

Kennekuk Road Runner's 18<sup>th</sup> Annual  
**Howl at the Moon**  
**8 Hour Run & Walk**  
Saturday, August 9, 2008  
Start at 7:00 a.m.



In memory of Ultra runner & Kennekuk Road Runner

**Scott Hathaway**

Benefiting the Vermilion County Conservation District.

## Location

Kennekuk Cove County Park just west of Danville, IL. The park is 4 miles north of I-74 on Henning Road and just 3 miles north of Kickapoo State Recreation Area. Take Exit 210, M. L. King Drive, off of I-74 and follow the signs to the park.

We are 30 miles east of Champaign, 120 miles south of Chicago, 180 miles northeast of St. Louis, and 85 miles west of Indianapolis. We are on Central DaylightTime.

## Same Course - New start/finish!

A 3.29 mile loop through the park. The course is 75% trail, 20% fine rock and 5% asphalt. It is one loop with one very long gradual downhill and one short steep uphill. The course avoids most of the main blacktop road and consists mostly of grass and a gravel road. Halfway aid station will have Jimmy Buffett/Kenny Chesney theme. **New start/finish at the Big Red Barn!**

**Special Note:** The last 45 minutes of the walk and the last 30 minutes of the run will be on a ¼ mile out & ¼ mile back section. No walker can start the 3.29 mile loop after 2:15 p.m. and no runner can start the 3.29 mile loop after 2:30 p.m.

You can do as many out & backs as possible, but you must be to the finish line before the gun goes off at 3:00 p.m. to count.

## Scoring

You will have a personal scorer for your age division and you must check in & out at each loop and at the end of your final out & backs.

**Note:** *YOUR scorer is always right—period!*

**You MUST be sure to check in & out with every loop.**

## Walkers

There is no race walking or running. If caught race walking or running — **You will be disqualified!** This is one of the few true walking Ultras you will find anywhere in the USA. **All walkers will have a number on the front & a special number on the back.** More walker information before the race start.

## Shirts

Choice of 100% cotton short sleeve and/or long sleeve mock turtle neck. You can buy both shirts or enter the no shirt option. There will be a surprise clothing for sale on Friday and Saturday during the packet pick up times below.

## Weather

Last year's temperature was 65° low to a high of 90 w/low humidity. Average weather in past years has been a low of 61° and a high of 86°. But as you know, this is Illinois so anything is possible with the weather. Be prepared.

## Packet pick up - Bib Number & Shirt

Friday - 4:00-7:00 p.m. & Saturday - 6:15-6:55 a.m.

## Registration

**NO RACE DAY REGISTRATION.** All entries must be postmarked by July 1st. Field is limited to 250 and will probably fill by mid-June. **Once registered: NO REFUNDS! No Division change or transfer of entry to another person.**

## Registration Cost

KRR members subtract \$2

\$35 — No shirt

\$45 — 100% cotton short-sleeve tee

\$50 — Long sleeve mock turtle neck

\$60 — Both shirts

## Awards

Special awards for reaching your goal. There is a place on the entry to fill in your goal mileage. Challenge yourself.

**Division Awards:** Top 3 walkers overall, Top 5 Male overall, and Top 5 female overall will receive special awards. Plus additional awards for most miles in the following divisions:

Walkers	20
Open Men (0-39)	25
Open Women (0-39)	15
Master Men (40-49)	25
Master Women (40-49)	15
Grandmaster Men (50 & over)	25
Grandmaster Women (50 & over)	15

## Special Howl Camping

The Park has given us permission to camp in tents, vans, cars, or motorhomes right at the start/finish line Friday & Saturday night. You can also stay in the the Train Car or the Big Red Barn in your sleeping bag. The front gate closes at 11:00 p.m. and opens at 5:00 a.m.

There are 10 hotels in the Danville area to choose from as well.

**Special Surprise!** The Park will have 3 bands playing from 2:00 pm until 10:00 pm on Saturday night as well as a 300+ car show right across from the start/finish line.

## After the Howl

Awards of course, Miller Lite & Coors Light Beer, a special surprise beer, Pepsi, Diet Pepsi, Mt. Dew, some of the best fried chicken, BBQ chicken, red beans & rice and greens you will ever eat from Lee's Famous Recipe Chicken, prize drawings, and music.

## Kennekuk Road Runners will provide

Pretzels, fruit, cookies, M&M Peanuts, chips, bagels, boiled potatoes, peanut butter sandwiches, Pepsi, Diet Pepsi, Mt. Dew, water, and an outdoor shower all day.

## Tips

Take a break when you want—just check in & out with your scorer. Some supplies you should bring: extra clothing, extra shoes & socks, maybe your own cooler, sun screen, lip balm, hat, chair or cot, tent if you want, any special food or drink.

## 2007 Top Finishers:

### Top 5 Males:

Name	Age	State	Miles
Scott Colford	36	IN	59.22
Patrik Berger	33	IL	51.35
Eric Schotz	35	AL	50.85
Steven Cors	44	IL	50.35
Curt Winhold	50	IL	49.35

### Top 5 Females:

Marla Luckey	26	IL	51.85
Bryn Iten	19	IL	44.77
Kathleen Yarger	31	IL	44.77
Melissa Gossman	46	IL	43.27
Julie Slayton	33	IL	42.77

### Top 3 Walkers:

Brian Kuhn	33	IL	39.98
John Buckley	60	BR	36.69
James McGruder	59	KY	36.69



**LEE'S**  
Famous Recipe Chicken  
Gilbert at Williams - Danville



**MARATHON & BEYOND**

**NEVER STOP EXPLORING™**

Check out the Kennekuk Road Runners' Web Site for information and results.

www.kennekuk.com

email: krr@kennekuk.com

Online registration at: www.active.com

For More Information:

Call Scott at 217-469-2134

**Once registered  
No changes in Division  
No transfers of entry to another person  
NO REFUNDS!**

**All participants receive a beautiful 2008 Howl Poster**

**2008 Howl At The Moon Entry Form 1 form per person — photocopies OK**

Official Use Only

First Name	Last Name	KRR Member	
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
Street	Age on Aug. 9	Sex	Mileage Goal
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
City	State	Zip	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Make checks payable to:  
**Kennekuk Road Runners**

Mail to: **Howl!**  
PO Box 1701  
Danville, IL 61834

#### Shirt Size

None  Large   
Small  XL   
Med  XXL

#### Must check your division

Open Male  Open Female   
Master Male  Master Female   
Grandmaster Male  Walker   
Grandmaster Female

#### Entry Fee: KRR subtract \$2

No shirt \$35   
Short-sleeve Tee \$45   
Mock turtle neck \$50   
Both Shirts \$60

In consideration of your accepting my entry I hold harmless race sponsors, Kennekuk Road Runners, RRCA, 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 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