



Saturday **August 31, 2019**

202 Market Street Rockford, IL
www.runrockford.com

Emcee **Eric Wilson**

**Half Marathon Run, 5K Run,
& 3K Walk/Wheel**

**ALL NEW FREE KID'S ZONE
Obstacle Course & Activities**

SPONSORED BY:  **MOVEMENT
FITNESS**

A fun family friendly event!

 **OrthoIllinois**SM

Register online:

www.runrockford.com

RAMP 815-968-7467

**COURSES ARE
CERTIFIED!
USATF Certificate
IL 17063NM**



Schedule:

6:30am - Registration Opens
& Kid's Zone Opens
7:30am - Half Marathon Start
7:45am - 5K Start
8:35am - 3K Walk & Wheel

Awards to follow each event