

The Kennekuk Road Runners present



**Saturday, June 10, 2017 Start 9:00 A.M.**

**Event Three of Grand Slam 2017**

### **Location**

Kennekuk Cove County Park is 3 miles north of Kickapoo State Recreation Area and 5 miles north of I-74. Take Martin Luther King Exit (210) and go east to Henning Road (North). Follow signs to Kennekuk Park. Registration is at Hideaway House in the park.

### **Course**

The course is the same as last year. We will start towards the dam in a clockwise direction. It is 90% trail with 7% grasslands and 3% rock & asphalt. There are numerous hills, 9 bridges, and marshland. The course goes around Lake Mingo and you go across the earth dam. It is deep woods and you may see deer, wild turkeys, geese, wood ducks, snakes and giant blue Heron. Depending on weather, you may get wet and muddy. There may be a creek crossing.

### **2 HOUR TIME LIMIT!**

### **Entry Fee**

Postmarked by May 26, 2017 no shirt: \$20  
Postmarked by May 26, 2017 with shirt: \$30  
After May 26, 2017 and race day: \$30 (no shirt).  
Race day registration opens at 7:30 a.m.

### **Party**

The usual KRR good time with food from Licksillet Catering, drinks and prizes. Food and beverage (Beer, Pop, and Water) free to runners and workers, \$5 for friends and family.

### **Facilities**

Outdoor restrooms are available at the registration site. There is also a hose available to wash off.

### **Kennekuk County Park Info**

There is a visitor center plus historic buildings near the Hideaway House. There is playground equipment and volleyball. Camping at the Hideaway area is available on Friday & Saturday night only.

### **Awards**

Lake Mingo Awards: Top 4 Male, Top 4 Female, and Top Master Male and Female. There will also be age group awards in 5 year increments from 14 and under to 70+. There is also a Heavyweight division for males over 190 lbs.

### **Shirt**

TECH short sleeve T-shirt.

### **Special Note**

Because of insurance requirements the following are not allowed at this event: Headphones, baby strollers, and bandits. No dogs on or near the race course. **No refunds or transfers. Awards will not be mailed.**

### **For more information**

Race Director Greg Brant: 217-431-1367  
mingo@kennekuk.com  
Online registration at [www.active.com](http://www.active.com)  
Results posted at [www.kennkuk.com](http://www.kennkuk.com)

**This event is not possible without the support of our sponsors!**

The Lake Mingo Keg Killers  
 "Will run for beer.....Once a year!"



www.catlinbank.com



**IROQUOIS FEDERAL**

IROQUOIS FINANCIAL

IROQUOIS INSURANCE



**Licksillet Catering**  
 Georgetown, IL  
 217-662-8865  
 217-474-4121



**HOWE**  
**Mobile Home Service Inc.**  
 P.O. Box 628  
 Catlin, IL 61817  
 Phone 427-5834  
 or 202-3145

**THANKS TO OUR WONDERFUL MEMBER SPONSORS!**

**Ken Bodine & Family    Schaap Family    Mike Lindemann    Platinum Apparel**  
**Lance & Linda Bovard    Bruce & Devonne Anderson    Brian and Christine Morrical**

Lake Mingo 2017    Postmarked by May 26, 2017    1 form per person — photocopies OK

Official Use Only

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| First Name           | Last Name            | Sex                  |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Street               | Birthdate (MM/DD/YY) | Age/Race Day         |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| City                 | State                | Zip                  |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
|                      | Heavyweight          | KRR Member           |
|                      | <input type="text"/> | <input type="text"/> |

Make checks payable to:  
 Kennekuk Road Runners  
 Mail to:  
 Mingo  
 PO Box 1701  
 Danville, IL 61834

Tee Shirt:  
 None  Large   
 Small  XL   
 Medium  XXL

Entry Fee: KRR subtract \$1  
 No Shirt by May 26th    \$20   
 With T-Shirt by May 26th    \$30   
 After May 26th and Race Day (no shirt):    \$30

In consideration of your accepting my entry, I hold harmless race sponsors, Kennekuk Road Runners, RRCA, Kennekuk Cove County Park, Vermilion County Conservation District, and others associated with this difficult event from all liability for injury to property or person suffered during this event. This is binding upon my heirs, executors and administrators. I also understand my name and/or photo may be used with results of this event or future Kennekuk Road Runner promotions.

Signature of Participant

Date

Signature of Parent/Guardian if participant under 18

Date