

UNDER NEW LEADERSHIP!!

2010 GENESIS FIRECRACKER RUN EAST MOLINE, IL ALL EVENTS JULY 4TH, 2010

5K/10K RACES - 7:30 A.M.

- Start and finish lines are downtown East Moline (8th Street & 15th Avenue)
- Musical entertainment provided along the course.
- Electronic Chip Timing
- Technical Short Sleeve Tees to all participants – male & female sizes
- On-site print out of individualized race results
- Trophies to top 3 places in each 5 year age division
- Clydesdale and Athena divisions in both 5K and 10K
- 5K is very flat & fast, 10K is hilly and challenging
- “Fastest East Moliner” Awards for first male & female.

KIDDIE RUN – JULY 4TH – 8:45 AM

- Kids 8 & under are encouraged to participate
- All participants receive a finishers ribbon
- This is a fun run, well organized, not timed, clock will be displayed.
- Out-n-back course

THE NATIONAL BANK MILE- JULY 4TH – 9:15 AM.

- Presented by THE National Bank
- 1st, 2nd and 3rd place trophies to males and females in each age division: 8, 9, 10, 11, & 12
- Course is an out-n-back
- This event is not timed, clock will be displayed
- All participants receive a finishers ribbon
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BACK AGAIN!!

COSTUME CONTEST - Awards for best patriotic costumes

HOSPITAL BED RACES – 10:00 A.M.



GUNS 'N' HOSES 5K CHALLENGE

- Teams comprised of current or retired members of a QC area police or fire department
- Teams must have a 4 person minimum, police, fire, or combination
- Times for each team will be combined by using the 4 fastest team finishers' average times
- Winning team will receive the traveling trophy to display at their dept/city hall
- Each team member will submit individual entries and specify which dept. they represent.

2010 AWARDS CEREMONY – 9:30 AM

Awards given in the following order: 5K, 1 Mile, 10 K

2010 PACKET PICKUP

LOCATION: American Legion Post 227 - 829 16th Avenue - East Moline, IL 61244

FRIDAY: July 2nd - 2:00 – 6:00 PM

SATURDAY: July 3rd - Noon – 6:00 PM

SUNDAY: July 4th (Race Morning) 6:00 – 7:15 AM, 834 15th Avenue, East Moline



PANCAKE BREAKFAST

NEW

JULY 4TH – 7:30-10:30 AM

Adults \$5.00 Children 12 & Under \$3.00

- Sponsored by the East Moline Fire Department
- Benefiting MDA (Muscular Dystrophy Association)
- American Legion, Post 227 – 829 16th Avenue, East Moline (½ block from start/finish line)

For more information, call (309) 751-9800 or email runqcm@yahoo.com