

building **steam** & team **steam**

join the programs that have helped hundreds of people catch the boat



building **steam**

Wednesdays – April 7 through June 16

Peoria Park District RiverPlex

team **steam**

Tuesdays – April 6 through June 15

Peoria Woodruff High School Track

Reebok



Running Central
get there from here



Steamboat Classic

World's Fastest Four Miles and Illinois' Toughest Fifteen Km

SATURDAY, JUNE 19, 2010

7:00 a.m.

PEORIA, ILLINOIS USA

Now entering its 37th year, the STEAMBOAT CLASSIC is actually two running races - the Worlds' Fastest Four Mile Race & Illinois' Toughest 15K. These events and related training programs are facilitated by the Illinois Valley Striders with the assistance of hundred of volunteers and the support of dozens of sponsors. The Steamboat Classic is the cornerstone event of the Illinois Valley Striders (IVS). With a membership of over 1,000 members, the IVS mission is to promote running and walking fitness as life sports while striving to enhance our community. IVS serves its members, the running community, and the community at-large through its active involvement in programs, events and organizations/issues that satisfy this mission. Proceeds from the Steamboat Classic entry fees are used to support IVS events and programs year-round.

ENTRY FEES

Through April 3, 2010 - Early Entry Fee:

\$25.00 through April 3, 2010 (\$23.00 for RRCA and USATF Club Members and \$20.00 for Illinois Valley Striders Members)

April 4 through June 11, 2010 Regular Entry Fee:

\$30.00 – April 4 through June 11, 2010 (\$28.00 for RRCA and USATF Club Members and \$25.00 for Illinois Valley Striders Members)

June 12 through June 16 Late Entry Fee:

\$35.00 for ALL ENTRIES

For On-line Registration, please visit:

www.steamboatclassic.org or www.ivs.org

NO ENTRIES ACCEPTED AFTER JUNE 16.

building steam 2010

BUILDING STEAM is an eleven week program of Fitness, Friendship, and Fun to help walkers, new runners, casual runners prepare for the Steamboat Classic 4-mile race on June 19. 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 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. You get eleven weeks of coaching, a high quality participants-only REEBOK Building Steam shirt, training tips, and your fee **INCLUDES** your entry into the 2010 Steamboat Classic with its own Steamboat Classic original artwork REEBOK shirt.



team steam 2010

TEAM STEAM is open to runners of all ages focused on preparing for the Steamboat Classic Four Mile or 15K (9.3 miles) races on June 19. Each week, the Tuesday night **TEAM STEAM** meetings begin at 6:00 p.m. at the Woodruff High School Track starting on April 6. Sessions last 1 to 1.5 hours.

TEAM STEAM uses Woodruff's 400-meter track, the hills and roads of Glen Oak Park, and the RiverFront Trail. The runs - sometimes speedwork, sometimes hill, or sometimes intervals/tempo runs - are led by veteran area coaches and are designed with the runner's progression in mind. Whether you a 6 minute mile or an 11 minute mile, you'll be grouped with runners of similar ability focusing on the Steamboat Classic.

TEAM STEAM is designed to be most beneficial to those who have been running consistently (averaging 3 times per week) for at least a year, and are able to run three miles in 33 minutes or faster.

TEAM STEAM starts on Tuesday, April 6. We start at 6:00 p.m. at the Peoria Woodruff High School Track. Woodruff High School is located at the corner of Monroe and Abington (on the Steamboat Classic Course). Our weekly sessions continue for the next ten weeks on Tuesdays and Thursdays at 6:00 p.m. at Woodruff High School.

The fee for **TEAM STEAM** is \$65.00 for Illinois Valley Striders Members. You get eleven weeks of coaching, a high quality participants-only REEBOK Team Steam Technical Training shirt, your entry into the 2010 Steamboat Classic with its own Steamboat Classic original artwork REEBOK shirt, and the chance to train with some of the area's top runners.