



# I&M CANAL TRAIL RELAY RUN

*The relay is sponsored by the Active Transportation Alliance  
and the Canal Corridor Association.*

**SATURDAY  
SEPTEMBER 14, 2019**



## 3 WAYS TO PARTICIPATE

**RUN**—Sign your team up to run.

**VOLUNTEER**—Sign up to work the race.

**CHEER THE RUNNERS ON**—Join the after party  
on First Street in LaSalle.

The I&M Canal Trail Relay Run is a race on the historic Illinois & Michigan Canal Trail. Comprised of 5-person teams running 65 miles or 7-person teams running 63 miles. The race starts 45 miles southwest of Chicago near Joliet and ends at the I&M Canal Visitor's Center in LaSalle, IL, near beautiful Starved Rock State Park.



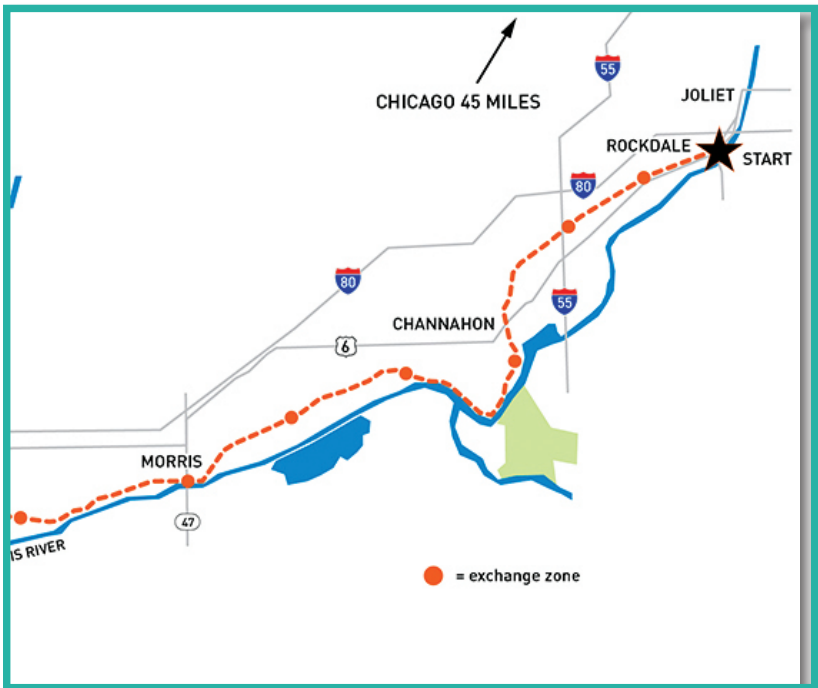
For more information, visit [Runimc.org](http://Runimc.org)



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