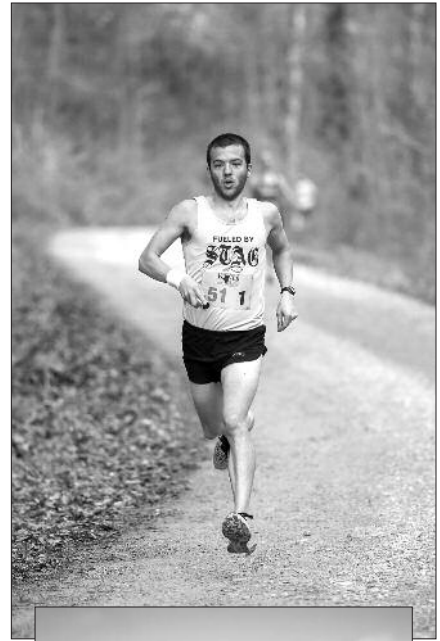
The River to River Relay next year will be run
on Saturday, April 20, 2024

Registration is Tuesday, October 10, 2023, 6:00 p.m. CDT

River to River Relay Hall of Fame

Nominees to River to River Relay Hall of Fame

Judy Ayala	Judy and the Gang
Bruce Arrow	Skeeziks and the Pipsawahs
Joe Bannon, Jr.	Bannon's Mountain
Chuck Barnett	Indiana Brew Crew
Lance Bovard	Prairie State Road Runners
Doug Braasch	Shake, Waddle and Run
Joe Brading	Coles County Ridge Runners
Cathy Bradley	St. Jude Runners
Clearance "Buzz" Bradley	Buzz Boys & Buzz Boyx Mixed
Lenny Bruce	GTE Front Runners
Pete Carroll	Finish Line Announcer (posthumous)
Chris Christian	Grandma's Thursday Night Running Club
Jon Davis	Taylorville Turtles
Carl and Carol Gross	Back for More
Roy Haake	Keep It In The Family
Keith Hammond	Scott AFB Striders
Bob Hickman	Kansas City River Ratz
Chuck Hinde	Silver Striders
Gary Holda	One More Time For Fun
Sister Marion Irvine	PFC Possum Trotters
Gene Jones	St. Jude Runners
Larry Keeling	Magnificent Seven and Another Guy
Jim Leming	Thunder Canyon Road Raptors
Jack Meyer	Wandering Walukis (posthumous)
Mike McGrath	Hurry Up and Wait, Again!
Keith McQuarrie	Race Director
Dick Macknick	Fritterrazz the Smatterriff (and other teams)
Gary Moss	Masters of Shawnee Forest
Tom Newlin	General's Team
Lance Nogle	Lisle Windrunners
Peter Olson	Highwaymen
Dick Parker	Starved Rock River Runners
Gordon Pitz	Race Founder
Bob Putnam	General's Team
Kevin Reveal	Herrin Road Runners (posthumous)
Jerry Riebling	Shake, Waddle and Run
Dale Righter	Breaking Wind Running Club
Robert Rogalski	Y-Connection
Charles Rose	Dixie Flyers
Greg Rose	Prairie State Road Runners (posthumous)
Dick Ruzicka	Dixie Flyers
Stu Sax	Miami Coca Nuts and other teams
Martha Schierer	St. Jude Runners
Donald (Butch) Sherrod	Eleven-Eleven Y Group
Brook Smith	Eight Up
Ron Smith	West Frankfort All Around Athletes (posthumous)
Frank Stash	St. Jude Runners
Bob Stevens	Park Forest Running, Pancake Club, Chicago Wet Socks
Patti Swayka	Bonnies and Clydes
John Taylfn	Park Forest Pancake and Running Club
Bob Theodore	Lisle Windrunners
Cheryl Tucker	P.F. Flyers (and other teams)
Jean Wade	St. Jude Runners
John Welge	Mudd Ducks
George West	GTE Front Runners
Ray Wucher	Fantastics (posthumous)
Tim Demco, Andre Fomby, Gus Coronado, Tony Daniels, Dan Lawson, Derek Olenek, Jeff Hill, and Craig Young:	Arenberg Racing Team



Planning for the Relay

Does it matter which runner runs which leg?

Team members must run in a fixed order, and each runner has to deal with a different challenge. The runner in position 8 has furthest to run; runner 3 has the shortest total distance. Team members who run in the sixth position probably have the most difficult job. They will tackle a steep hill leaving Cobden and face the most difficult hill on the course on section 22.

How should we train for the relay?

The course is not easy. If you normally run only on flat routes, you should include some hill training in the weeks before the race. Some teams use the ramps in a parking garage for training purposes if there are no hills available.

If you have never run in a race, we recommend you do so a month or two before the relay. Do not engage in any strenuous training the week before the race.

It is important to avoid dehydration during the race. Therefore, in the days leading up to the relay it is wise to drink plenty of fluids. Coffee, beer, and other alcoholic drinks don't count; in fact, they increase dehydration.

How long will it take to finish the race?

If you start at 6:15 a.m., your team must maintain an average pace of 10 minutes per mile in order to finish the course before it closes. If you start at 8:45 a.m., your team must maintain an average pace of 8 minutes per mile.

A rough estimate of your team's finishing time can be calculated by adding typical 5-kilometer race times for the eight runners, and multiplying the total by 3.5. For example, if a team of runners averages 20 min-

utes for a 5K race, the total times for all eight runners is 160 minutes. Multiplying that total by 3.5 gives the team an estimated finishing time of 9 hours and 20 minutes.

Where can we stay?

There are numerous hotels, motels, cabins, and bed and breakfast accommodations within a reasonable distance of the start line and Friday's check-in. Simple Internet searches will generate the most current contact information.

How do I find out about changes in the course?

Late changes in the course will be described at the managers' meeting on Friday, April 21, the evening before the relay, at 6:30 p.m. at the The Pavilion of the City of Marion, 1602 Sioux Drive in Marion, Illinois. There have been last minute changes almost every year the race has been run, so please arrange to have one or two team representatives attend the meeting.

What should we bring in the way of supplies?

Be prepared for both cold rain and warm sunshine. Following is minimum check list of supplies to bring.

- water (a lot of water)
- other refreshments
- litter bag
- first aid kit
- sun screen
- toilet paper
- towels
- extra clothing and shoes for each runner
- reflective safety vest (needed if your team does not finish before sunset)

Food, drinks and other basic supplies may be purchased in the towns of Cobden and Goreville along the route. Water is the most important item; you cannot have too much. It may be quite warm by the time you run your third section. Drink regularly, especially before running your own sections.



Anyone who has participated in the River to River Relay will understand the hard work and dedication that is required to bring a team of eight runners to the starting line. For many teams, the same person has contributed time, effort, and often money, year after year.

Whether the team is a perennial winner or a struggling also ran, everyone who is associated with the relay benefits from the contributions of these dedicated people, and we are pleased to recognize them through the River to River Relay Hall of Fame.

Divisions and Awards

May my team enter more than one division?

You may enter only one of the nine major divisions. Eligibility rules for each division are on the inside back cover.

In addition to the major divisions, there are several special divisions. These special divisions are informal and not meant to be taken too seriously. To qualify, a team need only declare that it comes reasonably close to meeting the qualifications. You may enter one special division in addition to one of the major divisions.

How many awards are given in each division?

The number of awards in each major division is listed on the inside back cover. There will be one award in each special division for every five teams entered, up to a maximum of three awards.

May I change the division in which the team is entered?

You may make changes any time before March 18, 2023. After that you may only change to a less restrictive division. That is,

a Mixed-Masters team may change to either Mixed or Masters, and a Women-Masters team may change to either Women or Masters. Any team may change to the Open Division at any time.



Packet Pickup

Friday, April 21, 2 p.m. - 7 p.m.

The Pavilion of the City of Marion

1602 Sioux Drive • Marion, Illinois 62959
phone 618-993-2657 • fax 618-997-1874

Manager's Meeting, Friday, April 21, 6:30 p.m.

Special Divisions

Academic Division

Any team affiliated with a school, college, university, or other center of learning.

Armed Forces

Any team that is instrumental in the nation's defense.

City and County

Any team that claims to represent the city or county included in the team's name.

Civil Service Division

Any team affiliated with a federal, state, or municipal government agency; non-U.S. governments acceptable upon receipt of appropriate visas.

Culinary Division

Open to any team that claims special culinary skills, and is willing to prove it.

Ecclesiastical Division

Any team affiliated with a church or other religious group. Freedom of religion guaranteed, but no animal sacrifice allowed during the relay.

Financial Services

Any team associated with banks, insurance, stock brokers, etc. Awards in this division are not for sale (unless absolute confidentiality guaranteed).

Happy Families

Every team member must be related in some way to some other team member.

Health and Medical Division

Any team affiliated with a health agency, hospital, or other medical group. Proof of insurance required.

Legal Division

Any team affiliated with a law firm or other legal group. Special waiver and release of liability required from these teams.

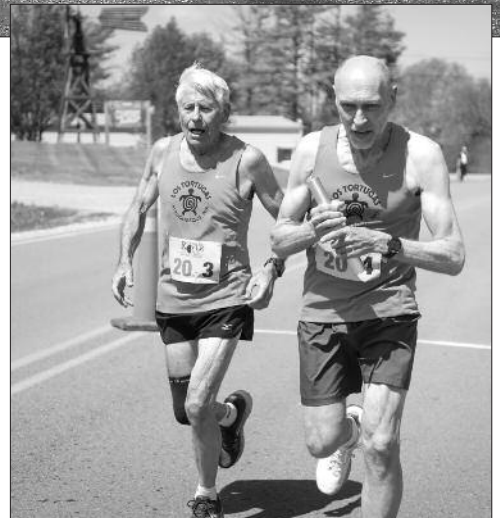
Old Friends Division

Team members have run together for at least four years.

Running Club Division

Any team consisting of members of the same running club (no ringers allowed).





Race Packets

Where do we collect the race packets?

Race packets will be available at The Pavilion of the City of Marion, Illinois, and can be collected between 2 p.m. and 7 p.m., on Friday, April 21. Packets must be collected on April 21. They will not be available on the morning of the race. Packets will contain runners' numbers, vehicle identification tags, and a baton. A roll of toilet paper will also be provided.

Why are there nine runner numbers in the race packet?

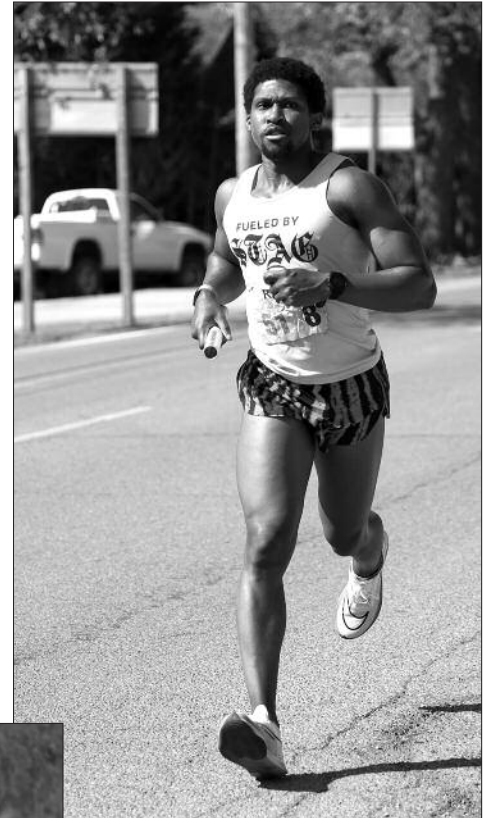
Runners must be assigned numbers in the order in which they run—the person running the first leg must wear the number ending in 1, the runner for the second leg must wear the number ending in 2, and so on. Use the ninth number for any alternate who runs as a substitute.

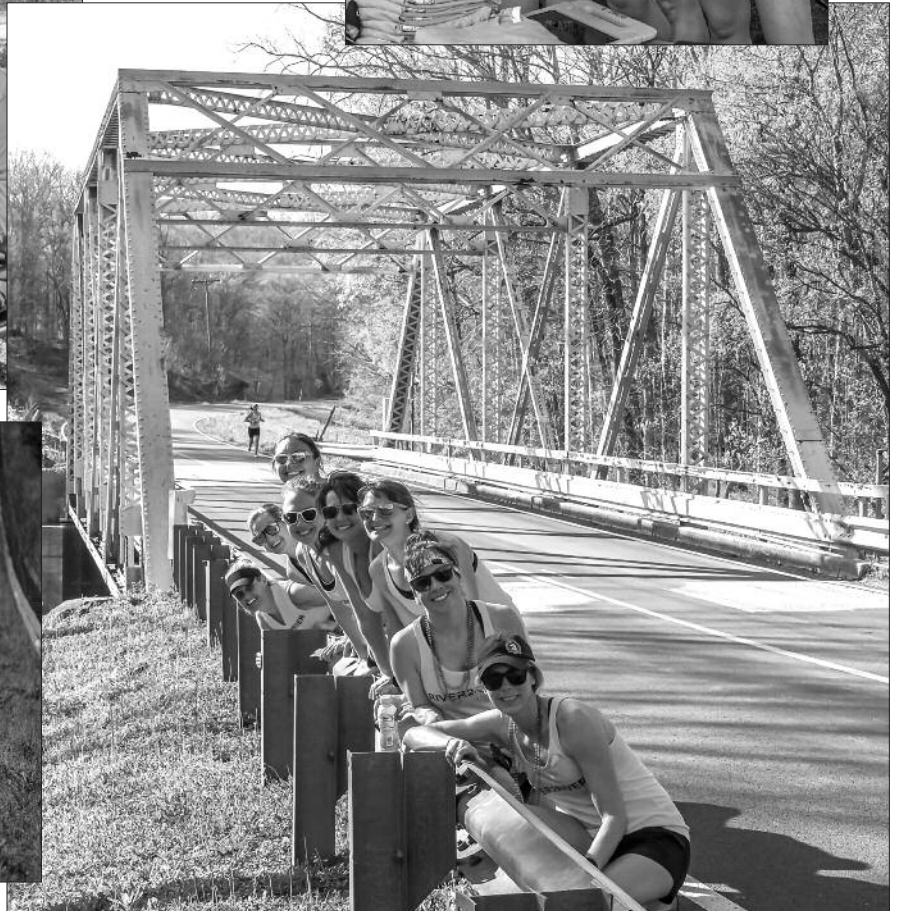
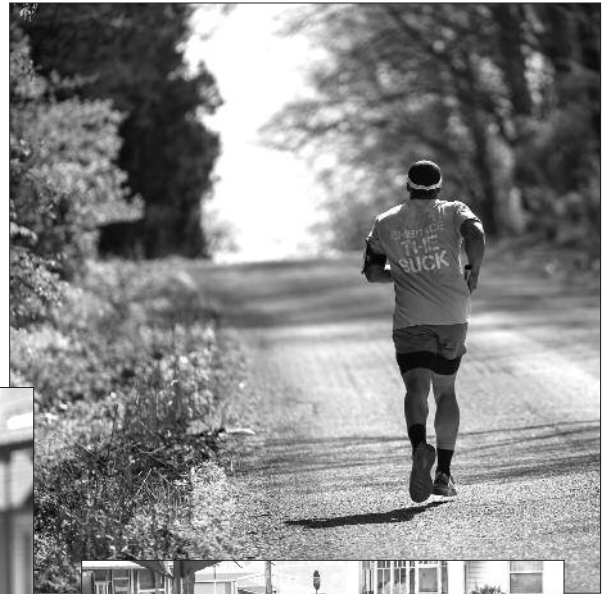
What are the other numbered labels for?

They are vehicle tags. They should be attached to the rear window and front window of the team vehicle as instructed. The tags must be visible to race officials. Vehicles will not be allowed to park at exchanges unless tags are displayed. If a vehicle is seen displaying only one of the registration tags, that team will be disqualified.

What do I do with the form asking for a final roster?

The final roster must be turned in when you reach the Pre-Start area on race morning. It is your official announcement of the team rotation, in case there are disputes later. It should also list the license plate numbers of your team vehicles. Also, the finish line announcer uses the list to read as many names as he can when your team finishes.





Vehicles

How many vehicles may we use to transport the runners?

The permitted number of vehicles per team depends on the starting time. Only seeded teams and teams starting at 7:45 a.m. may register two vehicles. Other teams are restricted to one registered vehicle.

How do we register vehicles for our team?

A registered team vehicle must display official tags in front and rear windows. The tags will be provided in the race packet.

Teams that try to use additional vehicles by using one tag per vehicle are being unfair to every team that follows the rules. Any team vehicle that does not display both vehicle tags will be disqualified.

May we use extra vehicles to transport the team members?

Unregistered vehicles may be used to transport members of the team to later sections of the course. Unregistered vehicles **may not** use the relay route for transporting team members or supporters. **Only registered vehicles may park at the exchanges.** Unregistered vehicles may park in towns along the route: Cobden, Goreville, Robbs, Eddyville and Golconda. For example, the sixth, seventh, and eighth runners might go directly to Cobden and meet other members at Stage 6. From there, the fourth and fifth runners may go directly to Goreville and Stage 12.

Can we use a camper to transport the team?

No vehicles wider than 7 feet are allowed.

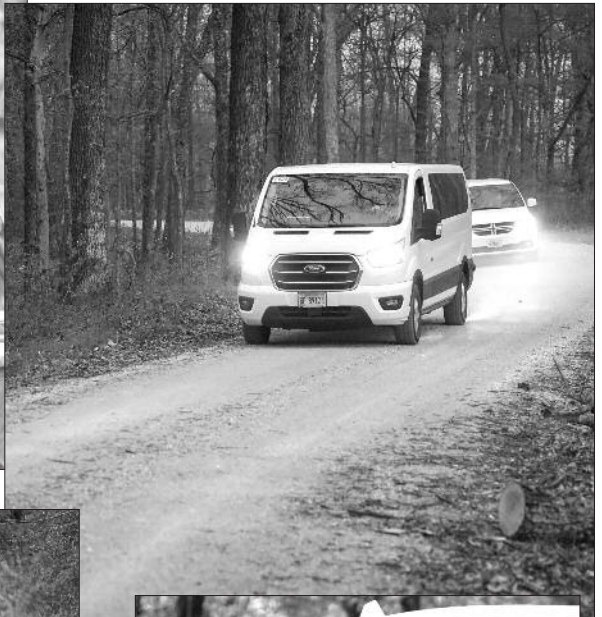
We will have two vehicles.

What's the best way to use them?

One possibility is to split the team into two groups of runners that function independently.

Another strategy is to begin the race with odd-numbered runners in one vehicle and even-numbered runners in the other. Each runner would be dropped off by one vehicle at the beginning of a section and picked up by another at the end of the section. Runners must be picked up by the same vehicle that dropped them off at every seventh exchange.

Be certain not to leave runners stranded; it will be difficult if not impossible to return to get them.



Team Rosters

When must the team roster be submitted?

A preliminary list of runners must be submitted via www.r2rrelay.com by March 18, 2023. Team seeding is done and shirts are ordered based on the information supplied by the team manager by this date. An electronic confirmation of the receipt of the roster will be sent to the e-mail address listed on the roster form after it is processed. It is a good idea to keep a copy of everything you send to us.

Must all eight runners be listed on the preliminary roster?

The preliminary roster need not be complete, but a complete roster must be submitted by March 18, 2023.

How should I report changes in the team membership?

On or before 4 p.m., April 19, 2023, go to the web site for roster submission. You can retrieve your team's current data by entering the last name of the team manager and the team's roster number. The roster number is included in the reply showing that we accepted your team entry. (If you cannot find it, send the race director an e-mail at kyle@r2rrelay.com and he will reply with your roster number). You will be able to retrieve the current data and then change those runners, etc. that need to be updated. After April 19, plan to bring all changes to the check in on Friday.

Must alternates be listed?

You are encouraged to list one or two alternate runners on the roster in case of late changes to the team. You may substitute alternates for registered runners without charge at any time.

Alternates listed before March 18, 2023, will receive shirts. If your alternates would really like to run, they should attend check-in on April 21 where there are always teams looking for extra runners.

May I recruit a runner who has already signed up for another team?

A runner who has signed the roster for one team may not change teams without written permission from the manager of the original team.

Do I have to pay for changes to the roster?

You may replace runners with registered alternates at any time at no cost. **Please do not send in changes to your roster that only change the order of running. You will turn in the final order of running at the pre-start area on race day.** Before April 19, you may make changes to your roster at no cost. Beginning on April 19 at 4 p.m., all roster changes will be charged at \$5 per change. The computer "thinks" that any correction to a runner's information is a change (spelling, shirt size, gender, 5K time, etc.) and charges accordingly.

Must I list on the roster the order in which team members will run?

No. You can wait until the last minute to settle on a running order.

Where do I get the waiver or minor waiver forms?

Both the relay waiver and minor waiver forms are available on the web site at www.r2rrelay.com. You can mail the signed waiver form to our PO box or you can bring it to check-in on Friday, April 21.

Must every runner sign the waiver before I send the team roster?

No. Every team member must eventually sign the waiver. However, we do not need the waivers until April 21, so you may, if you wish, bring them with you when you check-in.

Again, keep copies of any waivers you send to us, and have blanks available so that people you add to the team have a copy to sign.

May I change the team's name?

No. Team names must be on original entry form.



The Start of the Race

How do we get to the pre-start area?

Study the map on pages 16-17 in this book. There are two ways from Marion to the start line. (1) Take I-57 south to exit 30 at Anna. Head west on Illinois 146 for 16 miles to Illinois Rt. 3. Turn north on Illinois Rt. 3. Teams with one vehicle will go north for 9.2 miles and turn east onto Muddy Levee Road. **This is gravel road the SOUTH side of the bridge.** Those teams with 2 vehicles will have the "B" vehicle turn east at Wolf Lake after going north on Illinois Rt. 3 for 4.5 miles. Driving time from Marion to the pre-start check-in area is slightly more than one hour when you get on I-57 south.

Or (2) take Illinois Rt. 13 west through Carbondale to Murphysboro. Take Illinois 149 west through Murphysboro to Illinois Rt. 3. Turn south on Illinois Tr. 3 for 13.5 miles.

Cross the concrete bridge and take the turn east onto Muddy Levee Road. DO NOT TAKE THE GRAVEL ROAD ON THE NORTH SIDE OF THE BRIDGE.

Driving time from Marion is approximately 75 minutes to the pre-start check-in area. "B" vehicles will continue south on Illinois Rt. 3 an additional 4.5 miles to Wolf Lake and turn east for 1/2 mile to Stage 2.

Should all of the team vehicles go to the start?

NO. If you have a second registered vehicle, it should take Illinois Rt. 3 to Wolf Lake, and go directly to Stage 2 (the first exchange) or beyond. The exchange is half a mile east of Wolf Lake. Your second vehicle should arrive at Stage 2 by the time your first runner is starting. If you are early, please wait in Wolf Lake, not at the

exchange. Unregistered team vehicles should go directly to Cobden, Goreville, Robbs, Eddyville, or Golconda to meet the remainder of the team.

What should we do when we reach the pre-start?

You will be stopped at a check-in point about 4 miles short of the race start line. Race officials will ensure that your vehicle stickers are appropriately displayed. You will also turn in your final team roster, which indicates the order in which team members will run. You will drive past the porta-potties and park where directed. Since there are only one or two pit toilets at the starting line area, we recommend you use porta potties here at the pre-start.

Should all of the team vehicles go to the pre-start?

NO. If you have a second registered vehicle, it should take Illinois Rt. 3 to Wolf Lake and go directly to Stage 2 (the first baton exchange) or beyond. The exchange is one-half mile east of Wolf Lake. Your "B" vehicle should arrive at Stage 2 by the time your first runner is starting. If you are early, please wait in Wolf Lake, not at the exchange.

How long does it take to reach the starting line?

Allow 20-25 minutes for the 4.3 mile drive from the pre-start check-in to the top of Pine Hills and the starting line. This will give you time to drive PAST the starting line, park in a single line, and have the #1 runner jog or walk back to the starting line. Before you leave the pre-start area, set your trip odometer to 0. The ride to the start will seem further than it actually is. Do NOT SPEED. Dangerous drop offs and low hanging branches are ahead.

What is the protocol at the starting line?

You will drive PAST the starting line before letting out your first runner. The vehicle in the lead will drive about 0.4 of a mile and stop at a designated spot. All other vehicles should park in a single line behind that first vehicle. Don't let your first runner out until you are stopped in the line. #1 runners should jog back to the starting line with their baton in hand. Porta-Potties are available where the vehicles stop and for the #1 runner at the starting line. **Do not stop to let your runner out at or before you get to the starting line!** Team vehicles will leave for Stage #2 FIVE minutes before the runners start. This allows time to reach stage #2 before the runners.

Will the race start on time?

It always has! Timing is under the control of the Southern Illinois Amateur Radio Society whose members take pride each year in starting the race by the National Bureau of Standards' atomic clock.

What happens if we are late?

Your lead off runner must locate the Race Director, who is at the start line, and inform him that your team missed its assigned start time. Your team will then be allowed to start with the next wave of teams. The team's finish time will be corrected in the computer to assure the correct finish time for the team.

Do the fast teams start together?

A small number of teams with the fastest predicted times in each division will be seeded. Seeded teams will start at special times, regardless of previous assignments, and they may use two support vehicles. Seedings will be based on runners' previous 5K race times, as listed on team rosters submitted before March 18, 2023.



The Exchanges

Why is the first exchange number 2?

The beginning of each section is referred to as a "Stage." Stage 1 is the first section of the race; the first exchange is Stage 2, and so on. The terminology was chosen so that the stage number corresponds to the number of the runner who takes over the baton.

Runner number 1 begins at Stage 1; his or her later sections begin at Stages 9 and 17. Runner number 2 takes over at Stages 2, 10, and 18, and so on.

What do we do at each exchange?

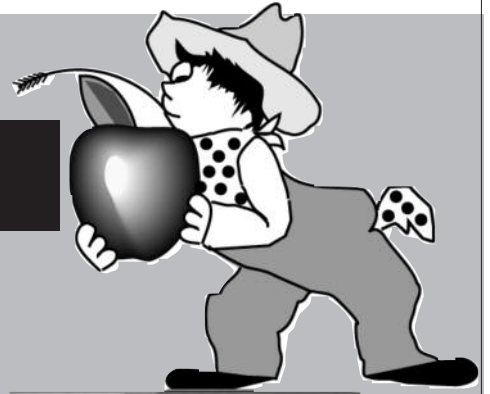
Race officials will direct traffic at the exchanges. Parking areas will generally be

100 to 500 meters beyond the exchange. When parking, drivers must follow the directions of the officials. **Do not stop in the exchange area to discharge your runner.** The officials may penalize teams that refuse to obey their instructions by assessing time penalties or by disqualifying a runner or a team.



Compliments of the
Village of Cobden

The Appleknocker Town



We invite you to visit and enjoy
Cobden Peach Festival
Cidernite Cruise
Union County Museum



Good Luck Runners!

Emergencies

What are the chances of a runner getting lost?

There are one or two tricky turns on the course. Sometimes course markers mysteriously disappear, and once a runner was misled by a directional sign unrelated to the relay. Everyone on your team should be familiar with the course description in this book, and each runner should review it before setting out on a leg. If your runner is alone on the course, your team vehicle should pause at the turns marked “tricky” to assure the runner goes the right way.

What happens if one of my runners is injured?

The official rules spell out the conditions under which one runner may replace another. If your team hopes to win an award, the rule is quite strict. The only reason for a runner to drop out is injury or a medical problem. If a runner drops out, the rule spells out who may take his or her place. Once a runner has dropped out, he or she may not return to the team.

For noncompetitive teams the rule is less strict, but it is still important. A runner

may drop out for any reason, and any other team member may replace the runner who has dropped out. It is still the case, however, that once a runner has withdrawn he or she may not return to the team.

If we are all exhausted, may we drive part of the way?

No. Someone must run (or walk) with the baton at all times. There have been reports of runners emerging from a van half way through a section; illegal transportation of the runner is strictly forbidden, and guilty teams will be disqualified.

Will medical assistance be available during the race?

Ambulance services will be on call during the race. Members of the Southern Illinois Amateur Radio Society will monitor the race, and will be able to summon assistance if it is needed. If you need help, look for cars that have Radio Communicator signs prominently displayed. You will also be provided with a first aid manual that includes phone numbers for ambulance and other emergency services.

When does the course close?

The last exchange closes at 7:30, but the finish line in Golconda will be kept open until 8 p.m. Sunset is at 7:35 p.m. If your team is still on the course after dark, you must be prepared to provide for your runner's safety. The rules require that runners wear a reflective vest after sunset.

Stage	Closes at	Stage	Closes at
2	9:30 a.m.	14	3:10 p.m.
3	10:00 a.m.	15	3:40 p.m.
4	10:30 a.m.	16	4:00 p.m.
5	11:00 a.m.	17	4:30 p.m.
6	11:30 a.m.	18	5:00 p.m.
7	12:00 noon	19	5:30 p.m.
8	12:30 p.m.	20	5:50 p.m.
9	1:00 p.m.	21	6:20 p.m.
10	1:25 p.m.	22	6:45 p.m.
11	1:50 p.m.	23	7:10 p.m.
12	2:20 p.m.	24	7:30 p.m.
13	2:45 p.m.		
			Finish 8:00 p.m.

Safety First

The most serious hazard for the runner is traffic. Heed these important suggestions for a safer run:

1. The rules require runners to pause at stop signs. Be very careful when crossing main roads.
2. Run on the shoulder of the road if there is one; otherwise stay as near the side of the road as you can.
3. In general, run on the left side of the road. At a blind curve to the left and at the crest of a steep hill, it may be safer to run on the right. Runners like to run tangents, crossing from side to side of the road as it turns. Be warned that this can be very dangerous.
4. Vehicles should exercise great care

- Sunset is at 7:35 p.m.
- The last exchange will close at 7:30 p.m.
- The finish line will remain open until 8 p.m.

If your team has not reached the last exchange by the time it closes, you will be asked to leave the road. If you finish after dark, a reflective vest is mandatory.

when passing runners. Do not drive beside a runner; park if you need to provide water.

5. Use warning flashers at all times to advise other traffic that runners are present.

6. Do not drive against the flow of the race on narrow roads.

Congestion can be avoided if everyone follows four simple rules at the exchanges:

- a. Runners waiting to take the baton must remain on the left side of the road, behind the exchange marker.
- b. Spectators and other team members must remain on the right side of the road.
- c. The road must be kept clear for moving vehicles and runners.
- d. Drivers of vehicles must yield the right of way to runners as they pass through the exchange area.

After the Race

Is there a place to shower after the race?

Runners may use facilities at Pope County High School to shower and change clothes. The school is located 1.5 miles west of Golconda, on the north side of Illinois Route 146.

Please keep the school facilities clean and tidy. We depend on the cooperation and good will of school officials, who ask runners not to bring beer or other alcohol onto the school grounds.

Can I find help for my sore legs?

The sports council of the Illinois Chiropractic Society will provide chiropractic services (massage, rehabilitation, and recuperation) for runners who might like to avail themselves of these services. Additional help will be provided by physical therapist assistant students from SIUC.

What else happens after the race?

A food tent, music, craft fair, and other activities are also planned at the Pope County Court House near the finish line.

The awards ceremony will begin at 6:45 p.m.

We encourage you to pick up your awards at the awards ceremony. If you must leave, please arrange for someone to pick up your awards for you. Sorry, but we do not mail awards to those who could not stay.

While celebrating your success, we urge you to honor the wishes of our hosts in Golconda and keep beer containers out of sight: no visible cans or bottles; please use cups.

Once again, the Illinois Valley Striders and Starved Rock Runners, Ltd. will host a pre-race party. The location will be at the check in facility, the The Pavilion of the City of Marion, on Friday night. All runners are invited.

Will I receive an official set of results later?

Official results will be posted on the Relay website by Monday, April 24, 2023.



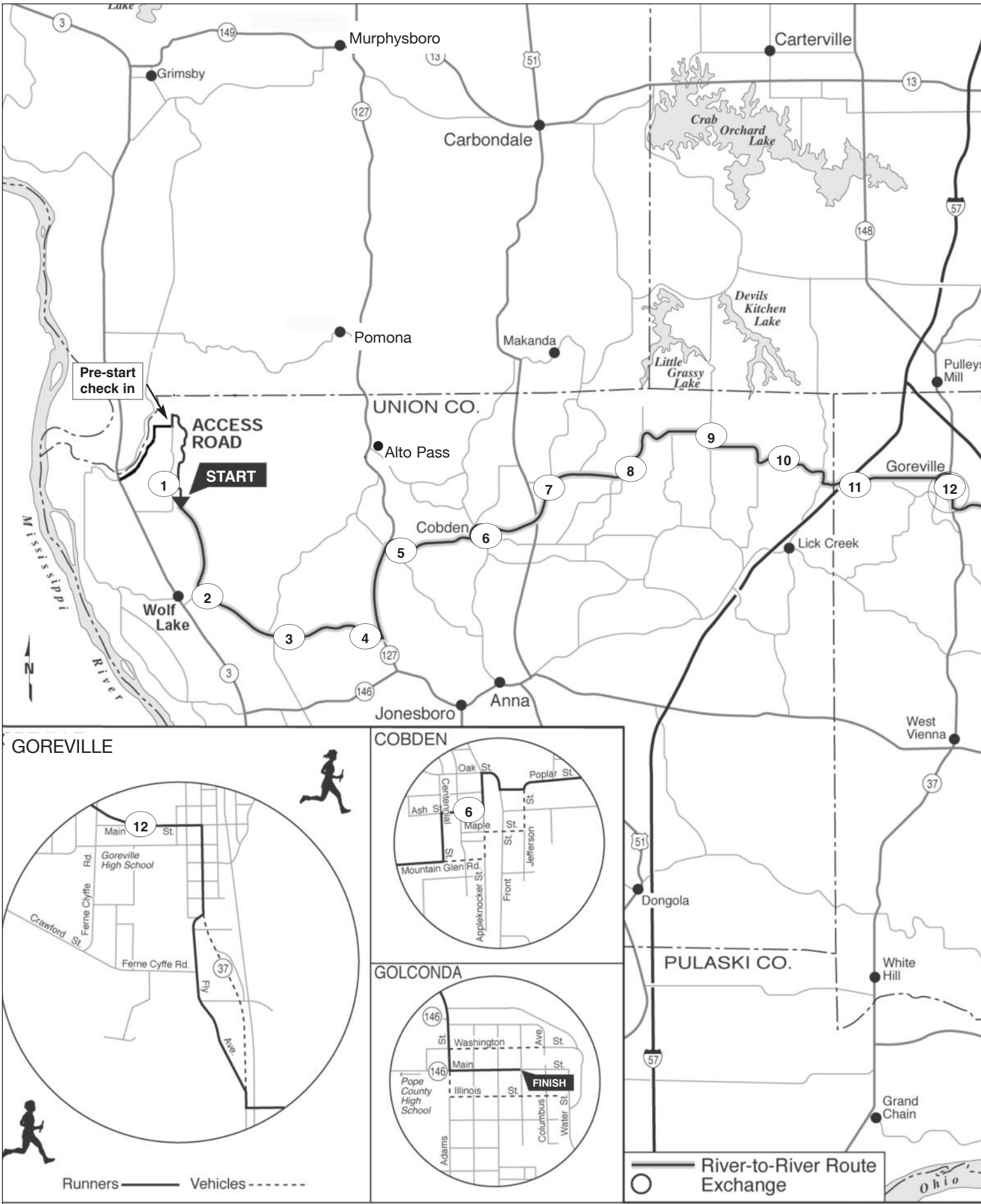
GILSTER-MARY LEE CORP. AND THE RIVER TO RIVER RELAY Two Great Southern Illinois Traditions!

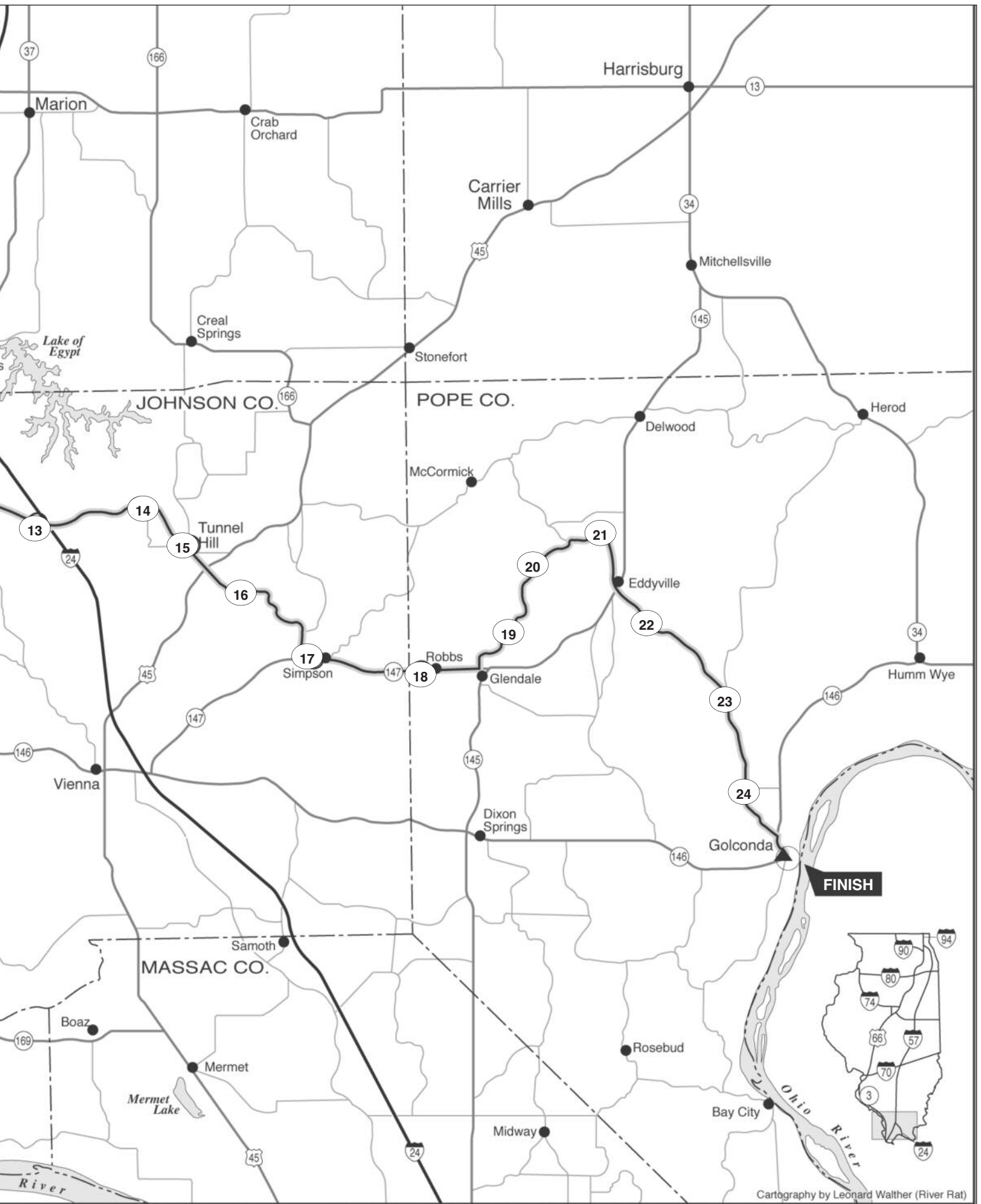


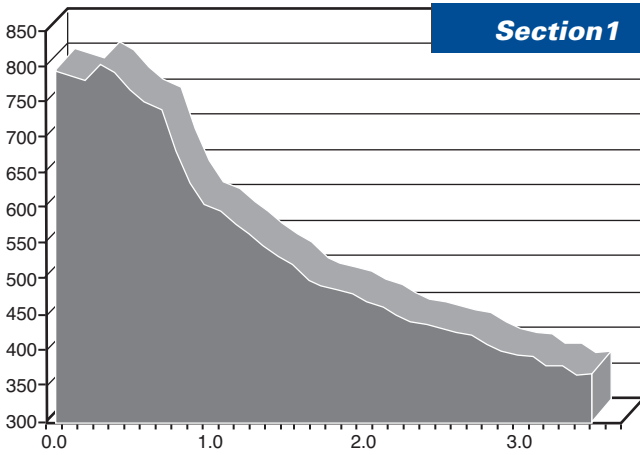
On behalf of all the employees of Gilster-Mary Lee, especially from our plants in Chester, Steeleville, and Centralia, IL, welcome to beautiful southern Illinois! Gilster-Mary Lee has been providing food products to consumers around the world since 1895, and like the River to River Relay, we are proud to call southern Illinois home.

Have a great race, stay safe, and finish strong!

GILSTER-MARY LEE CORP.
1037 State St.
Chester, IL 62233
www.gilstermarylee.com







Section 1

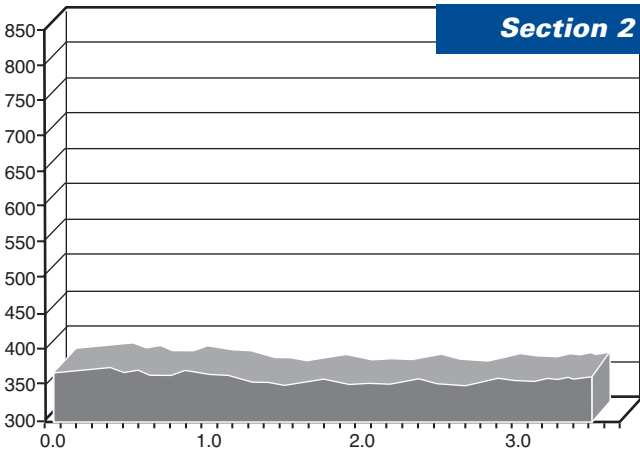
Moderate (Steep Downhill)

Runner 1

Length: 3.60 miles
Starts at 0.0, ends at 3.60
Surface: Gravel

3.6 m (3.6) - Turn left at 3.6 miles onto the blacktop road (State Forest Road).

NOTE: Approximate distances from the start are shown in parentheses.

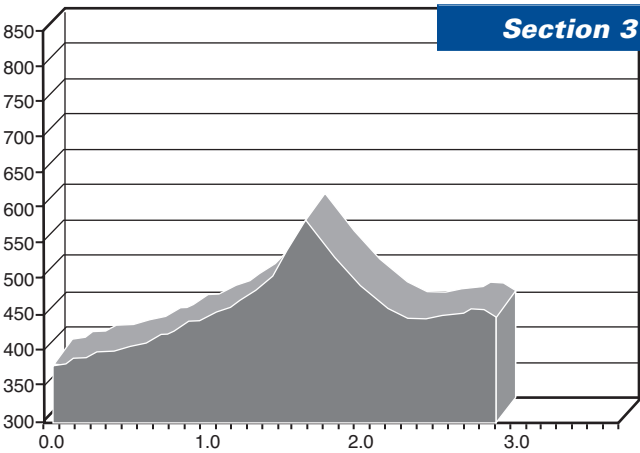


Section 2

Easy

Runner 2

Length: 3.60 miles
Starts at 3.60, ends at 7.20
Surface: Asphalt

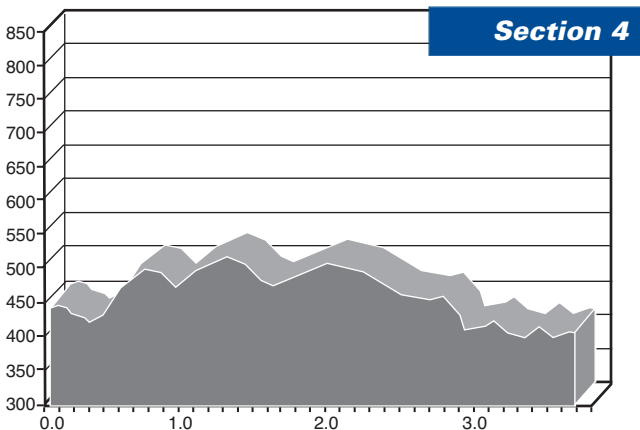


Section 3

Moderate to Easy

Runner 3

Length: 2.95 miles
Starts at 7.20, ends at 10.15
Surface: Asphalt



Section 4

Moderate

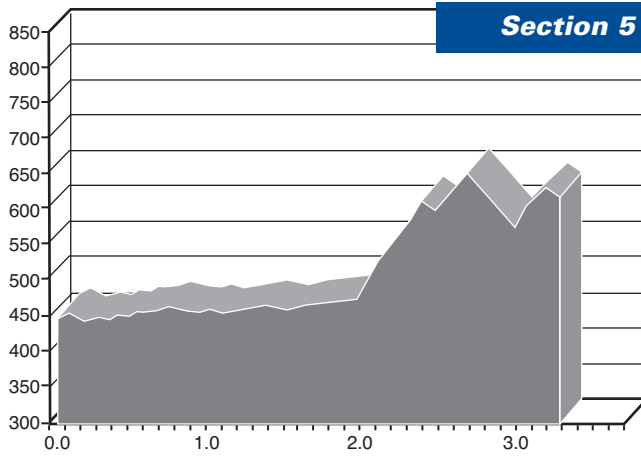
Runner 4

Length: 3.65 miles
Starts at 10.15, ends at 13.80
Surface: Asphalt

0.2 m (10.4) Turn left on Route Illinois Route 127.
 Keep left, and watch for traffic.

3.4 m (13.6) Turn right onto a blacktop road (Mountain Glen Road).

Be careful crossing the highway.



Section 5

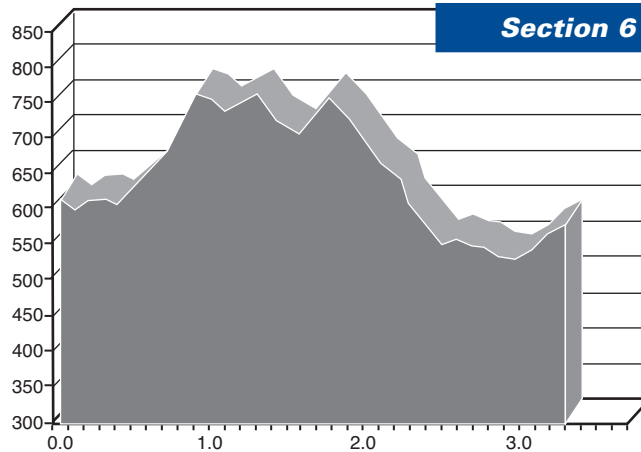
Hard

Runner 5

Length: 3.35 miles
Starts at 13.80, ends at 17.15
Surface: Asphalt

- 3.0 m (16.8) Runners turn left on Centennial.
- 3.2 m (17.0) Turn right on Ash.

Vehicles go straight ahead, then turn left at Appleknocker Street. Park on Appleknocker.



Section 6

Very Hard (Cobden)

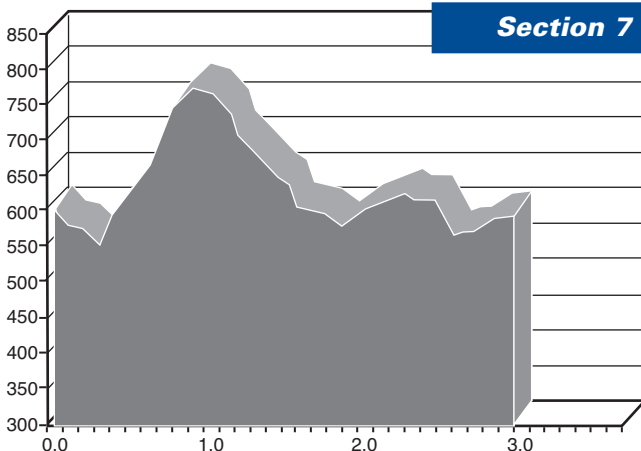
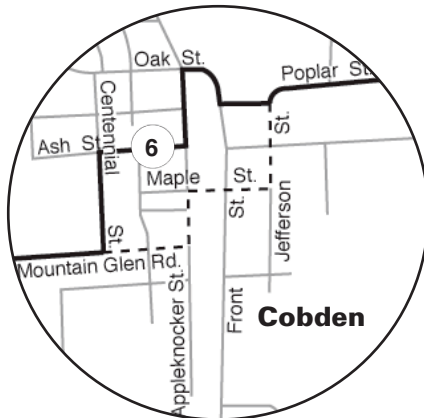
Runner 6

Length: 3.30 miles
Starts at 17.15, ends at 20.45
Surface: Asphalt

- 0.0 m (17.2) Turn left on Appleknocker.
- 0.1 m (17.3) Turn right across the bridge over the railroad.
- 0.2 m (17.4) Take the first left turn, onto Poplar Street.
THIS TURN IS EASY TO MISS!
- 0.3 m (17.5) Bear left, then right, remaining on Poplar Street.
- 2.1 m (19.2) U.S. 51 is the busiest road you will cross. Pause, look carefully, and have team members help you watch for traffic. Continue on Water Valley Drive.

Vehicles

Cross the railroad tracks on Maple street. Turn left on Jefferson, proceed two blocks, then turn right on Poplar. If delayed by a train, cross the tracks by the bridge used by runners.



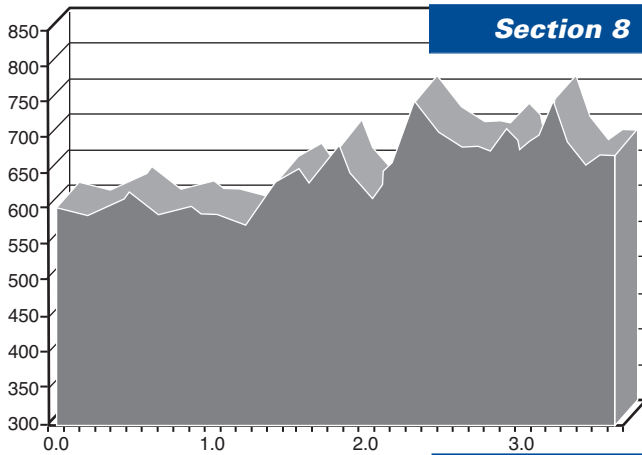
Section 7

Hard

Runner 7

Length: 3.00 miles
Starts at 20.45, ends at 23.45
Surface: Asphalt

- 0.1 m (20.6) Bear right at the fork. Remain on Water Valley Road; do not take Shiloh Road.
- 1.1 m (21.6) Stay right on blacktop road. Remain on Water Valley Road; do not take Giant City Park Road.
- 2.0 m (22.5) Stay left on blacktop road. Remain on Water Valley Road; do not take Bethel Church Road.



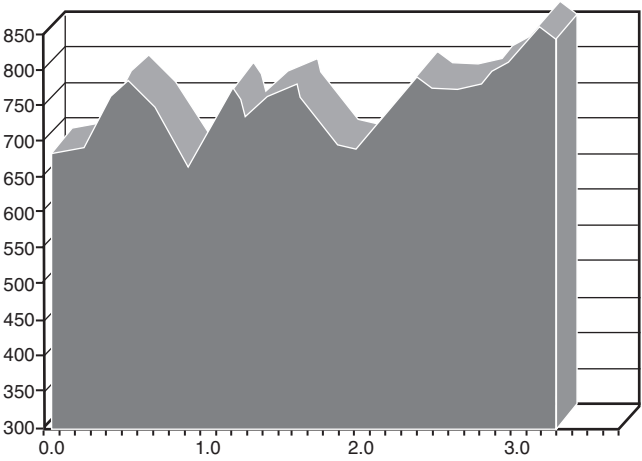
Section 8

Hard

Runner 8

Length: 3.60 miles
Starts at 23.45, ends at 27.05
Surface: Asphalt; two fords

- 1.2 m (24.6) Turn right on the blacktop road (Water Valley Road)
- 2.3 m (25.7) The road turns left, then right. Stay on Water Valley Road. Do NOT take Buffalo Gap Road.
- 0.1 m (27.1) Turn right on the blacktop road (Rocky Comfort Road).



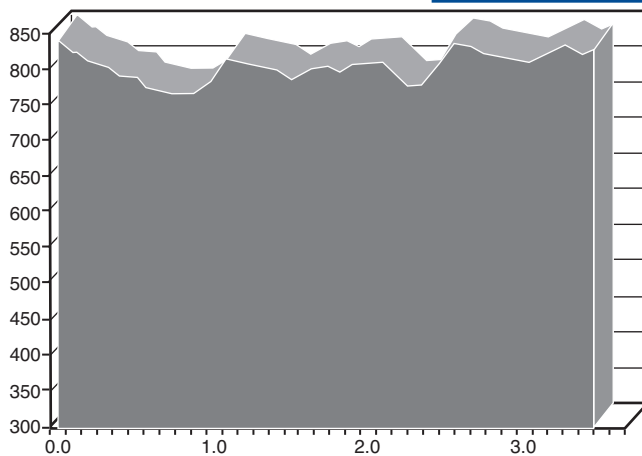
Section 9

Hard

Runner 1

Length: 3.35 miles
Starts at 27.05, ends at 30.40
Surface: Mostly gravel

- 0.3 m (27.4) Turn left on gravel road near top of hill (Panthers Den Road). **Watch carefully for turn.**
- 1.8 m (28.9) Bear to the right on Robinson Hill Road.
- 2.4 m (29.5) Watch for left turn at the crest of a hill on Mount Hebron Rd. **Turn is easy to miss.**
- 3.1 m (30.2) Go straight ahead on Mount Hebron Road at the top of the hill.



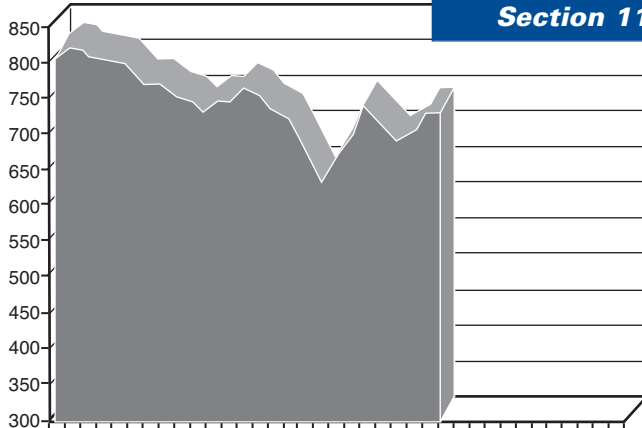
Section 10

Moderate

Runner 2

Length: 2.85 miles
Starts at 30.40, ends at 33.25
Surface: Mostly asphalt, some gravel

- WARNING:** Large stones may make thin-soled shoes inadvisable.
- 1.5 m (31.9) Turn right on blacktop road (Lick Creek Road).
 - 1.9 m (32.3) Take the road to the left (Goreville Road).
Enjoy the view!
 - 2.9 m (33.3) Follow the main road over Interstate 57.



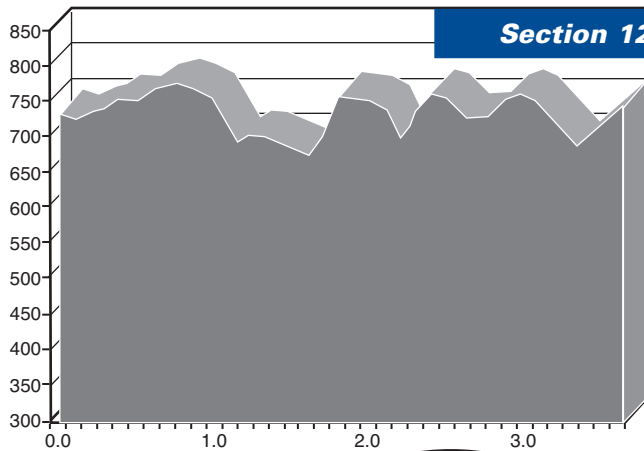
Section 11

Moderate

Runner 3

Length: 3.25 miles
Starts at 33.25, ends at 36.50
Surface: Asphalt

- Vehicles** follow race officials' directions to parking.
- 0.05m (33.3) Follow the main road over Interstate 57.



Section 12

Moderate to Hard (Goreville)

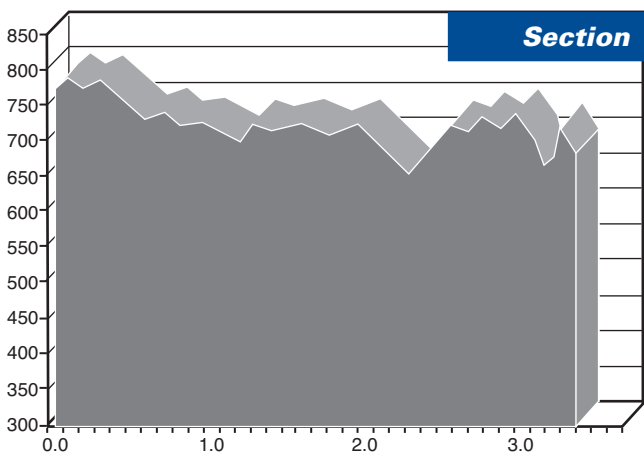
Runner 4

Length: 3.80 miles
Starts at 36.50, ends at 40.30
Surface: Asphalt

- 0.3 m (36.8) Turn right on Broadway. **Stay to the right!**
- 0.6 m (37.1) Turn right and follow Fly Avenue.
This is an easy turn to miss; do not follow vehicles along the highway.
 Do not follow vehicles along the highway.
- 0.9 m (37.4) Stay to the right.
- 1.3 m (37.8) Be very careful crossing Illinois Route 37.
 Pause, and watch for traffic.
 Then turn left under the railroad bridge onto Tunnel Hill Road.



Vehicles From the center of Goreville, follow Illinois Route 37. Do not follow runners. The runners emerge from the right, south of the town. At that point, turn left onto Tunnel Hill Road, under the railroad bridge.

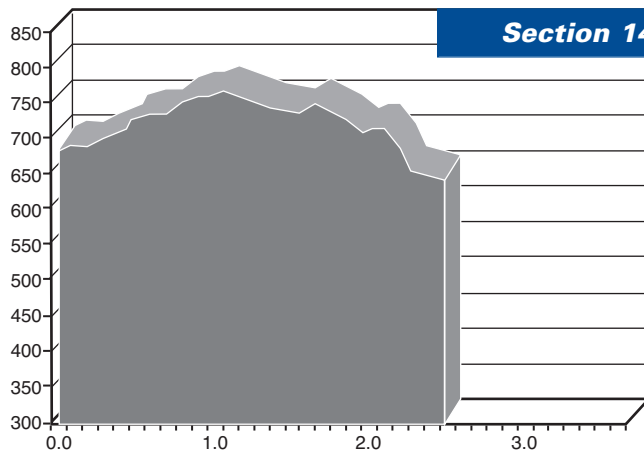


Section 13

Moderate

Runner 5

Length: 3.40 miles
Starts at 40.30, ends at 43.70
Surface: Asphalt



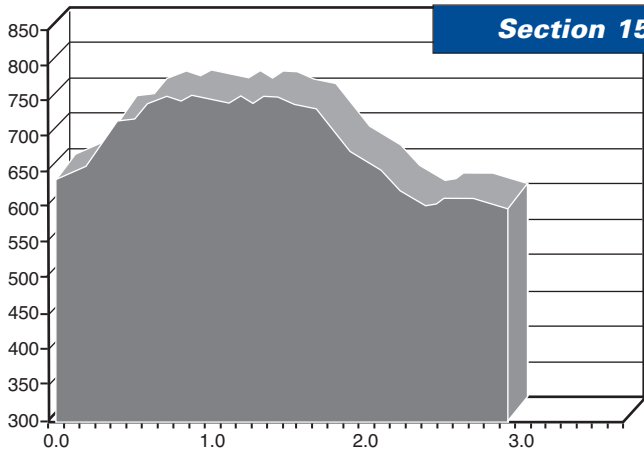
Section 14

Easy

Runner 6

Length: 2.50 miles
Starts at 43.70, ends at 46.20
Surface: Asphalt

- 2.0 m Vehicles only turn right on Bowmans Bottom Rd.
- 1.75 m Vehicles only turn left on Possum Rd.
- 1.75 m Vehicles only turn left on High St.
 Watch for race official to cross over Tunnel Hill Rd. to parking lot.



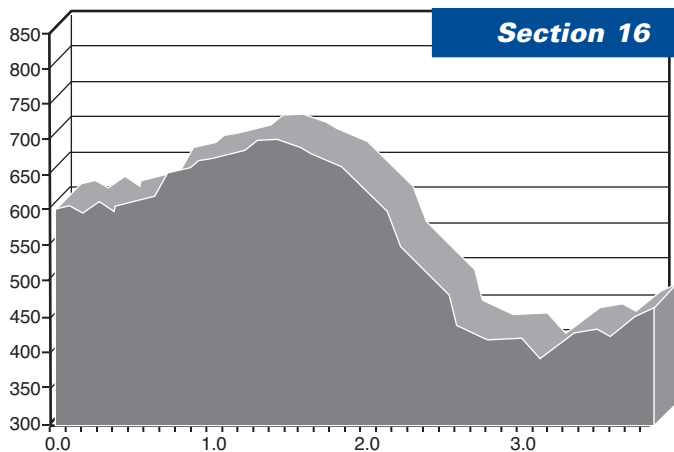
Section 15

Moderate to Easy

Runner 7

Length: 2.95 miles
Starts at 46.20, ends at 49.15
Surface: Asphalt

1.0 m (47.2) Be careful crossing U.S. 45.
 Continue on Gilead Church Road.



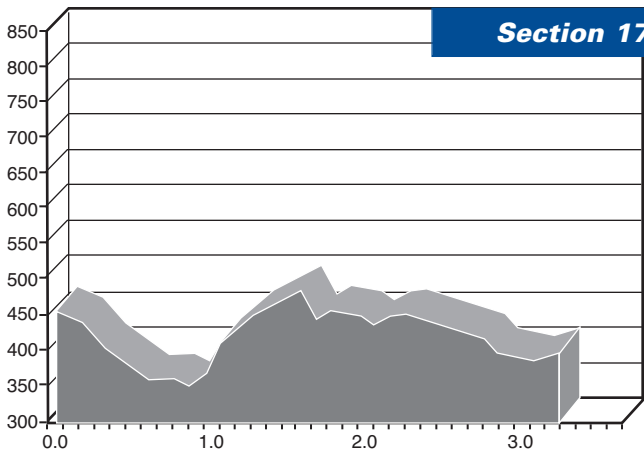
Section 16

Moderate (Steep Downhill)

Runner 8

Length: 4.05 miles
Starts at 49.15, ends at 53.20
Surface: Asphalt

3.4 m (52.5) Turn left onto Illinois Route 147.
 Watch for traffic.

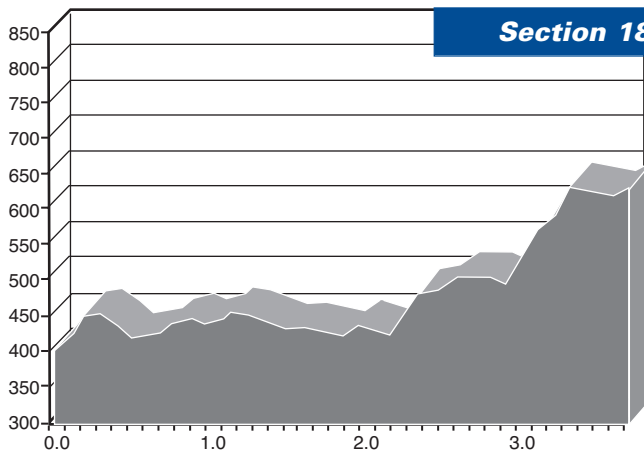


Section 17

Moderate

Runner 1

Length: 3.30 miles
Starts at 53.20, ends at 56.50
Surface: Asphalt



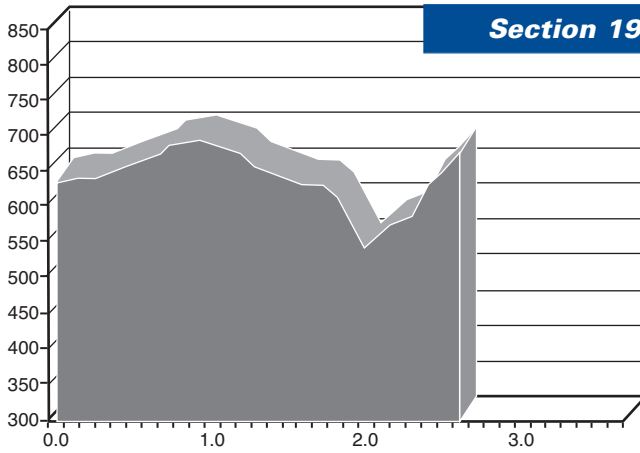
Section 18

Moderate to Hard

Runner 2

Length: 3.75 miles
Starts at 56.50, ends at 60.25
Surface: Mostly asphalt, some gravel

2.1 m (58.6) Turn left on the gravel road.
Watch carefully for the turn.

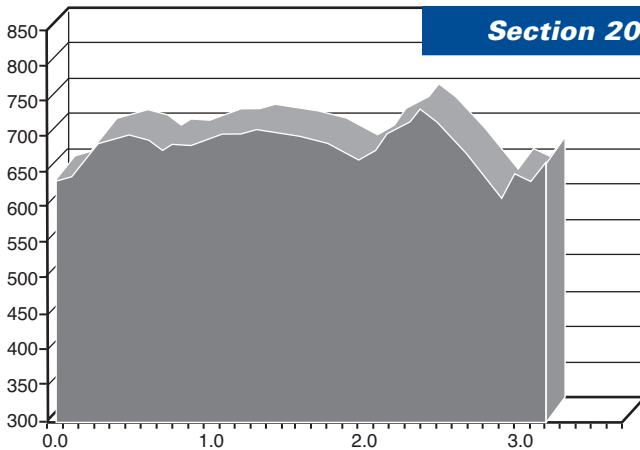


Section 19

Moderate

Runner 3

Length: 2.60 miles
Starts at 60.25, ends at 62.85
Surface: Asphalt



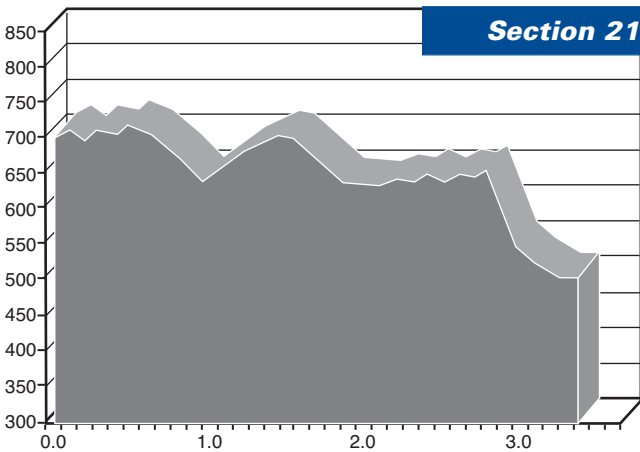
Section 20

Moderate

Runner 4

Length: 3.25 miles
Starts at 62.85, ends at 66.10
Surface: Asphalt

2.0 m (64.9) Turn right.
 3.2 m (66.1) Cross the road. The exchange will be on the grassy field.



Section 21

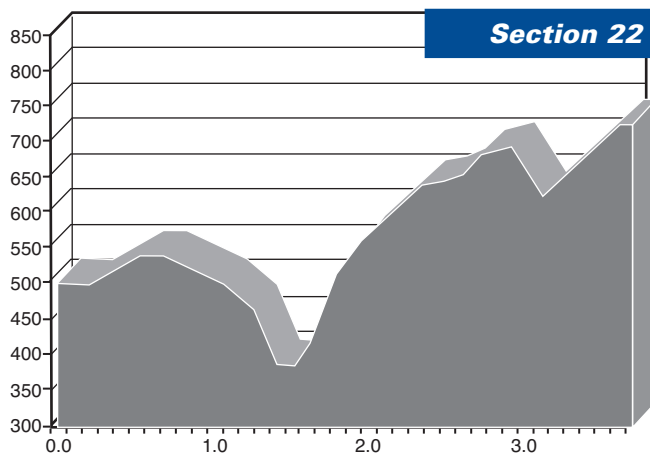
Moderate to Easy

Runner 5

Length: 3.45 miles
Starts at 66.10, ends at 69.55
Surface: Asphalt

0.0 m (66.1) Leave the field.
 1.9 m (68.0) Be careful crossing Illinois Route 145. Team vehicles will be coming from your left

Vehicles turn left at the exchange. Park on the side road. When leaving, turn right at the first road junction, then turn right on Route 145. Drive 2 miles and turn left at Eddyville. You rejoin the runners at Eddyville.

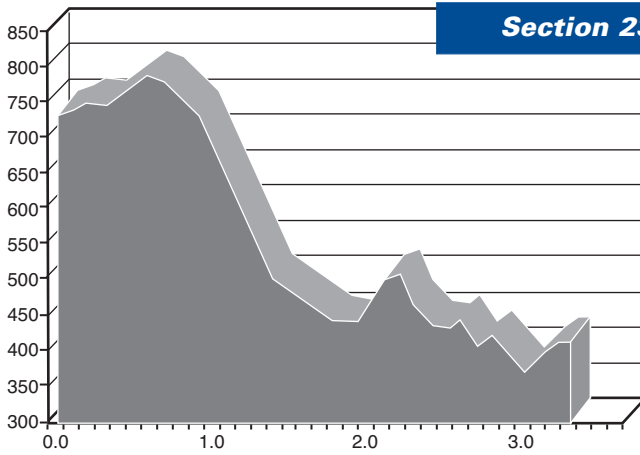


Section 22

The Hardest

Runner 6

Length: 3.80 miles
Starts at 69.55, ends at 73.35
Surface: Asphalt



Section 23

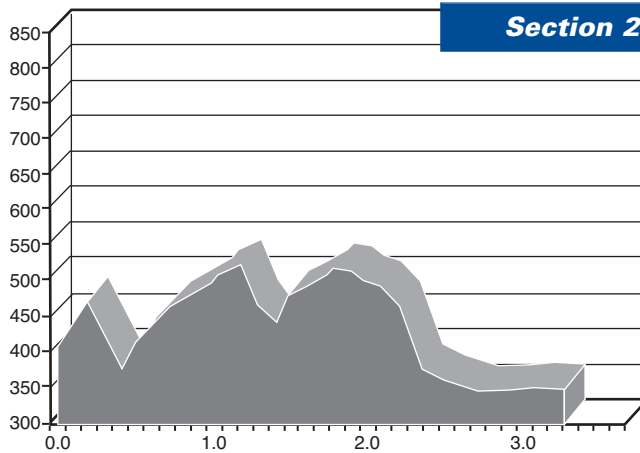
Moderate (Steep Downhill)

Runner 7

Length: 3.35 miles
Starts at 73.35, ends at 76.70
Surface: Asphalt

3.2 m (76.6) Runners go straight. Do **not** follow the main road to the left.

Vehicles follow the main road to Illinois Route 146.



Section 24

Hard

Finish

Runner 8

Length: 3.30 miles
Starts at 76.70, ends at 80.00
Surface: Asphalt

1.9 m (78.6) Turn right on Illinois Route 146.
 Be very careful; watch for traffic.

3.1 m (79.8) Turn left on Main Street.

3.3 m (80.0) Finish beside the Pope County Court House.

Vehicles turn right on Illinois Route 146 and drive toward Golconda. The runners will emerge from the right, 1.4 miles along Illinois Route 146. Follow directions to parking in town.

Elevation on vertical axis in feet

Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6	Runner 7	Runner 8
1 - 3.60 <i>Downhill</i>	2 - 3.60 <i>Easy</i>	3 - 2.95 <i>Moderate to easy</i>	4 - 3.65 <i>Moderate</i>	5 - 3.35 <i>Hard</i>	6 - 3.30 <i>Very hard</i>	7 - 3.00 <i>Hard</i>	8 - 3.60 <i>Hard</i>
9 - 3.35 <i>Hard</i>	10 - 2.85 <i>Moderate</i>	11 - 3.25 <i>Moderate</i>	12 - 3.80 <i>Moderate to hard</i>	13 - 3.40 <i>Moderate</i>	14 - 2.50 <i>Easy</i>	15 - 2.95 <i>Moderate to easy</i>	16 - 4.05 <i>Downhill</i>
17 - 3.30 <i>Moderate</i>	18 - 3.75 <i>Moderate to hard</i>	19 - 2.60 <i>Moderate</i>	20 - 3.25 <i>Moderate</i>	21 - 3.45 <i>Moderate to easy</i>	22 - 3.80 <i>Hardest</i>	23 - 3.35 <i>Downhill</i>	24 - 3.30 <i>Hard</i>
total 10.25 mi.	total 10.20 mi.	total 8.8 mi.	total 10.70 mi.	total 10.20 mi.	total 9.60 mi.	total 9.30 mi.	total 10.95 mi.



Mainstreet Golconda and Pope County

Welcomes You to Golconda And Pope County!

Places To Eat!

- ◆ The Fajita Ladies and other food vendors on the courthouse square
- ◆ Dari Barr
- ◆ Diver Down Restaurant and Bar
- ◆ The Mansion of Golconda

Just some of the places to stay!

- ◆ Golconda Lock & Dam Homes
- ◆ The Golconda Mansion
- ◆ River Roost Lodging
- ◆ Cupid's Nest
- ◆ Bowman's Lodging
- ◆ Barren Creek
- ◆ Dixon Springs State Park
- ◆ Bay City Lodging

If you have a chance, visit some of the following locations!

- ◆ The Chocolate Factory
- ◆ Golconda Marina
- ◆ Cupid's Nest
- ◆ MacPhersons' Irresistibles
- ◆ Riverport Antiques
- ◆ Maggie B's Boutique
- ◆ Hogg Hollow Winery
- ◆ Kunath's Hardware
- ◆ Shawnee National Forest
- ◆ Dixon Springs State Park
- ◆ Lake Glendale

For accommodations and information call 618-683-6246 or 683-6702

2023 Team Roster

Corporate Division

Air Mobility Flying Feet	Scott Air Force Base, IL
Brinkmann Constructors	Chesterfield, MO
Carbondale Firefighters	Carbondale, IL
CNAApple: Made from the Best Runners	Chicago, IL
Continental Tire	Mt. Vernon, IL
Illinois Army National Guard	Marion, IL

Corporate Handicap Division

16 Cheeks to the Wind	Lemont, IL
Belleville Firefighters Local 53	Belleville, IL
Cheshire CATs	Peoria, IL
CNArky: Runners with Attitude	Chicago, IL

Handicap Division

6:20 Club	St. Louis, MO
6:20 Trotters	St. Louis, MO
A Pace Only A Mother Could Love	Chicago, IL
Agony of Da Feet	New Berlin, IL
Bannon's Mountain	Liberty Twp., OH
Big Dog Running and Eating Society	Olney, IL
Big Rock Milers	Springfield, IL
Bottoms Up Bar and Grill	Neunert, IL
Breakfast Club	Shorewood, IL
Breaking Wind Running Club	Mattoon, IL
Chaney's Gang	Cartersville, IL
Chester Running Club	Chester, IL
Crustaceans on Fire	Marion, IL
Eagle's Wings	Godfrey, IL
It's All Relative(s)!	Olney, IL
Jones Creek Road Runners	Green Valley, AZ
Los Tortugas	Albuquerque, NM
Movin' Shoes; the Elders	Madison, WI
Ozark Baptist Church: Running on Faith and Saving Soles	Ozark, IL
Peoria St Jude Runners	Vienna, IL
Roadhogs of the Rockies	Chicago, IL
Running on Empty	Carbondale, IL
Running Renegades	Paducah, KY
Second Childhood	Cobden, IL
Squinge	Cobden, IL
The Cutting Edge of Insanity	Glenarm, IL
Thunder Canyon Road Raptors	Carbondale, IL

Masters Division

Ballwin Bunch	Ballwin, MO
Lisle Windrunners	Wheaton, IL
Los Estupidos	Oak Park, IL
Mahomet Big Dogs	Mohomet, IL
Radical Runners	Paducah, KY
Run Like You Stole It	Chicago, IL
Seven Fast Guys and Me	Poplar Bluff, MO
St. Louis Hash House Harriers	St. Louis, MO
STFD	St. Charles, MO
Those Indiana Girls and Tom Too	Portage, IN
Zatopeks	Minneapolis, MN

Mixed Masters Division

Evanston Running Club	Evanston, IL
Geek Brigade	Evanston, IL

If Found in Bar Return to R2R

Iron Dragons
 Kiss My Asphalt
 Makanda Mainstreamers
 Masters of the Universe
 No Walkin' 'til The Van Passes II
 OverTheHill
 Team Godzilla
 Team Last One Standing
 The Beavs In Full Force
 We Are Not Them

Mixed Division

521 on the Run
 80 R U Crazy
 Bean There, Run That
 Broken
 Cool Relay Kids
 Don't Worry, Run Happy
 Eight Runners Running
 Fat Mac's Run Club
 Feet First
 Finish The Task
 Friends to Foes
 Golconda River Rats
 Hash House Harrier FRBs
 Heaven Bound
 Hills are Good
 Honey Badgers
 Hope Church
 Ice Packs & Beer
 Insanity is Relative
 Law Dawgs
 Local Joggers
 Mississippi County Flatlanders
 Mixed Messages
 Mother Hen and Her Copper Nuts
 Not Fast, Just Furious
 Phtephen's Phat Phriends
 Pulled Pork Hamstrings
 Pyramid Running Club
 Rocket City Propulsion
 Seven Sundays
 SIUC Triathlon Team
 Smart Runners
 Speeding Allowed
 Team Sockmonkey
 Team Tundra
 The 90s Machine
 The Cake is a Lie
 The Wunning Wabbits
 Tob's Turtles
 Toolen's Running Start
 Tramps Like Us
 We've Got the Runs!
 When Bad Knees Happen to Good People
 White Claw Warriors

Elwood, IL
 St. Charles, MO
 St. Louis, MO
 St. Louis, MO
 Paducah, KY
 Champaign, IL
 St. Charles, IL
 Edwardsville, IL
 Springfield, IL
 Plainfield, IL
 Champaign, IL

Nashville, TN
 Belle Rive, IL
 Northbrook, IL
 Sollil, IL
 Cape Girardeau, MO
 Centralia, IL
 Fairfield, IL
 Chicago, IL
 Marion, IL
 Cobden, IL
 Cartersville, IL
 Golconda, IL
 St. Louis, MO
 Herrin, IL
 Springfield, IL
 Edwardsville, IL
 Carbondale, IL
 Carbondale, IL
 Caterville, IL
 Glen Carbon, IL
 Jonesboro, AR
 Charleston, MO
 Urbana, IL
 Marion, IL
 Tusculumbia, AL
 Red Bud, IL
 Coulterville, IL
 Pinckneyville, IL
 Madison, AL
 Cartersville, IL
 Carbondale, IL
 Vienna, IL
 Champaign, IL
 Winnebago, IL
 Sheboygan, WI
 Cartersville, IL
 Urbana, IL
 DuQuoin, IL
 Marion, IL
 Shiloh, IL
 Riverside, IL
 Greensboro, NC
 Springfield, IL
 Orland Park, IL

2023 Team Roster

Open Division

#TheCommittedWin
 Art and Kevin Reveal Memorial Team
 A-town Throwdown
 Banana Clan Beatdown
 BCB Babes
 Belleville Running Club
 Between a Walk and a Hard Pace
 Boot "Hill" Runners
 BRC
 Bundy's Boys
 Bundy's Bandits
 Buzz Boys
 Clumsy Elephants
 Cockadoodledo
 Downhill From Here
 Easy to Pass and Tough to Lap
 Eville Spirits
 Faster than a Polka
 Fastor Pastors
 Fellowship Baptist Church
 First Church of Flora
 FlaminGOs
 Foot Pursuit
 Four Runners and Four Fattiez
 Fuster Cluck
 Get in the van.... I've got a plan
 Grim Reapers
 Grit.
 H.U.A.W.
 Has Beens
 Heaven Bound Too
 Higher Ground
 Highland Pierron Runners
 Iron Mules
 It's Better With Butter
 Jenny Spangler Racing
 Jintown Tigers
 Killian's Irish Run
 Kings Of Taper VII
 MainFishWiese
 Marshfield Pirates
 Metro Milers
 Mission Possible
 Motion Lotion
 Neighborhood Co-op Grocery
 O Runner, Where Art Thou?
 One Way Ticket
 Oops
 Prairie Chickens II
 Quest Runners
 Redneck Reavis Runners
 Rocinante
 Run, Sweat, and Beers
 Running for BT and Claire
 Running Scared
 Runs Like A Deere
 S.W.A.T.T
 Scrambled Legs
 Shawnee Sheepdogs

Centralia, IL
 Herrin, IL
 Alton, IL
 Springfield, IL
 Chatham, IL
 Belleville, IL
 Herrin, IL
 Sikeston, MO
 Belleville, IL
 Normal, IL
 Bloomington, IL
 Sparta, IL
 McLeansboro, IL
 Teutopolis, IL
 Carbondale, IL
 Steelville, IL
 Evansville, IN
 Carbondale, IL
 Effingham, IL
 Vienna, IL
 Flora, IL
 Champaign, IL
 Ava, IL
 St. John, IN
 Princeton, IL
 Zionville, IN
 Normal, IL
 Herrin, IL
 Lexington, MO
 Cape Girardeau, MO
 Marion, IL
 Highland, IL
 Highland, IL
 Indianapolis, IN
 Perryville, MO
 Lake Bluff, IL
 New Lisbon, IN
 Hudson, IL
 Morton, IL
 Indianapolis, IN
 Shelbyville, IL
 Edwardsville, IL
 Centralia, IL
 Carterville, IL
 Carbondale, IL
 Mt. Vernon, IL
 St. Louis, MO
 Carterville, IL
 Newton, IL
 Urbana, IL
 Athens, IL
 Normal, IL
 Marion, IL
 Chicago, IL
 Sparta, IL
 Saint Joseph, IL
 Carbondale, IL
 Carbondale, IL
 Harrisburg, IL

Simpson Baptist Church
 Slow Twitch
 Slytherwin
 Smith Family Tree XC
 Sole Mates of the #618
 Speedbump
 S'tang Striders
 Star Church Saved Soles
 Steeplechaser
 Stride for Stride
 Super Happy Awesome Running Team
 Sweet Feet
 TBIFF
 Team Neuro
 Team Ordinary
 Team Silkworm
 The Chain Gang
 The Fellas
 The Replacements
 The Unknown Rash
 The Yellow Donkeys
 Trailblazers
 W3T?!

Simpson, IL
 Bradley, IL
 Carlyle, IL
 Edwardsville, IL
 Marion, IL
 Harrisburg, IL
 Paducah, KY
 Eldorado, IL
 Harrisburg, IL
 Marion, IL
 Carbondale, IL
 Carbondale, IL
 Channahon, IL
 Carbondale, IL
 Mt. Vernon, IL
 Murphysboro, IL
 Norris City, IL
 Marion, IL
 Sparta, IL
 Belleville, IL
 Carterville, IL
 Marion, IL
 Golconda, IL
 Champaign, IL
 Champaign, IL
 Bloomington, IN
 St. Louis, MO
 Olney, IL
 Lemont, IL

Women Masters Division

Desperately Seeking Donuts
 Miss Direction - Let's Get Physical!
 Wine Not
 Women on the Run

Carterville, IL
 Wheaton, IL
 St. Charles, IL
 Valparaiso, IL

Womens Division

5@5
 Baptist Buns on the Run
 Blind Pig Social Club
 Bruised Bananas
 Chafing the Dream Again
 F.R.O.G.G.S.
 First Baptist Church Harrisburg, IL
 Fun Runnin' Girls
 Get It Girl
 Gone Girls
 Long Distance RelayTionship
 Prairie Hens
 Queenagers
 Run for God - Ballard County
 Run Like an Eagle
 Sassy at Sunrise
 Shawnee Goddesses
 Sisters with Blisters
 Thong Distance Runners
 Your Pace or Mine

Paducah, KY
 Harrisburg, IL
 Herrin, IL
 McLeansboro, IL
 Goreville, IL
 Red Bud, IL
 Harrisburg, IL
 St. Louis, MO
 Valparaiso, IN
 Murphysboro, IL
 Belleville, IL
 Newton, IL
 Springfield, IL
 Ballard County, KY
 Columbia, IL
 Sparta, IL
 Carbondale, IL
 Marion, IL
 DuQuoin, IL
 O'Fallon, IL

Official Rules

1. Teams shall consist of eight runners, each of whom shall complete three legs of approximately 3 miles each while carrying a baton.

Rules Concerning Runners

2. Team members shall run in a fixed order. The first runner shall complete sections 1, 9, and 17; the second runner shall complete sections 2, 10, and 18, and so on.

3. Runners must wear official race numbers that correspond to their position on the team. The first runner must wear a number ending in 1; the second runner must wear a number ending in 2, and so on. Race numbers must be visible from the front.

4. If for medical reasons a runner cannot complete a section, another runner may take over. The substitute must be either the next runner in sequence or the previous runner in sequence (e.g., if runner 3 is injured, runners 2 or 4 may take over). Substitutes must complete all remaining sections for the injured runners they replace, as well as their own

sections. Once a runner has dropped out of the race, he or she may not re-enter. The team shall be eligible for awards in the Mixed or Mixed-Masters divisions if at least three runners of each sex complete the course. The team shall be eligible in the Handicap or Corporate Handicap divisions, but only the handicap times of runners who complete the course will be counted in calculating the team handicap.

Note 1. Teams are not required to follow the substitution rule unless they are competing for an award. If substitutions are made other than those that are allowed, including the use of extra runners, teams may finish the race but will not be eligible for any award. Note 2. The substitution rule applies if one or more runners are missing at the start of the race. One or more substitutes must then complete back-to-back sections (approximately 20 miles in all). Note 3. Teams in the Mixed and Mixed-Masters divisions with only three women will be able to follow the rule only if the women follow each other in sequence (e.g., positions 2, 3, and 4).

5. The baton must be passed from one runner to the next within a marked exchange zone 50 meters in length. While in the exchange zone, runners must remain on the left side of the road.

Note 1. Teams are not required to follow the substitution rule (Rule #4) unless they are competing for an award. If substitutions are made other than those that are allowed, including the use of extra runners, teams may finish the race but will not be eligible for any award.

Note 2. The substitution rule (Rule #4) applies if one or more runners are missing at the start of the race. One or more substitutes must then complete back-to-back sections (approximately a total of 20 miles).

Note 3. Teams in the Mixed and Mixed-Masters divisions with only three women will be able to follow the rule only if the women follow each other in the sequence (e.g., positions 2, 3, and 4).

6. Runners must carry the baton so that it is visible to race officials while approaching or leaving the exchange zone.

7. Runners may receive water or other supplies from team members. No other physical contact with the runner is permitted.

8. Runners who take a wrong turn must return to the course where they left it and continue on the correct route. Runners may use the team vehicle or other transportation to return to the correct route, provided they complete all of the correct route unaided.

9. Runners must pause at all stop signs, and obey all safety instructions.

10. Runners must wear an approved reflective vest if running before sunrise or after sunset.

11. Runners may not wear headphones or any other equipment that interferes with their hearing.

Rules Concerning Vehicles

12. Teams may use one or two registered vehicles, depending on the team's starting

time, to transport runners during the race. Team vehicles must be less than seven feet in width.

13. Registered team vehicles must display an official identification tag in the front and rear windows. Both tags must be visible to race officials at the exchanges. Only team vehicles displaying both official tags will be allowed to park at the exchanges.

14. Team vehicles must obey all speed limits, traffic signs, other traffic laws, and instructions from race officials.

15. Team vehicles must drive at a normal rate of speed. Vehicles may not block or interfere with other vehicles, and must yield right of way to runners at all times.

16. At the exchanges, team vehicles must park only in designated areas. Vehicles may not stop at an exchange, even to discharge runners, except where directed.

Rules Concerning All Participants

17. At the exchanges, team members and other participants who are not involved in the exchange of the baton must remain on the right side of the road.

18. Participants must leave no litter on the course.

19. Participants must only use bathroom facilities provided. No public urination or other public relief is allowed.

20. Participants must follow all local, state, and federal laws at all times.

21. These rules may be modified from time to time for participant safety and to maintain the sanctity of the event.

Violation of Rules / Penalties

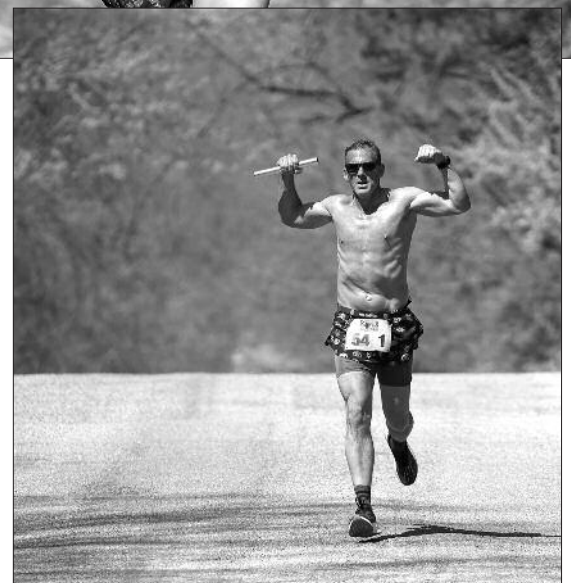
22. Violation of any rule may result in the assessment of time penalties, disqualification of the runner, disqualification of the team, and/or assessment of an Administrative Fine at the sole discretion of the Race Director.

23. A team with an outstanding administrative fine shall not be eligible for registration of the next years Relay.

24. 100% of all administrative fines shall benefit the River to River Runners Scholarship Fund.

Handicaps

Age	Males	Females	Age	Males	Females	Age	Males	Females	Age	Males	Females
10	17:30	19:00	30	0:00	8:20	50	7:30	19:00	70	22:00	43:00
11	15:00	17:30	31	0:00	8:40	51	8:00	19:40	71	23:00	45:30
12	13:00	16:30	32	0:20	9:00	52	8:30	20:20	72	24:30	48:00
13	11:00	15:30	33	0:40	9:20	53	9:00	21:00	73	26:00	51:00
14	9:00	14:30	34	1:00	10:00	54	9:30	21:45	74	27:30	54:00
15	7:00	13:30	35	1:20	10:30	55	10:00	22:30	75	29:00	57:00
16	5:00	12:30	36	1:40	11:00	56	10:30	23:15	76	30:30	60:00
17	3:30	11:30	37	2:00	11:30	57	11:00	24:00	77	32:00	63:00
18	2:30	10:30	38	2:20	12:00	58	11:30	25:00	78	33:30	66:00
19	1:30	10:00	39	2:40	12:30	59	12:00	26:00	79	35:00	69:00
20	1:00	9:30	40	3:00	13:00	60	12:45	27:00	80	36:30	72:00
21	0:30	9:00	41	3:20	13:30	61	13:30	28:00	81	38:00	75:00
22	0:00	8:45	42	3:40	14:00	62	14:15	29:00	82	39:30	78:00
23	0:00	8:20	43	4:00	14:30	63	15:00	30:30	83	41:00	81:00
24	0:00	8:10	44	4:30	15:00	64	16:00	32:00	84	42:30	84:00
25	0:00	8:00	45	5:00	15:30	65	17:00	33:30	85	44:00	87:00
26	0:00	7:50	46	5:30	16:20	66	18:00	35:00	86	45:30	90:00
27	0:00	7:50	47	6:00	17:00	67	19:00	37:00	87	47:00	93:00
28	0:00	8:00	48	6:30	17:40	68	20:00	39:00	88	48:30	96:00
29	0:00	8:10	49	7:00	18:20	69	21:00	41:00	89+	50:00	99:00









Course Records

Open	6 : 47 : 10	1997	Where We Go One We Go All	Bartlett, Ill.
Handicap	*6 : 43 : 41	2013	Los Tortugas	Albuquerque, N.M.
Women's	8 : 32 : 13	1995	Chicago Gazelles	Chicago, Ill.
Mixed	7 : 36 : 35	1999	Palos Roadrunners	Palos Heights, Ill.
Masters	7 : 20 : 45	1994	Masters of Shawnee Forest	New Lenox, Ill.
Women Masters	9 : 09 : 05	2005	Run Chicago Gazelles	Chicago, Ill.
Mixed Masters	8 : 01 : 38	1995	Coed Masters of Shawnee Forest	New Lenox, Ill.
Corporate	7 : 43 : 03	1990	McDonnell Douglas Flyers	St. Louis, Mo.
Corporate Handicap	*7 : 35 : 08	1995	DMA-Cartographic Express	St. Louis, Mo.

* Times adjusted for team handicap.

Awards

The divisions and minimum number of awards for each division are as follows:

Open	All teams may compete.	7 awards
Handicap	All teams may compete. Awards will be based on times corrected for handicap.	7 awards
Women	All team members must be women.	3 awards
Mixed	A minimum of three members must be of each sex.	7 awards
Masters	All team members must be at least 40 years old.	3 awards
Mixed Masters	All team members must be at least 40 years old. A minimum of three members must be of each sex.	3 award
Women Masters	All team members must be women, and at least 40 years old.	3 awards
Corporate	All members must be employed by the same employer or place of business.	3 awards
Corporate Handicap	All members must be employed by the same employer. Awards will be based on finish times corrected for handicap.	3 awards

Team handicaps will be the total of the handicap times for all team members.

Acknowledgments

More than 200 volunteers, including members of the Southern Illinois Amateur Radio Society, will help on the day of the race. The sheriffs of Johnson, Pope, and Union counties, and the Illinois State Police, will assist with traffic control. The organizing committee is very grateful to all of these people. Please express your appreciation should you have the opportunity, and make their jobs easier by following their instructions.

