

RUNNING (21K)

EVENT COORDINATOR: Dave Murray **EMAIL:** dmurray@civildesign.org

DATE: Sunday, July 21, 2024 **TIME:** 8:00 AM

LOCATION: Moraine State Park - North Shore Pavilion #7

GUIDING BODIES: USA Track and Field

Can-Am Police-Fire Games Federation

SPORT DESCRIPTION: A **21K running race** is an out and back course on the Moraine State Park bike path. After a short, protected road section, the course turns right onto the gravel section of the bike path which is 1.1K in length. The remainder of the course is on the paved portion of the bike path, a turn-around cone and markers will be placed at 10.5K on the course. The Moraine State Park Bike path is mostly tree covered and approximately follows the edge of the lake, views of the lake will be available for portions of the course. There are multiple park bathrooms located along the course. The bike path is approximately 12-ft in width and will be open to park guests during this event. Water stops will be available at 3K, 6K, 9K and then following the turn-around at 12K, 15K and 18K.

EVENT ENTRY CODES

INDIVIDUAL 21 K

MEN

() Open (18 – 29 years)	RRB13A
() Senior A (30 – 34 years)	RRB14A
() Senior B (35 – 39 years)	RRB15A
() Master A (40 – 44 years)	RRB16A
() Master B (45 – 49 years)	RRB17A
() Grand Master (50 years and over)	RRB18A

WOMEN

() Open	RRB05B
() 35yrs & Over	RRB06B