

The Kennekuk Road Runners present

20th
Anniversary



Saturday, June 9, 2018 Start 9:00 A.M.

Event Three of Grand Slam 2018

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 25, 2018 no shirt: \$20
Postmarked by May 25, 2018 with shirt: \$30
After May 25, 2018 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

Men's t-shirt, ladie's tank top.

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 Magdalena Casper-Shipp: 773-405-4118
mingo@kennkuk.com
Online registration at www.active.com
Results posted at 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!"



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Official Use Only

Lake Mingo 2018 Postmarked by May 25, 2018 1 form per person — photocopies OK

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	Heavyweight KRR Member
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> <input type="text"/>

Make checks payable to: Kennekok Road Runners Mail to: Mingo PO Box 1701 Danville, IL 61834	Male t-shirt <input type="checkbox"/> Female tank <input type="checkbox"/> None <input type="checkbox"/> Large <input type="checkbox"/> Small <input type="checkbox"/> XL <input type="checkbox"/> Medium <input type="checkbox"/> XXL <input type="checkbox"/>	Entry Fee: KRR subtract \$1 No Shirt by May 25th \$20 <input type="checkbox"/> With T-Shirt by May 25th \$30 <input type="checkbox"/> After May 25th and Race Day (no shirt): \$30 <input type="checkbox"/>
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In consideration of your accepting my entry, I hold harmless race sponsors, Kennekok Road Runners, RRCA, Kennekok 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 Kennekok Road Runner promotions.

Signature of Participant

Date

Signature of Parent/Guardian if participant under 18

Date