



**Benny Branson**  
Memorial 5K/10K

A Kennekuk Road Runner Event  
The 21<sup>st</sup> Annual

# MOUNTAIN GOAT HILL RUNS

## Saturday, March 24, 2007

### Event Two of Grand Slam 2007



“Illinois & Indiana’s  
Tuffest 15K”

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#### **Benny Branson Memorial 5K Walk & 10K Run** Start 10:30 a.m. CST

Numbered awards to the top 25 women & 25 men in 10K Run. In the non-competitive 5K Walk there are medals for all finishers. Awards given as you finish. If you want the 5K or 10K short-sleeve shirts your entry must be post-marked by March 15<sup>th</sup>. **There is race day registration starting at 9:00 A.M. for the 5K Walk & 10K Run only.** The course closes at 12:30 p.m.

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#### **15K Run—“ILLINOIS/INDIANA’S TUFFEST”** Start 10:30 a.m. CST (No Race Day Registration)

Each finisher receives a beautiful numbered award at the finish. You also have the option of buying the special 15K button down baseball style shirt. Shirts are not sold or given out except to 15K finishers. Pick up your shirt with your bib number on race day. Entry must be postmarked by March 15<sup>th</sup>. **No race day registration for 15K! No exceptions.** The course closes at 12:30 p.m.

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#### **Location**

Kickapoo State Recreation Area west of Danville, IL. It is 85 miles from Indy and 120 miles from Chicago. Take I-74 to Exit 206 or 210 and follow the signs to Kickapoo State Recreation Area.

#### **Course**

The races are on asphalt park roads past woods, ponds, over the Interstate, across a wooden bridge over Illinois’ only Federal Scenic River, the Middlefork, and past an abandoned coal mine. Each out and back has 3 large uphill and 3 large downhill. There are also 2 other hills that we don’t count because they are small. You walk the out & back 1 time for the 5K walk & run the course 2 times for the 10K & 3 times for the 15K.

#### **Race Times**

Race day registration for **5K Walk/10K Run only** opens at 9:00 a.m. All events start at 10:30 a.m. CST  
Indiana Residents: 10:30 a.m. in Illinois is 11:30 a.m. in Indy.

#### **Prices**

##### **15K**

Postmarked by March 15<sup>th</sup>  
\$25 with button down baseball shirt & numbered award.  
\$15 with no shirt but numbered award.

##### **Important**

15K Run must preregister and entry postmarked by March 15<sup>th</sup>.  
**No race day registration for this event.**

##### **10K Run**

Postmarked by March 15<sup>th</sup> if you want a shirt.  
\$15 with short-sleeve tee  
\$10 no shirt & postmarked by March 15<sup>th</sup>  
\$12 after March 15<sup>th</sup> & race day with no shirt

##### **5K Walk**

Postmarked by March 15<sup>th</sup> if you want a shirt  
\$12 with short-sleeve tee  
\$7 for no shirt & postmarked by March 15<sup>th</sup>  
\$10 after March 15<sup>th</sup> & race day with no shirt

#### **Party**

**Same as last year:** The Deluxe Restaurant on North St. in downtown Danville. One of the best Greek/American restaurants in Midwest. We will provide Draft Coors Light, Miller Lite, special beer, pop and coffee. You order from the Deluxe’s special Mt. Goat Menu with four featured specials plus many more sandwiches to choose from. We will have many prizes to give away, 50/50 drawings, music & a big screen TV to watch March Madness games.

#### **Reasons to run the Goat & stay for the party**

1. Run/walk the most difficult 5K/10K/15K in Illinois.
2. Enjoy the first Spring weekend!
3. It’s not a flat, sissy 5K that everyone can do.
4. It is a Kennekuk event so you get your money’s worth.
5. For the 6<sup>th</sup> straight year: No price change.
6. Great River-To-River & marathon & ultra training.
7. Wonderful prizes and 50/50 drawings at the party.
8. Free Draft beer, pop & coffee at the party.
9. Watch the NCAA Playoff games on the big screen TV
10. Enjoy the outstanding Deluxe food.
11. Listen & dance to music.
12. 30 special KRR 30th Anniversary prizes!
13. Last but not least, this is Event Two for the Grand Slam 2007

#### **Reasons to not run the Goat**

1. The course is just too difficult for me!
2. I’m a PR nut and probably won’t get one at the Goat!
3. The party will be way too much fun & I’m not into fun!

#### **Special Note**

Because of insurance the following are not allowed: No dogs in or near race area. No rollerblades, headsets, skates, baby strollers, bandits. **Plus the following conditions:** No awards or shirts mailed and no refunds.

#### **For more information**

**Deb:** 217-431-4243 (evenings & weekends) or **Scott:** 217-469-2134  
**Email:** krr@kenneluk.com **Web Site:** www.kenneluk.com for entry form and results. **Online registration:** www.active.com

**“IF IT WAS EASY EVERYONE WOULD DO IT.”**



Mettam Safety Supply

### The Deluxe Restaurant

21 W. North St. – Danville  
217-442-0685  
Mon.–Sat. 5:30 a.m. – 8:30 p.m.  
Closed Sunday  
Banquet Room 25 to 200 people  
Weddings • Meetings • Parties  
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## Bob Wasson

**Terrence R. Miles**  
*Attorney at Law*  
301 W. North, Danville, IL 61832  
217-442-3947 Fax 217-442-5274

## Thanks to State's Attorney Frank Young & Dr. George Zundo, DDS

2007 Mountain Goat Entry Form 1 form per person — photocopies OK

Official Use Only

First Name  Last Name

Street

City  State  Zip

Gender  Birth Date (MM/DD/YY)  KRR Member

Email Address (Please print clearly)

**Event**

5K Walk

10K Run

15K Run

**Shirt Size**

None  Small  Med

Large  XL  XXL

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

**Entry Fee: KRR subtract \$1**

**5K Walk (No shirts race day)**

No Shirt (by 3/15/07) \$7

With Shirt (by 3/15/07) \$12

After 3/15/07 & Race Day \$10

**10K Run (No shirts race day)**

No Shirt (by 3/15/07) \$10

With Shirt (by 3/15/07) \$15

After 3/15/07 & Race Day \$12

**15K (No Race Day Registration)**

No Shirt \$15

Shirt & Award (by 3/15/07) \$25

In consideration of your accepting my entry I hold harmless race sponsors, Kennekuk Road Runners, Road Runners Club of America, Illinois Department of Conservation, Kickapoo State Recreation Area, 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 photograph may be used in conjunction with results or promotions by the Kennekuk Road runners.

Signature of Participant

Date

Signature of Parent or Guardian if participant is under 18 Date