

## 2010 July-Aug Races

### JULY

July 1<sup>st</sup>, 8<sup>th</sup> BIX at 6:00

Sat., July 3<sup>rd</sup> Prophetstown Run Around 5k. 7:00 pm. Prophetstown, Il. Tommy Barton, 815-537-2093

\*\*\***Saturday, July 3<sup>rd</sup> REAGAN RUN 5K. Dixon Il. Dixon Park Dist. 815-284-3306**

Sat., July 3<sup>rd</sup> Stockton Park Dist. 5k, 8:00am Stockton,IL 815-672-3576

Sun., July 4<sup>th</sup> Galva 5k, 8:00am Galva, IL 309-932-3705

Sun., July 4<sup>th</sup> MELD July 4<sup>th</sup> Classic 8k. Rockford, IL. 815-965-8336

Sun., July 4<sup>th</sup> Firecracker Run 5k/10k 7:30 am. East Moline, Il. Bob Cervantes 309-755-6445

Sun., July 4<sup>th</sup> Streator 5k. 8:00 am. Streator Il. Darcy Beals, 815-672-3576

Sun., July 4<sup>th</sup> Sandwich Freedom Run 5k, 8:00am. Sandwich Il. 815-786-8044

\*\*\*\***Saturday July 10<sup>th</sup> Race Against Racism 5k 8:00 am. Westwood Sterling Il. YMCA 815-625-0333**

Sat., July 10<sup>th</sup> Freeport Triathlon 7:45am. (400 meter swim/17 mile bike/ 3.1 mi. run) Highland Community College YMCA 815-235-9622

Sat., July 10<sup>th</sup> Swamp Dogs 10k 8:00am. Brimfield Il. Chris Dierker 209-691-7574

Sat., July 10<sup>th</sup> Bryonfest 5k, 8:00am. Bryan Il. Bryan Park Dist. , 815-234-8435

Sat., July 10<sup>th</sup> Dog Days 5k. 6:00pm. Lake Bloomington Il. Mitch Hobbs, 309-452-7749

Sat., July 10<sup>th</sup> Molly Deporter Race 8k, 8:00am. Sherrard Il. Mark Mueller, 309-732-1885

\*\*\*\***Saturday July 10<sup>th</sup> MOONLIGHT CHASE 4 MILE 9:00pm. Eldridge, IA. , 563-285-9965**

Sat., July 10<sup>th</sup> Nancy Jo Olds-Bohm 5k. 8:00am. Wyanet, IL. 815-454-9602

Sat., July 11<sup>th</sup> TOUR de HEALTH (50 mi. bike- 8:00am./ 27 mi. bike-8:30am./

7 mi. family ride-9:00am.) Rock Falls Middle School –Rock Falls, IL

Jim McPherson, 815-626-15880

\*\***MONDAY JULY 12<sup>TH</sup> ROCK RIVER ROAD RUNNERS MEMBERSHIP MEETING- 7:00PM**

### OPPOLD MARINA

Sat., July 17<sup>th</sup> Walcott 5k. 7:00pm. Walcott, IA. 563-284-5127

Sat., July 17<sup>th</sup> Rustic Run 4M, 8:00am. Lost Nation,IA. 319-551-0582

Sat., July 17<sup>th</sup> Kennedy 5k Run, 8:30am. Rockford, IL. 815-398-9628

\*\*\*\***Saturday July 24<sup>th</sup> MISSILE 2MILE, 7:00pm. Milledgville, IL. 815-225-7912**

Sat., July 24<sup>th</sup> BIX 7 8:00am. Davenport, IA. 563-383-2489, [www.bix7.com](http://www.bix7.com)

Sat., July 24<sup>th</sup> Hall Creek Scamper 5k, Rockford, IL. 815-713-8286

Sat., July 24<sup>th</sup> Sugar Grove Corn Boil 5k, 7:30am. 630-466-7436

Sat., July 31<sup>st</sup> Indian Creek 5k, 8:00am. Toulon, IL

### AUGUST

Sat., Aug. 1<sup>st</sup> Crime Stoppers 5k, 7:30am Moline, IL. 309-797-0449

Sat., Aug. 1<sup>st</sup> Lincoln-Douglas 5k, 8:00 Freeport, IL.

Friday Aug. 7<sup>th</sup> Mr. C's Wenona 5k, 7:00pm. Wenona, IL. 815-853-4231

\*\*\*\***Saturday Aug. 7<sup>th</sup> MUSIC IN MOTION 5K, 8:00AM. WESTWOOD-STERLING, IL. BARB LAUFF, 815-626-1948**

Friday Aug 6<sup>th</sup> Camanche Classic 5k, 7:30pm. Camanche, IA. 563-259-8990

Sat., Aug 7<sup>th</sup> Alzhiemer's Assoc. 5k, 8:00am. LaSalle, IL. 815-223-1885

Sat., Aug. 14<sup>th</sup> Mind To Run 5k, 7:30am. Peoria, IL. 309-565-0115

Sat., Aug. 14<sup>th</sup> Rodeo Run 2 Mi. & 4 Mi., 8:00am. New Windsor,IL. 309-334-2934

Sat., Aug. 14<sup>th</sup> State Street Mile, 5:00pm. Rockford, IL.

Sun., Aug. 15<sup>th</sup> Pigman Tri, 1.2mi. swim, 56mi. bike, 13.1mi. run, 7:30am. Palo Il. John Snitko, 319-373-0741

Sun., Aug. 15<sup>th</sup> Du-State-Du 2mi. run, 15mi. bike, 2mi. run, 8:00am. Loud Thunder, IL CBRC, 563-324-2250

Sat., Aug. 21<sup>st</sup> Mahomet Half Marathon & 5k, 7:00am. Mahomet, IL. 217-766-9008

Sat., Aug. 21<sup>st</sup> Taming of the Slough, (adventure tri.) 7:30am. Moline, IL. 563-322-2969

Sat., Aug. 28<sup>th</sup> Family Run 5k/10k 7:30am. Silvis, IL. 309-792-9553

Sat., Aug. 21<sup>st</sup> Corn Festival 10k 8:30am. DeKalb, IL. 815-756-6306

**Saturday Aug. 28<sup>th</sup> P-TOWN STATE PARK 5K-1MI. RUN 8:00am. Prophetstown, IL. Tom Shipp, 815-590-6682, Liz Green, 815-537-2015**

Sat., Aug. 28<sup>th</sup> Depot Days 5k, Amboy, IL 8:00am 815-857-2164

