

Kennekuk Road/Trail Runner's 19<sup>th</sup> Annual  
**Howl at the Moon**  
**8 Hour Run & Walk**  
Saturday, August 8, 2009  
Start at 7:00 a.m.



In memory of Ultra runner & Kennekuk Road Runner

**Scott Hathaway**

**AMERICA'S LARGEST TIMED ULTRA**

Benefiting the Vermilion County Conservation

### 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 As 2008!

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. Halfway aid station will have Jimmy Buffett theme with margarita's on your last loop.

### 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 100% ultra cotton long sleeve in different colors. 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 57° low to a high of 78 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 June 1st. Field is limited to 250 and will probably fill by mid-May. **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 — 100% ultra cotton long sleeve tee

\$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. The Boat Drunks, a Jimmy Buffett Tribute Band, is one of the three.

### 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.

**Howl at the Moon Course Record Holders**

Male: Scott Colford Logansport, IN 61.72 miles  
 Female: Christine Crawford, Whitewater, WI 58.43 miles  
 Walker: Brian Kuhn Champaign, IL 41.48 miles



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



**MARATHON & BEYOND**

**NEVER STOP EXPLORING™**

**Thanks to our member sponsors:**

Richard Buse Margaret Westlake  
 Jerry Cunningham Dr. George Zundo

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 2009 Howl Poster**

**2009 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. 8	Sex	Mileage Goal
<input type="text"/>	<input type="text"/>	<input type="text"/>	<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	<input type="checkbox"/>	Open Female	<input type="checkbox"/>
Master Male	<input type="checkbox"/>	Master Female	<input type="checkbox"/>
Grandmaster Male	<input type="checkbox"/>	Walker	<input type="checkbox"/>
Grandmaster Female	<input type="checkbox"/>		

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

No shirt	\$35	<input type="checkbox"/>
Short-sleeve Tee	\$45	<input type="checkbox"/>
Long-sleeve Tee	\$50	<input type="checkbox"/>
Both Shirts	\$60	<input type="checkbox"/>

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