



Choose Health. Live Well.



Quad City Events

Taking place during Moon Walk 2009

This list has been compiled as an informational resource only for Team Captains and individuals participating in Moon Walk 2009. QCHI does not imply any endorsement of these events by including them on this list. The decision to participate in these events is entirely left to the discretion of the individual and is not related to the decision to participate in Moon Walk 2009.

Running and Walking events:

Day	Date	Time	Event	Location	Distance	Contact	Number
Sat	Apr 11	8:00 am	Illinois Marathon	Champaign, IL	Marathon, half, relay, 5k	Joe Bails	217.766.9008
Sat	Apr 11	9:00am	Carl Sandburg College	Galesburg, IL	4mi,2mi	Glen Gustafson Jim Graham	309.342.1964 309.343.4947
Sat	Apr 18	8:30am	Run for Renewal	Davenport, IA	5k, 1/2Mi	Ann Schwickerath	563.324.0800
Sat	Apr 18	All Day	YMCA Healthy Kids Day	Various YMCAs		Christy Filby	309.797.3945
Sun	Apr 19	8:00am	Gilda's Run	Bettendorf, IA	5k, 1mi	Claudia Robinson	563.326.7504
Sat	Apr 25	9:00am	QC WalkAmerica	Bettendorf, IA	2.5 mi	Iowa Chapter	563.323.6378
Sat	Apr 25	9:00am	Steve's Old Time Tap Spring Chaser	Rock Island, IL	5k run, competitive walk	Holly Sparkman Jayna Gallagher	309.269.2141 309.721.6378
Sun	Apr 26	9:00am	Swedish Stomp	Bishop Hill, IL	5K & 1/3K Kids Skamperoo Race	Cheryl Dowell	309-927-3833

Day	Date	Time	Event	Location	Distance	Contact	Number
Sat	May 2	10:00am	NAMI Walk	Davenport, IA	5k	Greg or Teri Pauline	563.388.9068
Sat	May 2	8:00am	Palmer n8k Charity Run	Davenport, IA	8k, 1 mile walk	Kara Birks	563.210.7550
Sat	May 2	8:00am	Steve Klooster Memorial (Dutch Days)	Fulton, IL	5k, 1/2 mi	Jean Roeder	815.589.4945
Sat	May 2	9:00am	ALS 5k Race	Galesburg, IL	5k walk/run	Teresa Thompson Glen Gustafson	getmeregistered.com
Sat	May 2 & 3	7:00am	Cornbelt Running Club 24-hour Run	Eldridge, IA	very long	Cornbelt Running Club	563.324.2250
Sun	May 3	9:00am	Cinco De Mayo Duathlon	Mount Joy, IA	3k, 17k, 3k	Jeff Castro	563.343.7132
Sat	May 9	8:00am	Bridge the Gap to Health	Quincy, IL	Half marathon, 10k, 5k	Kurt Struckman	active.com
Sat	May 9	9:00am	Miles for Melanoma	Augustana College	5k walk		doinitfordeb.net
Sat	May 9	10:00am	Christopher & Banks MS Walk	Bettendorf, IA	Easy	Kelley De Long	319.447.1800
Sun	May 10	7:30am	QC Distance Classic	Rock Island, IL	Half marathon, 5k	Cornbelt Running Club	563.326.1942
Sat	May 16	8:00am	United Way Imagination Library	Davenport, IA	5k, Kid's fun run	Ray Porter	563.344.0339
Sat	May 16	8:30 am	CCC Race Against Crime	Rock Island, IL	5k & 1 mile	Connie Hayes	309.786.0345
Sat	May 16	9:00am	QC Heart Walk	Davenport, IA		Brady Street office	563.323.4321
Sat	May 23	5:00pm	The Wild 5	Davenport, IA	5k	Running Wild	563.323.7025
Sat	June 6	9:00am	S.M.A.R.T Summer Sizzler	Sterling, IL	5k	Steve Brenner	815.622.6063
Sat	June 6	9:00am	Kids Triathlon	Davenport, IA North YMCA	Kids Sprint	Tim McKinnon Kevin Jandt	563.343.8088 563.349.1136
Sat	June 6	4:00 pm	Light the Road	Bloomington, IL	5k, 5 mile run/walk	Amy Kelso	309.683.7770
Sat	June 6	7:00 pm kids @ 6	June Bug Jog	Hampton, IL	5k, kids fun run	Evelyn Watkins	309.496.9515

Biking Events:

Sat. & Sun.	June 13th & 14th		TOMRV	Bettendorf, IA	106 miles to Dubuque 88 miles back		www.active.com
Sun	June 21		Ride the River	Quad Cities		River Action 563.322.2969	www.riveraction.org

Local Activity Clubs

Quad City Bicycle Club – <http://www.qcbc.org>
Blackhawk Hiking Club – www.geocities.com/blackhawkhikingclub/
Cornbelt Running – www.cornbelt.org 563.326.1942