



2003 RunBig Chicago Race Circuits

For more information, to join RunBig Chicago, and for complete rules, results, and links to each of the races in the circuits visit the RunBig web site <http://orik.com/runbig/>
e-mail: Circuit@orik.com



RunBig Chicago Multisport Club is Chicagoland's running, fitness, and multisport club for Clydesdale athletes. The club promotes the interests of club members by supporting weight division competition at local races, fostering interaction, support, and encouragement among athletes, and providing a forum for discussion of topics of special interest to Clydesdale athletes. We invite you to participate in the club's effort to promote, establish, organize and administer weight division competition at area events. We believe that all events should recognize the larger athletes that already compete in their events—and give us the recognition we deserve. To encourage participation in weight division competition, we've established the RunBig Chicago Race Circuits—the Competitive Race Circuit and the Multisport Race Circuit. For events to be included on the circuit they must offer weight division competition. For athletes to compete in the circuits, **they must be a current member of the RunBig Chicago club**. Awards will be given for top finishers in each circuit, in each weight and age group, plus participation awards and more.

Circuit Rules

- Scoring for the Race Circuits will be done uniformly for all races. Even though races have their own Clydesdale competition; this is separate from the RunBig Competitive Race Circuit or Multisport Race Circuit and does not affect RunBig scoring.
- For the Competitive Race Circuit you must run at least five (5) races and your seven (7) best finishes will be used for your overall results. For the Multisport Circuit, you must participate in at least five (5) races and all five (5) finishes will be used for overall results. At least three (3) races must be triathlons or duathlons from the circuit list. You may add up to two (2) road races from the RunBig competitive race circuit to make a total of five races
- Weigh-in: You must verify your weight division via weigh-in before August 3, 2003. An official weigh-in can be any CARA Clydesdale weigh-in, a weigh-in where RunBig is doing a race; or at a RunBig meeting.
- CARA Clydesdale-type scoring will be used, where the RunBig participant placing first ahead of any other RunBig participants in the same category gets 15 points, the second RunBig gets 14, etc. (*Note that where other runners place, who are not competing in the circuit, is not considered--you simply need an official race finish time to report, and we'll do the rest.*)
- The sixteen (16) RunBig Race Circuit age and weight groups are as follows;
Age and Weight Divisions (open and masters)
MEN - A (170-184) B (185-199) C (200-224) D (225+ lbs.)
WOMEN - A (135-144) B (145-154) C (155-169) D (170+ lbs.)
- Additional races may be added to the Circuits during the season.



2003 RunBig Chicago Race Circuit Registration Form



To submit your application, mail or fax this form to:
RunBig Chicago Multisport Club
PO Box 1826
Oak Park, IL 60304-1826
Fax: (312) 996-0195
<http://orik.com/runbig/circuit>
circuit@orik.com

Circuit you are registering for (check one or both):

COMPETITIVE RACE CIRCUIT _____ MULTISPORT RACE CIRCUIT _____

Race circuit participation requires current Run Big Chicago membership

RunBig Chicago Multisport Club membership # _____

Dues Enclosed for New _____ or Renewing Member _____

(\$20-- \$2 discount for CARA members CARA # _____)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

TELEPHONE (H) _____ (W) _____

E-MAIL _____

GENDER: M ___ F ___ BIRTH DATE _____

ESTIMATED WEIGHT AT WEIGH-IN (or Weight Division) _____

Age and Weight Divisions (open and masters)

MEN - A (170-184) B (185-199) C (200-224) D (225+ lbs.)

WOMEN - A (135-144) B (145-154) C (155-169) D (170+ lbs.)

Waiver

I, the undersigned, know that any events I enter carry the risk of personal injury or damage. I am aware that running, fitness and multisport events require advance training, and I certify that I am physically fit for these events. I hereby waive and forfeit all rights I may have to file suit or make claims against RunBig Chicago Multisport Club, any sponsoring organizations, and all persons connected with these events for injuries I may suffer at these events or any other activities organized or sponsored RunBig Chicago Multisport Club.

Signature

Date



2003 RunBig Chicago Competitive Race Circuit

	Clydesdale Races	Location	Sa/Su	Date	Contact	Divisions
1	Shamrock Shuffle 8K www.shamrockshuffle.com (312) 904-9814	Chicago	Sun	23-Mar	Cari Murphy	
2	Race That's Good For Life 5K* www.orik.com/race.html (773) 320-8126	Oak Park	Sun	6-Apr	Geri Bensen	Full Range
3	Ravenswood 5k* www.fleetfeetchicago.com (312) 944-4113x30	Chicago	Sun	27-Apr	Melissa Flynn	Full Range**
4	Naperville 10K www.signmeupsports.com (630) 646-5929	Naperville	Sat	11-May	Sandy Robertson	
5	Green Bay Marathon www.cellcomgreenbaymarathon.com (800) 889-1859	Green Bay WI	Sun	18-May		M= 210+ F= 160+
6	Chicago Lakeshore Marathon (773)765-9028	Chicago	Sun	21-May	Mark Cihlar	Full Range**
	Roselle Run For The Roses 5k info@markdrugs.com * (630) 5293400	Roselle	Sun	1-Jun	Mark Mandel	Full Range
7	Steamboat Classic 4mi www.steamboatclassic.org (309)688-1533	Peoria	Sat	7-Jun		M\$=190-219 220-249, 250+ F\$= 150-179, 180+
8	Lake Mingo Trail Run 7.1mi www.kennekuk.com/events.html (217) 431-5314	Danville Area	Sat	14-Jun	Bud Norgaar	
9	Band On The Run 5K	Orland Park	Sun	22-Jun		
10	Proud to Run 10k		Sat	28-Jun		
11	Women's Festival 5k www.fleetfeetchicago.com (312) 944-4113x30	Chicago	Sun	27-Jul	Melissa Flynn	
12	Chicago Distance Classic 20K www.chicagodistanceclassic.com	Chicago	Sun	3-Aug		
13	Rotary Ramble 5K (219) 987-2875	Demotte IN	Sat	9-Aug	Char Groet	M!= 190-209, 210+ F!=135- 149, 150+
14	Kemper Chicago 10K* www.chicago10k.com (312) 908-9070	Chicago	Sun	20-July	Barbara Aronowski	Full Range**
15	Lake Zurich Alpine 10K* www.lzarea.org/alpine (312) 908-9070	Lake Zurich	Sun	14-Sep	Pat Onines	M=225+ F=170+
16	National Heritage Corridor 25k	Chanahan	Sun	21-Sep	Carol Walters	Full Range

	www.psrr.org (815)4675935					
17	Wild Wild Wilderness Run www.kennekuk.com/events.html (800) 536-3314	Danville	Sun	28-Sep	Jack Foley	M=190-200, 210+ W=140+
18	Harvest Run 5k (773) 465-8005	Chicago	Sun	23-Nov	Michael James	
19						



2003 RunBig Chicago Multisport Race Circuit

Date	Race	Distances	Location	Clyde Divisions
5/31/03	Tri-Shark Triathlon http://www.tri-shark.org/	600 yd swim 13 mile bike 5K run	Moraine View State Park, LeRoy, IL	Men: 200+ Women: 150+
6/1/03	Pigman Sprint Triathlon http://www.pigmantri.com/	.5 K swim 25 K bike 5 K run	12 miles northwest of Cedar Rapids, Iowa	Men: 200+ Women: 145+
6/7/03	Elkhart Lake Triathlon http://www.elkhartlakemultisports.com/	1.5K swim 40K bike 10K run	Elkhart Lake, WI	Men: 185-199, 200-224, 225+ Women: 185-199, 200-224, 225+ Open + Masters (40+)
6/8/03	Lake Mills Triathlon http://www.witriseseries.com/	1/4 mile swim 15 mile bike 5K run	Lake Mills, WI (about 30 miles east of Madison)	Men: 200+ Women 145+ Open + Masters (40+)
6/15/03	Ironhorse Triathlon http://www.ironhorsetri.com/	1.5 mile swim 45 mile bike 10 mile run	Springfield, IL	Male: 200+ Female: 145+
6/21/03	Ottawa's Hammerfest Triathlon http://www.hammerfesttri.com	1.5 km swim 40 km bike 10 km run	Ottawa, IL	Male: 200+ Female: 145+
6/28/02	Optimist City of the Lakes Triathlon http://www.warsawoptimist.org/3athlon/3athlon.html	0.25m swim 13.5m bike 3m run	Warsaw, IN	Men: 200? (Open + Masters) Women: 145+
6/29/03	Wisconsin Dells Tin Man http://www.witriseseries.com/	1.2 mile swim 56 mile bike 13.1-mile run	Baraboo, WI at Mirror Lake State Park	Men: 200+ Women 145+ Open + Masters (40+)
6/29/03	Amphibiaman Triathlon http://www.customcompetitions.com/amphibiamaninfo.htm	1.5K swim 40K bike 10K run	Delavan, WI	Men: 200+ Women: 150+ Open + Masters (40+)
7/13/03	Madison Classic Triathlon http://www.witriseseries.com/	1/4-mile swim 15-mile bike 5K run	Madison, WI	Men: 200+ Women 145+ Open + Masters (40+)

Date	Race	Distances	Location	Clyde Divisions
7/27/03	Wisconsin Dairyman Triathlon http://www.dairylandtri.com/	1.2 mile swim 56 mile bike 13.1-mile run	Racine, WI	Male: 185-199lbs, 200-224lbs, 225lbs+ Female 150lbs+ Open (0-39) and Master (40+)
8/3/03	Big Foot Triathlon http://www.customcompetitions.com/bigfootinfo.htm	1.5K swim 40K bike 10K run	Lake Geneva, WI	Men: 200+ Women: 150+ Open + Masters (40+)
8/10/03	Lake Zurich Triathlon http://www.lzarea.org/lztri/	1k swim (.6mi.) 35k bike (22.5mi.) 10k run (6.2 mi.)	Lake Zurich, IL	Male: 200+ Female: 145+
8/17/03	Pigman Half Ironman http://www.pigmantri.com/	1.2 mile swim 56 mile bike 13.1-mile run	12 miles northwest of Cedar Rapids, Iowa	Men: 200+ Women: 145+
8/24/03	Chicago Triathlon http://www.caprievents.com/	1.5K swim 40K bike 10K run	Chicago	International Distance only. Men: 185+ Women: 145+
9/14/03	Devil's Challenge Triathlon http://www.witriseries.com/	1/4 mile swim 15 mile bike 3.1-mile run	Baraboo, WI at Devil's Lake State Park	Men: 200+ Women 145+ Open + Masters (40+)
9/28/03	Red Zone Duathlon http://www.customcompetitions.com/redzoneinfo.htm	5K run 40K bike 5K run	Woodstock, IL	Men: 200+ Women: 150+ Open + Masters (40+)

Races Updated 02/18/2003