

Wednesdays, April 7th through June 16th

**NEW THIS YEAR!**

# Rising steam 10

**RISING STEAM** is kicking off in 2010.

This new program will give youth in grades 6-9th and their parents the opportunity to train for the community event - *The Steamboat Classic*. Rising Steam is an eleven week program of **Fitness, Friendship, and Fun** to help youth prepare for the Steamboat Classic 4-mile race held in June. Trained volunteers and participants will work in small teams, 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.

**Participants will receive eleven weeks of coaching, a participant t-shirt, training tips, entry into the Steamboat Classic race with its own race-shirt and more.**

## OKAY! WHEN AND WHERE?

Wednesday, April 7 we start with a 5:45 p.m. kickoff session at the Park District Arena at RiverPlex fitness center, just North of Hamilton on the Peoria RiverFront. Our weekly sessions continue for the next ten weeks of Wednesdays at 5:45 p.m., and conclude with the attainment of our goal: the finish line of the Steamboat Classic on Saturday, June 19. Come with us, every Wednesday at 5:45 p.m..

### Rising Steam Objectives

- Give youth and their parents/guardians the opportunity to train together leading to workouts beyond the Wednesday nights
- Allow participants a sense of accomplishment whether it is running their first 4-mile race or increasing their speed and distance
- Show participants how easy and fun running with others can be

### Entry Fees:

\$30.00 / youth  
(Includes Steamboat Classic entry fee)

\$70 / Parent & youth together  
\$20.00 for each additional youth  
(Includes Steamboat Classic entry fee)

**Reebok**

**Running Central**  
get there from here

**Entry forms available at Running Central.**

Combined application / entry form enters you for both Rising Steam and the Steamboat Classic race.

**Checks payable to IVS**

## steamboat classic

World's Fastest 4 Miles and Illinois' Toughest 15K  
SATURDAY, JUNE 19, 2010 - 7:00 a.m.

311 SW Water Street. Suite 206  
Peoria, Illinois 61602

(309) 672-6442 Fax: (309) 672-6432  
[risingsteam@steamboatclassic.org](mailto:risingsteam@steamboatclassic.org)

[steamboatclassic.org](http://steamboatclassic.org)

building  
**steam**

**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 7, 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.

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# Rising **steam** 10

- April 7** RiverPlex
- April 14** RiverPlex
- April 21** RiverPlex (guest speaker)
- April 28** Goose Loop
- May 5** Riverplex
- May 12** RiverPlex (guest speaker)
- May 19** RiverPlex
- May 26** Goose Loop
- June 2** RiverPlex (guest speaker)
- June 9** Run Steamboat course
- June 16** Run Steamboat course
- June 18** Packet Pick up - Please bring canned food for Food Drive
- June 19** Steamboat Classic race - 7a.m.

Start time is 5:45p.m.

(In case of inclement weather, we will run unless there is lightening)

**Please come prepared, water bottle, proper running  
apparel and shoes**

**Reebok**

  
**Running Central**  
get there from here





# Race Application

## Rising Steam Entry Fees:

\$30.00 / youth

(Includes Steamboat Classic entry fee)

\$70 / Parent & youth together - \$20.00 for each additional youth

(Includes Steamboat Classic entry fee)

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

**steamboat classic**

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



***For more information email: [risingsteam@steamboat.org](mailto:risingsteam@steamboat.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)