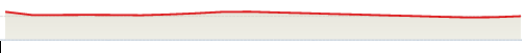
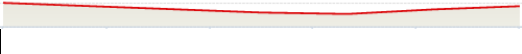
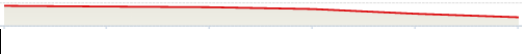
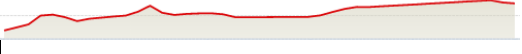
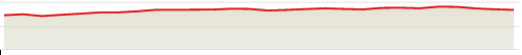
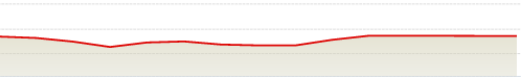
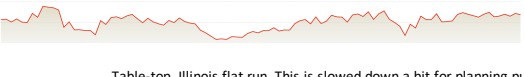
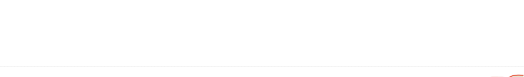
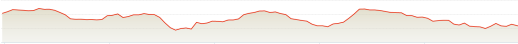
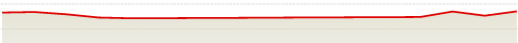


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|-----------------------------------------------|--|--|-----------|-------------------------|--|--|-----------|-----------------------------------|--|--|
| Scheduled departure for the Bob Michel bridge |  |  | 4:00 PM   | Easy pace               |  |  | 11:45     | Hide Pace                         |  |  |
| Scheduled arrival time at Civic Center        |  |  | 4:14 PM   | Avg pace                |  |  | 10:15     |                                   |  |  |
| Scheduled departure time from CMI             |  |  | 6:00 PM   | Fast pace               |  |  | 09:30     |                                   |  |  |
| Total Running time to Peoria                  |  |  | 18:26 hrs | Average Planned Pace    |  |  | 10:44     |                                   |  |  |
| Total Run time (with breaks) to Peoria        |  |  | 22:00 hrs | Available "soft" time   |  |  | 03:51 hrs |                                   |  |  |
|                                               |  |  |           | Segment transition time |  |  | 01:17     | Allowance for exchange of runners |  |  |
|                                               |  |  |           |                         |  |  |           |                                   |  |  |
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|              | From                                                                                     | To                     | Distance | Start | End   | Time | Pace | Avg                                                                                  | ETA | ATA | PACE |
|--------------|------------------------------------------------------------------------------------------|------------------------|----------|-------|-------|------|------|--------------------------------------------------------------------------------------|-----|-----|------|
| 6            | Mobile Station                                                                           | Platt County Line      | 3.4      | 20:00 | 20:34 | 0:34 |      | Easy                                                                                 |     |     |      |
| Dep 8:00 PM  | RIGHT onto Rt. 150, continue to Platt County Line (Power Grid)                           |                        |          |       |       |      |      | Notes                                                                                |     |     |      |
| 3.4 mi       |                                                                                          |                        |          |       |       |      |      | ST. JUDE THEME WEAR                                                                  |     |     |      |
| 5.5 km       |                                                                                          |                        |          |       |       |      |      | CV: Kevin                                                                            |     |     |      |
| 10:15 pace   |                                                                                          |                        |          |       |       |      |      | SV: Fred                                                                             |     |     |      |
|              |         |                        |          |       |       |      |      | Min 710'<br>Max 730'<br>Change 20'<br>End Break 0:00<br>Run Total 14.1<br>To Go 88.9 |     |     |      |
| 7            | Platt County Line                                                                        | Mansfield              | 2.35     | 20:34 | 20:58 | 0:24 |      | Easy                                                                                 |     |     |      |
| Dep 8:34 PM  | Continue onto Rt. 150, LEFT on Main St. at Mansfield, over tracks (Short St.)            |                        |          |       |       |      |      | Notes                                                                                |     |     |      |
| 2.4 mi       |                                                                                          |                        |          |       |       |      |      | GLOW RUN                                                                             |     |     |      |
| 3.8 km       |                                                                                          |                        |          |       |       |      |      | CV: Rob                                                                              |     |     |      |
| 10:15 pace   |                                                                                          |                        |          |       |       |      |      | SV: Kelly                                                                            |     |     |      |
|              |         |                        |          |       |       |      |      | Min 710'<br>Max 730'<br>Change 20'<br>End Break 0:00<br>Run Total 16.5<br>To Go 86.5 |     |     |      |
| 8            | Mansfield                                                                                | FS Parking Lot         | 2.22     | 20:58 | 21:21 | 0:22 |      | ATD                                                                                  | ETA | ATA | PACE |
| Dep 8:58 PM  | LEFT out of parking, Route 150 to FS parking lot on RIGHT                                |                        |          |       |       |      |      | Avg                                                                                  |     |     |      |
| 2.2 mi       |                                                                                          |                        |          |       |       |      |      | Notes                                                                                |     |     |      |
| 3.6 km       |                                                                                          |                        |          |       |       |      |      | GLOW RUN                                                                             |     |     |      |
| 10:15 pace   |                                                                                          |                        |          |       |       |      |      | CV: Rob                                                                              |     |     |      |
|              |         |                        |          |       |       |      |      | SV: Kelly                                                                            |     |     |      |
|              |                                                                                          |                        |          |       |       |      |      | Min 727'<br>Max 731'<br>Change 4'<br>End Break 0:00<br>Run Total 18.7<br>To Go 84.3  |     |     |      |
| 9            | FS Parking Lot                                                                           | Case Parking Lot       | 2.7      | 21:28 | 21:55 | 0:27 |      | Easy                                                                                 |     |     |      |
| Dep 9:28 PM  | RIGHT out of parking, Route 150 to Case parking lot on RIGHT                             |                        |          |       |       |      |      | Notes                                                                                |     |     |      |
| 2.7 mi       |                                                                                          |                        |          |       |       |      |      | GLOW RUN                                                                             |     |     |      |
| 4.3 km       |                                                                                          |                        |          |       |       |      |      | CV: Rob                                                                              |     |     |      |
| 11:45 pace   |                                                                                          |                        |          |       |       |      |      | SV: Kelly                                                                            |     |     |      |
|              |        |                        |          |       |       |      |      | Min 711'<br>Max 725'<br>Change 14'<br>End Break 0:00<br>Run Total 21.4<br>To Go 81.6 |     |     |      |
|              | Fairly flat run. Great tune up for a 5K!                                                 |                        |          |       |       |      |      |                                                                                      |     |     |      |
| 10           | Case Parking Lot                                                                         | Farmer City Huck's     | 2.12     | 21:59 | 22:23 | 0:24 |      | ATD                                                                                  | ETA | ATA | PACE |
| Dep 9:59 PM  | RIGHT out of parking, Route 150 to Farmer City Hucks on RIGHT                            |                        |          |       |       |      |      | Easy                                                                                 |     |     |      |
| 2.1 mi       |                                                                                          |                        |          |       |       |      |      | Notes                                                                                |     |     |      |
| 3.4 km       |                                                                                          |                        |          |       |       |      |      | GLOW RUN                                                                             |     |     |      |
| 11:45 pace   |                                                                                          |                        |          |       |       |      |      | CV: Cathy                                                                            |     |     |      |
|              |                                                                                          |                        |          |       |       |      |      | SV: Angie                                                                            |     |     |      |
|              |       |                        |          |       |       |      |      | Min 705'<br>Max 721'<br>Change 16'<br>End Break 0:00<br>Run Total 23.5<br>To Go 79.5 |     |     |      |
|              | Fairly flat run, just over 2 miles. Great for the new runners!                           |                        |          |       |       |      |      | **RUNNERS WILL BE INSTRUCTED TO RIDE THROUGH CONSTRUCTION UNDER OVERPASS.**          |     |     |      |
| 11           | Farmer City Huck's                                                                       | Grain silo/gravel pile | 3.5      | 22:23 | 23:04 | 0:41 |      | ATD                                                                                  | ETA | ATA | PACE |
| Dep 10:23 PM | RIGHT out of Huck's, Route 150 to silo/gravel pile on LEFT                               |                        |          |       |       |      |      | Avg                                                                                  |     |     |      |
| 3.5 mi       |                                                                                          |                        |          |       |       |      |      | Notes                                                                                |     |     |      |
| 5.6 km       |                                                                                          |                        |          |       |       |      |      | GLOW RUN                                                                             |     |     |      |
| 10:15 pace   |                                                                                          |                        |          |       |       |      |      | CV: Cathy                                                                            |     |     |      |
|              |       |                        |          |       |       |      |      | SV: Angie                                                                            |     |     |      |
|              |                                                                                          |                        |          |       |       |      |      | Min 705'<br>Max 746'<br>Change 41'<br>End Break 0:00<br>Run Total 27.0<br>To Go 76.0 |     |     |      |
| 12           | Grain silo/gravel pile                                                                   | Evergreen FS           | 3.33     | 22:58 | 23:32 | 0:34 |      | ATD                                                                                  | ETA | ATA | PACE |
| Dep 10:58 PM | LEFT out of parking, Route 150 to 4-way STOP. LEFT on Route 136 to Evergreen FS on RIGHT |                        |          |       |       |      |      | Avg                                                                                  |     |     |      |
| 3.3 mi       |                                                                                          |                        |          |       |       |      |      | Notes                                                                                |     |     |      |
| 5.4 km       |                                                                                          |                        |          |       |       |      |      | GLOW RUN                                                                             |     |     |      |
| 10:15 pace   |                                                                                          |                        |          |       |       |      |      | CV: Cathy                                                                            |     |     |      |
|              |                                                                                          |                        |          |       |       |      |      | SV: Angie                                                                            |     |     |      |
|              |       |                        |          |       |       |      |      | Min 739'<br>Max 752'<br>Change 13'<br>End Break 0:00<br>Run Total 30.4<br>To Go 72.7 |     |     |      |
|              | If we have a clear night, the bright star Vega will be directly overhead for you.        |                        |          |       |       |      |      |                                                                                      |     |     |      |

| 13                                                                                                                                                                           | From                                                                                        | To              | Distance | Start    | End      | Time      | Pace | ATD                                                                                                                                   | ETA | ATA | PACE |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------|----------|----------|----------|-----------|------|---------------------------------------------------------------------------------------------------------------------------------------|-----|-----|------|
|                                                                                                                                                                              | Evergreen FS                                                                                | 2500E/Route 136 | 3.5      | 23:32    | 12:05 AM | 0:33      |      | Fast                                                                                                                                  | ▼   |     |      |
| Dep 11:32 PM                                                                                                                                                                 | RIGHT out of parking, Route 136 to intersection of 2500E/Route 136, pull over on RIGHT side |                 |          |          |          |           |      | Notes                                                                                                                                 |     |     |      |
| 3.5 mi                                                                                                                                                                       |            |                 |          |          |          | Min       | 734' | CV: Kevin<br>SV: Fred                                                                                                                 |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | Max       | 749' |                                                                                                                                       |     |     |      |
| 5.6 km                                                                                                                                                                       |                                                                                             |                 |          |          |          | Change    | 15'  |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | End Break | 0:00 |                                                                                                                                       |     |     |      |
| 09:30 pace                                                                                                                                                                   |                                                                                             |                 |          |          |          | Run Total | 33.9 |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | To Go     | 69.2 |                                                                                                                                       |     |     |      |
| Midnight Run. For you fast runner, there's no moon, should have some great stars to look at.                                                                                 |                                                                                             |                 |          |          |          |           |      |                                                                                                                                       |     |     |      |
| 14                                                                                                                                                                           | From                                                                                        | To              | Distance | Start    | End      | Time      | Pace | ATD                                                                                                                                   | ETA | ATA | PACE |
|                                                                                                                                                                              | 2500E/Route 136                                                                             | Silos/Barns     | 2.3      | 12:05 AM | 12:28 AM | 0:23      |      | Avg                                                                                                                                   | ▼   |     |      |
| Dep 12:05 AM                                                                                                                                                                 | Continue down Route 136 to silos/barns on RIGHT side of road                                |                 |          |          |          |           |      | Notes                                                                                                                                 |     |     |      |
| 2.3 mi                                                                                                                                                                       |            |                 |          |          |          | Min       | 748' | CV: Kevin<br>SV: Fred                                                                                                                 |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | Max       | 791' |                                                                                                                                       |     |     |      |
| 3.7 km                                                                                                                                                                       |                                                                                             |                 |          |          |          | Change    | 43'  |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | End Break | 0:00 |                                                                                                                                       |     |     |      |
| 10:15 pace                                                                                                                                                                   |                                                                                             |                 |          |          |          | Run Total | 36.2 |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | To Go     | 66.9 |                                                                                                                                       |     |     |      |
| Slightly climbing run. Modest pace. Good for new runners.                                                                                                                    |                                                                                             |                 |          |          |          |           |      |                                                                                                                                       |     |     |      |
| 15                                                                                                                                                                           | From                                                                                        | To              | Distance | Start    | End      | Time      | Pace | ATD                                                                                                                                   | ETA | ATA | PACE |
|                                                                                                                                                                              | Silos/Barns                                                                                 | Quad Silos      | 2.9      | 12:30 AM | 1:04 AM  | 0:34      |      | Avg                                                                                                                                   | ▼   |     |      |
| Dep 12:30 AM                                                                                                                                                                 | Continue down Route 136 just past 2000E to a Quad of Silos on RIGHT                         |                 |          |          |          |           |      | Notes                                                                                                                                 |     |     |      |
| 2.9 mi                                                                                                                                                                       |            |                 |          |          |          | Min       | 786' | CV: Kevin<br>SV: Fred                                                                                                                 |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | Max       | 792' |                                                                                                                                       |     |     |      |
| 4.7 km                                                                                                                                                                       |                                                                                             |                 |          |          |          | Change    | 6'   |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | End Break | 0:00 |                                                                                                                                       |     |     |      |
| 11:45 pace                                                                                                                                                                   |                                                                                             |                 |          |          |          | Run Total | 39.1 |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | To Go     | 64.0 |                                                                                                                                       |     |     |      |
| Table-top, Illinois flat run. This is slowed down a bit for planning purposes.                                                                                               |                                                                                             |                 |          |          |          |           |      |                                                                                                                                       |     |     |      |
| 16                                                                                                                                                                           | From                                                                                        | To              | Distance | Start    | End      | Time      | Pace | ATD                                                                                                                                   | ETA | ATA | PACE |
|                                                                                                                                                                              | Quad Silos                                                                                  | 2200 E          | 2.94     | 1:04 AM  | 1:34 AM  | 0:30      |      | Avg                                                                                                                                   | ▼   |     |      |
| Dep 1:04 AM                                                                                                                                                                  | Continue down Route 136 to 1700E.                                                           |                 |          |          |          |           |      | Notes                                                                                                                                 |     |     |      |
| 2.9 mi                                                                                                                                                                       |          |                 |          |          |          | Min       | 786' | CV: Rob<br>SV: Kelly                                                                                                                  |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | Max       | 792' |                                                                                                                                       |     |     |      |
| 4.7 km                                                                                                                                                                       |                                                                                             |                 |          |          |          | Change    | 6'   |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | End Break | 0:00 |                                                                                                                                       |     |     |      |
| 10:15 pace                                                                                                                                                                   |                                                                                             |                 |          |          |          | Run Total | 42.0 |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | To Go     | 61.0 |                                                                                                                                       |     |     |      |
| Table-top, Illinois flat run. This is slowed down a bit for planning purposes.                                                                                               |                                                                                             |                 |          |          |          |           |      |                                                                                                                                       |     |     |      |
| 17                                                                                                                                                                           | From                                                                                        | To              | Distance | Start    | End      | Time      | Pace | ATD                                                                                                                                   | ETA | ATA | PACE |
|                                                                                                                                                                              | 2200 E                                                                                      | Heyworth Hucks  | 2.46     | 1:34     | 2:02     | 0:28      |      | Easy                                                                                                                                  | ▼   |     |      |
| Dep 1:34 AM                                                                                                                                                                  | Continue down Route 136 to Heyworth Huck's parking lot on RIGHT                             |                 |          |          |          |           |      | Notes                                                                                                                                 |     |     |      |
| 2.5 mi                                                                                                                                                                       |          |                 |          |          |          | Min       | 736' | CV: Rob<br>SV: Kelly                                                                                                                  |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | Max       | 791' |                                                                                                                                       |     |     |      |
| 4.0 km                                                                                                                                                                       |                                                                                             |                 |          |          |          | Change    | 55'  |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | End Break | 0:05 |                                                                                                                                       |     |     |      |
| 11:45 pace                                                                                                                                                                   |                                                                                             |                 |          |          |          | Run Total | 44.5 |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | To Go     | 58.6 |                                                                                                                                       |     |     |      |
| 18                                                                                                                                                                           | From                                                                                        | To              | Distance | Start    | End      | Time      | Pace | ATD                                                                                                                                   | ETA | ATA | PACE |
|                                                                                                                                                                              | Heyworth Hucks                                                                              | Rt. 136/1200E   | 2.8      | 2:02     | 2:30     | 0:28      |      | Avg                                                                                                                                   | ▼   |     |      |
| Dep 2:02 AM                                                                                                                                                                  | RIGHT out of Huck's, Route 136 to 1200E                                                     |                 |          |          |          |           |      | Notes                                                                                                                                 |     |     |      |
| 2.8 mi                                                                                                                                                                       |          |                 |          |          |          | Min       | 666' | Runners and volunteers riding to the Dixie Truck stop will have an opportunity to rest for over 3 1/2 hours<br>CV: Cathy<br>SV: Angie |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | Max       | 736' |                                                                                                                                       |     |     |      |
| 4.5 km                                                                                                                                                                       |                                                                                             |                 |          |          |          | Change    | 70'  |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | End Break | 0:05 |                                                                                                                                       |     |     |      |
| 10:15 pace                                                                                                                                                                   |                                                                                             |                 |          |          |          | Run Total | 47.3 |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | To Go     | 55.8 |                                                                                                                                       |     |     |      |
| EVERYONE STOP TO REGROUP HERE (RUNNERS/CHASE VAN INCLUDED!) Runners for segments 19 & 20 will stay with van & chase van. All others will take the bus to Dixie & eat, sleep. |                                                                                             |                 |          |          |          |           |      |                                                                                                                                       |     |     |      |
| 19                                                                                                                                                                           | From                                                                                        | To              | Distance | Start    | End      | Time      | Pace | ATD                                                                                                                                   | ETA | ATA | PACE |
|                                                                                                                                                                              | Rt. 136/1200E                                                                               | Rt. 136/900E    | 3.0      | 2:35     | 3:05     | 0:30      |      | Avg                                                                                                                                   | ▼   |     |      |
| Dep 2:35 AM                                                                                                                                                                  | Route 136 continue on to 900E                                                               |                 |          |          |          |           |      | Notes                                                                                                                                 |     |     |      |
| 3.0 mi                                                                                                                                                                       |          |                 |          |          |          | Min       | 683' | CV: Cathy<br>SV: Angie                                                                                                                |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | Max       | 734' |                                                                                                                                       |     |     |      |
| 4.8 km                                                                                                                                                                       |                                                                                             |                 |          |          |          | Change    | 51'  |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | End Break | 0:00 |                                                                                                                                       |     |     |      |
| 10:15 pace                                                                                                                                                                   |                                                                                             |                 |          |          |          | Run Total | 50.3 |                                                                                                                                       |     |     |      |
|                                                                                                                                                                              |                                                                                             |                 |          |          |          | To Go     | 52.8 |                                                                                                                                       |     |     |      |

|             | From                                                                                                                 | To                  | Distance | Start | End  | Time | Pace | ATD                                                   | ETA | ATA | PACE |
|-------------|----------------------------------------------------------------------------------------------------------------------|---------------------|----------|-------|------|------|------|-------------------------------------------------------|-----|-----|------|
| 20          | Rt. 136/900E                                                                                                         | Dixie Truck Stop    | 4.0      | 3:05  | 3:42 | 0:37 |      | Avg                                                   | ▼   |     |      |
| Dep 3:05 AM | LEFT on Route 136 continue on to McLean, LEFT into large parking area at Dixie Truck Stop                            |                     |          |       |      |      |      | Notes                                                 |     |     |      |
| 4.0 mi      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 6.4 km      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 09:30 pace  |                                     |                     |          |       |      |      |      |                                                       |     |     |      |
|             | Min 683'<br>Max 734'<br>Change 51'<br>End Break 1:48<br>Run Total 54.2<br>To Go 48.8                                 |                     |          |       |      |      |      | CV: Cathy<br>SV: Angie                                |     |     |      |
|             | Fast run. Hill starts at 2.2 miles (see mark) with short, but sharp climb.                                           |                     |          |       |      |      |      |                                                       |     |     |      |
| 21          | Rt. 136/900E                                                                                                         | 300E/400N           | 3.7      | 5:30  | 6:13 | 0:43 |      | Easy                                                  | ▼   |     |      |
| Dep 5:30 AM | LEFT out of parking lot, in ONE MILE, RIGHT on 400E (Stanford Rd.). RIGHT on 300E. Park on 300E, RIGHT side of road. |                     |          |       |      |      |      | Notes                                                 |     |     |      |
| 3.7 mi      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 6.0 km      |                                     |                     |          |       |      |      |      |                                                       |     |     |      |
| 11:45 pace  | Min 621'<br>Max 725'<br>Change 104'<br>End Break 0:00<br>Run Total 57.9<br>To Go 45.1                                |                     |          |       |      |      |      | CV: Kevin<br>SV: Fred                                 |     |     |      |
|             | Bus leaves at 6:00 AM.                                                                                               |                     |          |       |      |      |      |                                                       |     |     |      |
| 22          | 300E/400N                                                                                                            | 300E/600N           | 2.0      | 6:13  | 6:33 | 0:20 |      | Avg                                                   | ▼   |     |      |
| Dep 6:13 AM | NORTH along 300E for two miles to 600N, stop on RIGHT                                                                |                     |          |       |      |      |      | Notes                                                 |     |     |      |
| 2.0 mi      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 3.3 km      |                                     |                     |          |       |      |      |      |                                                       |     |     |      |
| 10:15 pace  | Min 657'<br>Max 678'<br>Change 21'<br>End Break 0:00<br>Run Total 59.9<br>To Go 43.1                                 |                     |          |       |      |      |      | WEAR TUTUS/TIARAS GLITTER<br>CV: Kevin<br>SV: Fred    |     |     |      |
|             | Note the faster pace. This is the stop with the timid, but friendly dog at farmer's house                            |                     |          |       |      |      |      |                                                       |     |     |      |
| 23          | 300E/600N                                                                                                            | 800N/250E           | 2.5      | 6:33  | 6:57 | 0:24 |      | Avg                                                   | ▼   |     |      |
| Dep 6:33 AM | NORTH along 300E, turn LEFT on 800 N. then turn RIGHT on 250 E. and park on RIGHT side                               |                     |          |       |      |      |      | Notes                                                 |     |     |      |
| 2.5 mi      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 4.1 km      |                                   |                     |          |       |      |      |      |                                                       |     |     |      |
| 09:30 pace  | Min 657'<br>Max 678'<br>Change 21'<br>End Break 0:00<br>Run Total 62.5<br>To Go 40.6                                 |                     |          |       |      |      |      | WEAR TUTUS/TIARAS/GLITTER<br>CV: Kevin<br>SV: Fred    |     |     |      |
|             | Note the faster pace. This is the stop with the timid, but friendly dog at farmer's house                            |                     |          |       |      |      |      |                                                       |     |     |      |
| 24          | 800N/250E                                                                                                            | Tremont Post Office | 2.5      | 6:57  | 7:20 | 0:23 |      | Easy                                                  | ▼   |     |      |
| Dep 6:57 AM | Continue NORTH on 250E, to Post Office (large grain silos across street from bank)                                   |                     |          |       |      |      |      | Notes                                                 |     |     |      |
| 2.5 mi      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 4.0 km      |                                   |                     |          |       |      |      |      |                                                       |     |     |      |
| 11:45 pace  | Min 639'<br>Max 693'<br>Change 54'<br>End Break 0:05<br>Run Total 64.9<br>To Go 38.1                                 |                     |          |       |      |      |      | WEAR TUTUS/TIARAS/GLITTER<br>CV: Rob<br>SV: Kelly     |     |     |      |
|             | Stop for group photo, planned restroom break at local facility                                                       |                     |          |       |      |      |      |                                                       |     |     |      |
| 25          | Tremont Post Office                                                                                                  | Tazwell/McLean Line | 3.0      | 7:25  | 8:00 | 0:35 |      | Avg                                                   | ▼   |     |      |
| Dep 7:25 AM | LEFT out of parking, NORTH through Stanford, LEFT on Route 122 (1100N) to Tazwell/McLean county line                 |                     |          |       |      |      |      | Notes                                                 |     |     |      |
| 3.0 mi      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 4.9 km      |                                   |                     |          |       |      |      |      |                                                       |     |     |      |
| 10:15 pace  | Min 648'<br>Max 693'<br>Change 45'<br>End Break 0:00<br>Run Total 68.0<br>To Go 35.1                                 |                     |          |       |      |      |      | CV: Rob<br>SV: Kelly                                  |     |     |      |
|             | Mid morning fast 5K run for you gazelles!                                                                            |                     |          |       |      |      |      |                                                       |     |     |      |
| 26          | Tazwell/McLean Line                                                                                                  | Minier Park         | 3.0      | 8:00  | 8:30 | 0:30 |      | Avg                                                   | ▼   |     |      |
| Dep 8:00 AM | Continue WEST on Route 122, LEFT past Casey's (Minier Road), SOUTH, LEFT on Peoria Rd. (stop sign) to Park           |                     |          |       |      |      |      | Notes                                                 |     |     |      |
| 3.0 mi      |                                                                                                                      |                     |          |       |      |      |      |                                                       |     |     |      |
| 4.9 km      |                                   |                     |          |       |      |      |      |                                                       |     |     |      |
| 10:15 pace  | Min 644'<br>Max 652'<br>Change 8'<br>End Break 0:15<br>Run Total 71.0<br>To Go 32.0                                  |                     |          |       |      |      |      | WEAR PURPLE FOR JESSIE'S MILE<br>CV: Rob<br>SV: Kelly |     |     |      |
|             | Visit with nice couple, fresh fruit. Adjust departure time if late                                                   |                     |          |       |      |      |      |                                                       |     |     |      |

| 27                                                                                       | From                                                                                                                        | To                   | Distance | Start | End   | Time                         | Pace | ATD                                                                                                                                              | ETA | ATA | PACE |
|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------|----------|-------|-------|------------------------------|------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|------|
|                                                                                          | Minier Park                                                                                                                 | Mackinaw Rd/Rte 122  | 2.5      | 8:45  | 9:14  | 0:29                         |      | Easy                                                                                                                                             | ▼   |     |      |
| Dep 8:45 AM                                                                              | Take School Ave. RIGHT to LaSalle, turn LEFT. Turn RIGHT on Minier, LEFT on Route 122 to Mackinaw Rd.                       |                      |          |       |       |                              |      | Notes                                                                                                                                            |     |     |      |
| 2.5 mi                                                                                   |                                                                                                                             |                      |          |       |       | Min 624'                     |      | WEAR PURPLE FOR JESSIE'S MILE<br>CV: Cathy<br>SV: Angie                                                                                          |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | Max 649'                     |      |                                                                                                                                                  |     |     |      |
| 4.0 km                                                                                   |                                                                                                                             |                      |          |       |       | Change 25'                   |      |                                                                                                                                                  |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | End Break 0:00               |      |                                                                                                                                                  |     |     |      |
| 11:45 pace                                                                               |                                                                                                                             |                      |          |       |       | Run Total 73.5<br>To Go 29.5 |      |                                                                                                                                                  |     |     |      |
| Mostly flat surface                                                                      |                                                                                                                             |                      |          |       |       |                              |      |                                                                                                                                                  |     |     |      |
| 28                                                                                       | From                                                                                                                        | To                   | Distance | Start | End   | Time                         | Pace | ATD                                                                                                                                              | ETA | ATA | PACE |
|                                                                                          | Mackinaw Rd/Rte 122                                                                                                         | Casey's Hopedale     | 3.9      | 9:14  | 9:53  | 0:39                         |      | Avg                                                                                                                                              | ▼   |     |      |
| Dep 9:14 AM                                                                              | Continue WEST on Route 122 to the Casey's Hopedale on LEFT side.                                                            |                      |          |       |       |                              |      | Notes                                                                                                                                            |     |     |      |
| 3.9 mi                                                                                   |                                                                                                                             |                      |          |       |       | Min 622'                     |      | WEAR PURPLE FOR JESSICA'S MILE. The wonderful people on Hopedale will once again provide runners with food at Casey's.<br>CV: Cathy<br>SV: Angie |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | Max 649'                     |      |                                                                                                                                                  |     |     |      |
| 6.3 km                                                                                   |                                                                                                                             |                      |          |       |       | Change 27'                   |      |                                                                                                                                                  |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | End Break 0:20               |      |                                                                                                                                                  |     |     |      |
| 10:15 pace                                                                               |                                                                                                                             |                      |          |       |       | Run Total 77.4<br>To Go 25.6 |      |                                                                                                                                                  |     |     |      |
| 29                                                                                       | From                                                                                                                        | To                   | Distance | Start | End   | Time                         | Pace | ATD                                                                                                                                              | ETA | ATA | PACE |
|                                                                                          | Casey's Hopedale                                                                                                            | Weihmer Farm         | 1.0      | 10:13 | 10:24 | 0:11                         |      | Easy                                                                                                                                             | ▼   |     |      |
| Dep 10:13 AM                                                                             | Head NORTH on Hopedale Rd to Weihmer's Farm                                                                                 |                      |          |       |       |                              |      | Notes                                                                                                                                            |     |     |      |
| 1.0 mi                                                                                   |                                                                                                                             |                      |          |       |       | Min 627'                     |      | All runners on deck. We will be joined by the Gordon family for Jessica's Mile. WEAR PURPLE!<br>CV: Cathy<br>SV: Angie                           |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | Max 638'                     |      |                                                                                                                                                  |     |     |      |
| 1.6 km                                                                                   |                                                                                                                             |                      |          |       |       | Change 11'                   |      |                                                                                                                                                  |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | End Break 0:05               |      |                                                                                                                                                  |     |     |      |
| 11:45 pace                                                                               |                                                                                                                             |                      |          |       |       | Run Total 78.4<br>To Go 24.6 |      |                                                                                                                                                  |     |     |      |
| All Runners on deck! This is Jessica's Run!                                              |                                                                                                                             |                      |          |       |       |                              |      |                                                                                                                                                  |     |     |      |
| 30                                                                                       | From                                                                                                                        | To                   | Distance | Start | End   | Time                         | Pace | ATD                                                                                                                                              | ETA | ATA | PACE |
|                                                                                          | Weihmer Farm                                                                                                                | H-dale/Kentuckiana   | 1.5      | 10:29 | 10:46 | 0:17                         |      | Easy                                                                                                                                             | ▼   |     |      |
| Dep 10:29 AM                                                                             | Head NORTH on Hopedale Rd to Kentuckiana                                                                                    |                      |          |       |       |                              |      | Notes                                                                                                                                            |     |     |      |
| 1.5 mi                                                                                   |                                                                                                                             |                      |          |       |       | Min 560'                     |      | Indian Run anyone?? WEAR PURPLE FOR JESSICA'S MILE.<br>CV: Kevin<br>SV: Fred                                                                     |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | Max 626'                     |      |                                                                                                                                                  |     |     |      |
| 2.4 km                                                                                   |                                                                                                                             |                      |          |       |       | Change 66'                   |      |                                                                                                                                                  |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | End Break 0:00               |      |                                                                                                                                                  |     |     |      |
| 11:45 pace                                                                               |                                                                                                                             |                      |          |       |       | Run Total 79.9<br>To Go 23.1 |      |                                                                                                                                                  |     |     |      |
| This is Jessica's Hill. Sharp, but short climb of 60' starts at .9 miles (see highlight) |                                                                                                                             |                      |          |       |       |                              |      |                                                                                                                                                  |     |     |      |
| 31                                                                                       | From                                                                                                                        | To                   | Distance | Start | End   | Time                         | Pace | ATD                                                                                                                                              | ETA | ATA | PACE |
|                                                                                          | H-dale/Kentuckiana                                                                                                          | Top of Townline Hill | 3.2      | 10:46 | 11:23 | 0:37                         |      | Easy                                                                                                                                             | ▼   |     |      |
| Dep 10:46 AM                                                                             | Continue WEST on Hopedale Rd. turn LEFT on TOWNLINE Rd to top of hill. Parking is on RIGHT at white picket fence with flag. |                      |          |       |       |                              |      | Notes                                                                                                                                            |     |     |      |
| 3.2 mi                                                                                   |                                                                                                                             |                      |          |       |       | Min 551'                     |      | CV: Kevin<br>SV: Fred                                                                                                                            |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | Max 621'                     |      |                                                                                                                                                  |     |     |      |
| 5.1 km                                                                                   |                                                                                                                             |                      |          |       |       | Change 70'                   |      |                                                                                                                                                  |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | End Break 0:00               |      |                                                                                                                                                  |     |     |      |
| 11:45 pace                                                                               |                                                                                                                             |                      |          |       |       | Run Total 83.1<br>To Go 19.9 |      |                                                                                                                                                  |     |     |      |
| This has a significant hill at the end. Beware!                                          |                                                                                                                             |                      |          |       |       |                              |      |                                                                                                                                                  |     |     |      |
| 32                                                                                       | From                                                                                                                        | To                   | Distance | Start | End   | Time                         | Pace | ATD                                                                                                                                              | ETA | ATA | PACE |
|                                                                                          | Top of Townline Hill                                                                                                        | Locust/Townline      | 2.0      | 11:23 | 11:43 | 0:20                         |      | Avg                                                                                                                                              | ▼   |     |      |
| Dep 11:23 AM                                                                             | Continue WEST on TOWNLINE Rd to LOCUST St.                                                                                  |                      |          |       |       |                              |      | Notes                                                                                                                                            |     |     |      |
| 2.0 mi                                                                                   |                                                                                                                             |                      |          |       |       | Min 623'                     |      | 80'S THEME<br>CV: Kevin<br>SV: Fred                                                                                                              |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | Max 639'                     |      |                                                                                                                                                  |     |     |      |
| 3.2 km                                                                                   |                                                                                                                             |                      |          |       |       | Change 16'                   |      |                                                                                                                                                  |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | End Break 0:00               |      |                                                                                                                                                  |     |     |      |
| 10:15 pace                                                                               |                                                                                                                             |                      |          |       |       | Run Total 85.1<br>To Go 17.9 |      |                                                                                                                                                  |     |     |      |
| 33                                                                                       | From                                                                                                                        | To                   | Distance | Start | End   | Time                         | Pace | ATD                                                                                                                                              | ETA | ATA | PACE |
|                                                                                          | Locust/Townline                                                                                                             | Tremont-Locust Point | 2.6      | 11:43 | 12:09 | 0:26                         |      | Avg                                                                                                                                              | ▼   |     |      |
| Dep 11:43 AM                                                                             | Continue NORTH along LOCUST St to Locust Point Independent Living on RIGHT.                                                 |                      |          |       |       |                              |      | Notes                                                                                                                                            |     |     |      |
| 2.6 mi                                                                                   |                                                                                                                             |                      |          |       |       | Min 621'                     |      | 80'S THEME<br>CV: Rob<br>SV: Kelly                                                                                                               |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | Max 648'                     |      |                                                                                                                                                  |     |     |      |
| 4.2 km                                                                                   |                                                                                                                             |                      |          |       |       | Change 27'                   |      |                                                                                                                                                  |     |     |      |
|                                                                                          |                                                                                                                             |                      |          |       |       | End Break 0:00               |      |                                                                                                                                                  |     |     |      |
| 10:15 pace                                                                               |                                                                                                                             |                      |          |       |       | Run Total 87.7<br>To Go 15.3 |      |                                                                                                                                                  |     |     |      |

| 34                                                                                                  | From                                                                                                                                                                       | To                      | Distance | Start | End   | Time      | Pace  | ATD                                                                                                                                                                | ETA | ATA | PACE |
|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|----------|-------|-------|-----------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|------|
|                                                                                                     | Tremont-Locust Point                                                                                                                                                       | Tremont Park            | 0.8      | 12:13 | 12:21 | 0:08      |       | Easy                                                                                                                                                               |     |     |      |
| Dep 12:13 PM                                                                                        | Continue NORTH along LOCUST ST, RIGHT on FRANKLIN, LEFT on SAMPSON St to Tremont Park on RIGHT.<br>(Bus park on James St.)                                                 |                         |          |       |       |           |       | Notes                                                                                                                                                              |     |     |      |
| 0.8 mi                                                                                              |                                                                                                                                                                            |                         |          |       |       | Min       | 640'  | ALL RUNNERS<br>80'S THEME<br>CV: Rob<br>SV: Kelly                                                                                                                  |     |     |      |
| 1.2 km                                                                                              |                                                                                                                                                                            |                         |          |       |       | Max       | 667'  |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Change    | 27'   |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | End Break | 0:45  |                                                                                                                                                                    |     |     |      |
| 11:45 pace                                                                                          |                                                                                                                                                                            |                         |          |       |       | Run Total | 88.4  |                                                                                                                                                                    |     |     |      |
|                                                                                                     | To Go                                                                                                                                                                      | 14.6                    |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| All runners on deck! Showers available. Swim break! Adjust depature time if late                    |                                                                                                                                                                            |                         |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| 35                                                                                                  | From                                                                                                                                                                       | To                      | Distance | Start | End   | Time      | Pace  | ATD                                                                                                                                                                | ETA | ATA | PACE |
|                                                                                                     | Tremont Park                                                                                                                                                               | Allentown/Springfield   | 3.7      | 13:07 | 13:42 | 0:35      |       | Fast                                                                                                                                                               |     |     |      |
| Dep 1:07 PM                                                                                         | NORTH on SAMPSON, LEFT on TAZEWELL, RIGHT on TOEPLITZ continue NORTH, LEFT on ALLENTOWN, WEST to SPRINGFIELD (bus pull over at flashing Stop Sign warning)                 |                         |          |       |       |           |       | Notes                                                                                                                                                              |     |     |      |
| 3.7 mi                                                                                              |                                                                                                                                                                            |                         |          |       |       | Min       | 639'  | RED, WHITE & BLUE<br>CV: Rob<br>SV: Kelly                                                                                                                          |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Max       | 755'  |                                                                                                                                                                    |     |     |      |
| 6.0 km                                                                                              |                                                                                                                                                                            |                         |          |       |       | Change    | 116'  |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | End Break | 0:00  |                                                                                                                                                                    |     |     |      |
| 09:30 pace                                                                                          |                                                                                                                                                                            |                         |          |       |       | Run Total | 92.2  |                                                                                                                                                                    |     |     |      |
|                                                                                                     | To Go                                                                                                                                                                      | 10.9                    |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| Just for you speedy runners. There's a long steady climb on the last 1 1/2 miles.                   |                                                                                                                                                                            |                         |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| 36                                                                                                  | From                                                                                                                                                                       | To                      | Distance | Start | End   | Time      | Pace  | ATD                                                                                                                                                                | ETA | ATA | PACE |
|                                                                                                     | Allentown/Springfield                                                                                                                                                      | Christ Followers Church | 2.7      | 13:42 | 14:10 | 0:27      |       | Avg                                                                                                                                                                |     |     |      |
| Dep 1:42 PM                                                                                         | RIGHT on SPRINGFIELD to Christ Followers Church parking on LEFT (at the Heartland Christian Fellowship sign)                                                               |                         |          |       |       |           |       | Notes                                                                                                                                                              |     |     |      |
| 2.7 mi                                                                                              |                                                                                                                                                                            |                         |          |       |       | Min       | 741'  | RED, WHITE & BLUE<br>CV: Cathy<br>SV: Angie                                                                                                                        |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Max       | 783'  |                                                                                                                                                                    |     |     |      |
| 4.3 km                                                                                              |                                                                                                                                                                            |                         |          |       |       | Change    | 42'   |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | End Break | 0:00  |                                                                                                                                                                    |     |     |      |
| 10:15 pace                                                                                          |                                                                                                                                                                            |                         |          |       |       | Run Total | 94.8  |                                                                                                                                                                    |     |     |      |
|                                                                                                     | To Go                                                                                                                                                                      | 8.2                     |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| Climbing portion starts at 1 mile into the run, but only 40' rise or so                             |                                                                                                                                                                            |                         |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| 37                                                                                                  | From                                                                                                                                                                       | To                      | Distance | Start | End   | Time      | Pace  | ATD                                                                                                                                                                | ETA | ATA | PACE |
|                                                                                                     | Christ Follwers Church                                                                                                                                                     | Oak Grove Bible         | 2.3      | 14:10 | 14:36 | 0:26      |       | Easy                                                                                                                                                               |     |     |      |
| Dep 2:10 PM                                                                                         | Continue NORTH along SPRINGFIELD to Oak Grove Bible Church on RIGHT                                                                                                        |                         |          |       |       |           |       | Notes                                                                                                                                                              |     |     |      |
| 2.3 mi                                                                                              |                                                                                                                                                                            |                         |          |       |       | Min       | 772'  | RED, WHITE & BLUE<br>CV: Cathy<br>SV: Angie<br>***BUS LEAVES BEFORE RUNNERS TO GET THROUGH TRAFFIC.***                                                             |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Max       | 793'  |                                                                                                                                                                    |     |     |      |
| 3.6 km                                                                                              |                                                                                                                                                                            |                         |          |       |       | Change    | 21'   |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | End Break | 0:00  |                                                                                                                                                                    |     |     |      |
| 11:45 pace                                                                                          |                                                                                                                                                                            |                         |          |       |       | Run Total | 97.1  |                                                                                                                                                                    |     |     |      |
|                                                                                                     | To Go                                                                                                                                                                      | 5.9                     |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| 38                                                                                                  | From                                                                                                                                                                       | To                      | Distance | Start | End   | Time      | Pace  | ATD                                                                                                                                                                | ETA | ATA | PACE |
|                                                                                                     | Oak Grove Bible                                                                                                                                                            | E Peoria-Lincoln Sch.   | 2.8      | 14:36 | 15:08 | 0:32      |       | Easy                                                                                                                                                               |     |     |      |
| Dep 2:36 PM                                                                                         | RIGHT out of parking, NORTH on SPRINGFIELD to E. Peoria Lincoln School on RIGHT                                                                                            |                         |          |       |       |           |       | Notes                                                                                                                                                              |     |     |      |
| 2.8 mi                                                                                              |                                                                                                                                                                            |                         |          |       |       | Min       | 671'  | CV: Cathy<br>SV: Angie                                                                                                                                             |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Max       | 773'  |                                                                                                                                                                    |     |     |      |
| 4.4 km                                                                                              |                                                                                                                                                                            |                         |          |       |       | Change    | 102'  |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | End Break | 0:00  |                                                                                                                                                                    |     |     |      |
| 11:45 pace                                                                                          |                                                                                                                                                                            |                         |          |       |       | Run Total | 99.9  |                                                                                                                                                                    |     |     |      |
|                                                                                                     | To Go                                                                                                                                                                      | 3.2                     |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| Holding location if ahead of schedule                                                               |                                                                                                                                                                            |                         |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| 39                                                                                                  | From                                                                                                                                                                       | To                      | Distance | Start | End   | Time      | Pace  | ATD                                                                                                                                                                | ETA | ATA | PACE |
|                                                                                                     | E Peoria-Lincoln Sch.                                                                                                                                                      | Huck's Gas Station      | 2.1      | 15:08 | 15:34 | 0:25      |       | Easy                                                                                                                                                               |     |     |      |
| Dep 3:08 PM                                                                                         | Continue NORTH on SPRINGFIELD. LEFT on WASHINGTON. Continue on Washington to Tractor Dr./River Rd. and turn RIGHT. Then head LEFT into Embassy Suites Parking lot on LEFT. |                         |          |       |       |           |       | Notes                                                                                                                                                              |     |     |      |
| 2.1 mi                                                                                              |                                                                                                                                                                            |                         |          |       |       | Min       | 459'  | ***RUNNERS WILL BE DIRECTED TO GET IN THE CHASE VAN DUE TO CONSTRUCTION.<br>CV: Kevin<br>SV: Fred                                                                  |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Max       | 671'  |                                                                                                                                                                    |     |     |      |
| 3.4 km                                                                                              |                                                                                                                                                                            |                         |          |       |       | Change    | 212'  |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | End Break | 0:20  |                                                                                                                                                                    |     |     |      |
| 11:45 pace                                                                                          |                                                                                                                                                                            |                         |          |       |       | Run Total | 102.0 |                                                                                                                                                                    |     |     |      |
|                                                                                                     | To Go                                                                                                                                                                      | 1.0                     |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| Down hill. Difficult on the legs for the first 1/2 mile--but it IS downhill for the first 1/2 mile! |                                                                                                                                                                            |                         |          |       |       |           |       |                                                                                                                                                                    |     |     |      |
| 40                                                                                                  | From                                                                                                                                                                       | To                      | Distance | Start | End   | Time      | Pace  | ATD                                                                                                                                                                | ETA | ATA | PACE |
|                                                                                                     | Huck's Gas Station                                                                                                                                                         | Civic Center Lot        | 1.0      | 16:00 | 16:14 | 0:14      | 14:00 |                                                                                                                                                                    |     |     |      |
| Dep 4:00 PM                                                                                         | Over Bob Michel bridge around to Civic Center lot (NOT CAT LOT)                                                                                                            |                         |          |       |       |           |       | Notes                                                                                                                                                              |     |     |      |
| 1.0 mi                                                                                              |                                                                                                                                                                            |                         |          |       |       | Min       | 550'  | This is what it is all about. Crossing the George Michel Bridge to your awaiting loved ones or cheering onlookers! Wear something BATMAN!<br>CV: Kevin<br>SV: Fred |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Max       | 644'  |                                                                                                                                                                    |     |     |      |
| 1.6 km                                                                                              |                                                                                                                                                                            |                         |          |       |       | Change    | 94'   |                                                                                                                                                                    |     |     |      |
|                                                                                                     |                                                                                                                                                                            |                         |          |       |       | Run Total | 103.0 |                                                                                                                                                                    |     |     |      |
| 14:00 pace                                                                                          |                                                                                                                                                                            |                         |          |       |       | To Go     | 0.0   |                                                                                                                                                                    |     |     |      |
| Over the bridge! All runners on deck!                                                               |                                                                                                                                                                            |                         |          |       |       |           |       |                                                                                                                                                                    |     |     |      |