



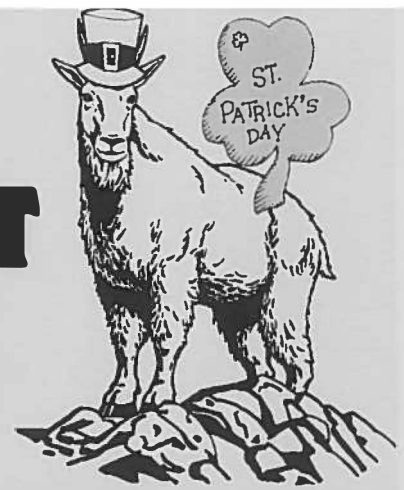
Benny Branson
Memorial 4.4 Run

A Kennekuk Road Runner Event

33rd Annual

MOUNTAIN GOAT Hill Runs & Walk

Saturday, March 16, 2019 - 11:00 a.m.



LOCATION

Kickapoo State Recreation Area -
west of Danville, IL.

COURSE

The races are run on asphalt roads past woods
and ponds. Each loop is out and back with 3 large
uphills and 3 large downhill.

➤ 2.2 MILE WALK

Awards to all finishers given as you finish.
Please no running!

➤ 4.4 MILE RUN

This run is in memory of Benny Branson!
Awards to top 25 women and top 25 men!
Given as you finish.

➤ 8.8 MILE RUN

Beautiful awards to first 150 finishers.
Given as you finish! You gotta be TUFF to
handle The Goat 8.8 with 12 uphill and
12 downhill! *"It isn't bragging if you've
done it!"*

REASONS TO RUN/WALK THE GOAT:

1. See if you are in shape after the winter.
2. Enjoy the first weekend of spring.
3. See how out of shape you are after the winter!
4. Super spring marathon training.
5. It is not the usual sissy 5k that everyone can do.
6. It is a Kennekuk event so you know you get your money's worth.
7. The usual KRR after race party!

PRICES

| RACE | Entries Postmarked by 3/5/19 | Entries Postmarked AFTER 3/5/19 |
|---------------|------------------------------------|---------------------------------------|
| 2.2 Mile Walk | \$20 w/shirt \$12 no shirt | \$15 no shirt |
| 4.4 Mile Run | \$25 w/shirt \$15 no shirt | \$20 no shirt |
| 8.8 Mile Run | \$30 w/shirt \$20 no shirt | \$25 no shirt |

SPECIAL NOTE

Because of insurance, the following are not
allowed: No dogs in or near race area
No rollerblades or skates
No headsets, No baby strollers
NO BANDITS!

PARTY

A big St. Patrick's day party at Turtle Run Banquet
Center inside or outside in the beautiful beer
garden. Come enjoy the festive St. Paddy's menu
with snacks and sides included for \$10. Free
Miller Lite and a surprise beer plus Pepsi. Music
is provided.

FOR MORE INFORMATION

Missy Holst: mholst3@icloud.com

Email: krr@kennelukRoadRunners.com

Website: www.KennelukRoadRunners.com

Online Registration: www.active.com

About Benny Branson:

*Benny was a KRR member who enjoyed life and was a joy to
be around. Being a KRR member was very special to Benny
and we will continue to remember him through the Mt. Goat
4.4 Mile Run!*

"If it was easy everyone would do it!"

