

# corporate steam



Looking for an exciting program to enhance your company health and wellness activities? How about the opportunity to offer your employees a chance to run with Constantina Dita, the gold medalist from the Beijing Olympics as well as other elite runners? Well you can, if your company participates in Corporate Steam.

Employers' Association is pleased to co-sponsor Corporate Steam, a new initiative by the Illinois Valley Striders to promote health and fitness to individuals throughout the community as a part of the Steamboat Classic Run/Walk. The benefits to your employees and the community are countless, such as: better health, camaraderie, better morale, team spirit, fun & family and office competition.

Steamboat is for more than just elite runners, we have created a new challenge, the "4-in-1". The goal is to finish the Steamboat 4 miles in less than one hour – run, jog or walk, it can be done!

Come aboard with us as we strive to make the Peoria community one of the healthiest communities around!

How can you prepare your employees for the Steamboat Classic? With Building Steam, an opportunity for you to prepare yourself for the finish line. Join hundreds of other beginner runners and walkers on April 8th as they build upon their distance week by week until they have achieved the 4-mile distance. It is not how fast you can move but getting to the finish line.

Celebrate Father's Day weekend with your family, friends and the community as you cross the finish line and take part in the celebration finish party!

"Money, stocks and land are not your wealth; But only your own fitness and health"

**Mary Pille, CAE, SPHR**  
President and CEO  
Employers' Association

**Philip Lockwood**  
Race Director, Steamboat Classic  
Vice President, Illinois Valley Striders



EMPLOYERS'  
ASSOCIATION



New in 2009!

# corporate steam

## Corporate Competition - Get on the Boat

Your company has a unique opportunity to show just how physically active you are. **Corporate Steam** is initiating a competition among all employers to see how many people they bring out to the **2009 Steamboat Classic Run/Walk**. Whether you are a small, medium or large size company, you and your families can get involved and help to make central Illinois one of the healthiest communities around.

On your application, please indicate which company or organization you are representing and turn in as a team. Based on the number of participants, one company or organization - small, medium and large- will be declared the healthiest organization of **Corporate Steam**.

**Reebok**

  
Running Central  
get there from here

# building steam

**Building Steam** is an eleven week program of Fitness, Friendship, and Fun to help walkers, new runners and casual runners prepare for the Steamboat Classic 4-mile race on June 20. Trained volunteers and 10 or more participants work as a team, with warm ups, stretching, and lots of practice, starting slowly and easily, to get more fit, make some friends, and have fun as the group prepares together for the trip to the finish line.

Building Steam is built on the premise that getting there is ALL the fun. Many Steamboat Classic participants and many of our coaches are graduates of Building Steam. Building Steam includes people who want to feel better, be less sedentary, lose a little weight, or get started or back to running or walking. If you can take a deep breath and walk for 3 to 5 minutes, you are ready to start in one of our easy-paced teams.

Building Steam starts on Wednesday, April 8, 6:00 p.m. at the RiverPlex Arena on Peoria's beautiful riverfront and continues for the next ten weeks. **PARKING IS FREE!**

The fee for Building Steam is \$65.00. You get eleven weeks of coaching, a high quality participants-only Building Steam shirt, training tips, and your fee **INCLUDES** your entry into the 2009 Steamboat Classic with its own Steamboat Classic original artwork shirt.

## steamboat classic

World's Fastest 4 Miles and Illinois' Toughest 15K  
SATURDAY, JUNE 20, 2009 - 7:00 a.m.

311 SW Water Street. Suite 206  
Peoria, Illinois 61602

(309) 672-6442

Fax: (309) 672-6432

corporatsteam@steamboatclassic.org

steamboatclassic.org



Application may be reproduced for another participant.

Official Use Only

# Corporate Steam Application

First Name (Please Print)

Last Name (Please Print)

Street Address

City

State

ZIP

Employer/Company Name

Province/Country

Home Phone

Work Phone

E-mail Address

Date of Birth

Age (On June 20)

Sex

Check if IVS Member

IVS Membership No.#

T-Shirt Size

**Anheuser-Busch Clydesdale Classes** (please circle appropriate - must attend Awards Ceremony to win)

**MEN:** 190 - 219 lbs. 220 - 249 lbs. 250+ lbs.

**WOMEN:** 150 - 179 lbs. 180 + lbs.

(please indicate weight)

(please indicate weight)

**PLEASE SELECT FOUR MILE OR 15 KILOMETER RACE**

**Register me for the FOUR MILE RACE**  

:   
Best 4 Mile Time

:   
Best 5 Km Time

**Register me for the FIFTEEN Km RACE**  

:   
Best 10 Km Time

:   
Best 15 Km Time

 **Building Steam & Steamboat Classic (\$65)** **Steamboat Classic (See costs on Pg.4)**

Company Name:

Team name:

Company size:

(check box)

- 1 to 50 Employees
- 51 to 200 Employees
- 201 and over Employees

Contact person:

Phone number:

**REGISTRATION FEE INFORMATION AND WAIVER ON OTHER SIDE.  
ENTRY WILL NOT BE PROCESSED WITHOUT YOUR SIGNATURE!**



# Race Application

**Early Entry Fee:**

\$25.00 through June 12

\$20.00 for Illinois Valley Striders Members through June 12

\$23.00 for RRCA & USATF Club Members

**Late Entry Fee:**

\$30.00 for all entries after June 12

**NO ENTRIES ACCEPTED AFTER JUNE 17!**

Return entry form, waiver and check payable to IVS to:

**steamboat classic**

311 SW Water Street, Suite 206, Peoria, Illinois, 61602 USA

Or enter online at: [steamboatclassic.org](http://steamboatclassic.org)

**ELIGIBILITY:** The STEAMBOAT CLASSIC has never been limited on the basis of age or ability. People of any age or ability may enter, and race officials strongly encourage all entrants to honestly evaluate their own fitness and preparedness. The best available medical evidence indicates that children may safely engage in distance running if approached sensibly. However, runners who are under age 16 may be more susceptible to heat injuries and other injuries and are encouraged to run the 4 mile race. Runners under the age of eight are required to be accompanied by an adult who is registered in the race. For safety reasons, running or walking with pets, music head-sets, and strollers is prohibited.

***The Steamboat Classic 15K Finish Line will close at 9:00 a.m. Runners exiting Glen Oak Park after 8:45 a.m. will be allowed to complete the course at their own risk.***

**WAIVER:** I know that running a road race is a potentially hazardous activity. I know that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event. I also know that although police protection will be provided, I assume the risk of running in traffic. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Illinois Valley Striders, the City of Peoria, the Peoria Park District, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(participant under 18)