



QUAD CITIES CORPORATE *GAMES*

BELMONT MILE RULES

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games.

General Guidelines

The road race will be held as a subdivision of the Belmont Mile. Route details and additional information will be posted on the QCCG website.

QCCG Point System

- Individuals in the Belmont Mile will compete within their age group against competitors from all divisions.
 - **Age Groups: 18-29, 30-39, 40-49, 50+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

Belmont Mile	
Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- Participation points will be awarded for individuals in the Belmont Mile. To receive **10** participation points, individuals must complete the course as designed.