

The Kennekuk Road Runners present



21st Annual LAKE MINGO 7.1 MILE TRAIL RUN

Saturday, June 8, 2019 Start 9:00 A.M.

Event Three of Grand Slam 2019

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 trail in a counter 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, 2019 no shirt: \$20
Postmarked by May 25, 2019 with shirt: \$30
After May 25, 2019 and race day: \$30 (no shirt).
Race day registration opens at 7:30 a.m.

Party

The usual KRR good time with food from Lovin Cup Food Truck, drinks and prizes. Food and beverage (Beer, Pop, and Water) free to runners and workers, \$8 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 Male, Top Female, and Top Master Male and Female. There will also be age group awards in 5 year increments from 14 and under to 70+.

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 Dave Bechtold: 217-597-2102

mingo@kennekuk.com

Online registration at www.active.com

Results posted at www.kennkukroadrunners.com

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



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THANKS TO OUR WONDERFUL MEMBER SPONSORS!

Devon & Jaclyn Berglund

Lake Mingo 2019 Postmarked by May 25, 2019 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"/>
		KRR Member
		<input type="text"/>

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

Male t-shirt Female tank

None Large

Small XL

Medium XXL

Entry Fee: KRR Members subtract \$1

No Shirt by May 25th \$20

With T-Shirt by May 25th \$30

After May 25th 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