



Kennekuk Road/Trail Runner's 23rd Annual Howl at the Moon 8 Hour Run & Walk



Saturday, August 10, 2013
Start at 7:00 a.m.

In memory of Ultra runner &
Kennekuk Road Runner

Scott Hathaway

In honor of

Rob Apple

AMERICA'S LARGEST TIMED ULTRA

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 Daylight Time.

Course!

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 short-sleeve dri-release or long-sleeve dri-release. You can buy both shirts or enter the NO SHIRT option. Special surprise clothing available on Friday, August 9, 2013. May be sold out Friday evening.

Weather

Last year's temperature was a wonderful low of 50° and a high of 79°. But as you know, this is Illinois so anything is possible with the weather so be prepared.

Packet pick up - Bib Number & Shirt

Friday - 4:00-7:00 p.m. & Saturday - 6:15-6:55 a.m.
Would be helpful for you and us if you pickup your packets on Friday!!!

Registration

NO RACE DAY REGISTRATION. Field is limited to 300 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

\$55 — No shirt

\$65 — Short-sleeve dri-release

\$70 — Long sleeve tee dri-release

\$85 — 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)	30
Open Women (0-39)	20
Master Men (40-49)	30
Master Women (40-49)	20
Grandmaster Men (50-59)	30
Grandmaster Women (50-59)	20
Superior Men (60 & over)	15
Superior Women (60 & over)	5

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. **BEST SPOTS WILL BE GONE BY FRIDAY EVENING!**

After the Howl

Awards of course, Miller Lite or 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.

Kennekuk Road Runners will provide

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

FRIDAY NIGHT EVENT at 7:00!

The Baby Howl - One 3.29 mile loop for Howl runners, walkers, their families & workers. Real cool Baby Howl awards to all participants!



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



Gilbert at Williams - Danville



Thanks to our Member Sponsors!

Mark Bowman	Barry & Linda Donovan	Diana Goodin
Ruth & Glenn Rodden	Rocky & Dottie Holly	Larry Blough
Dan & Rebecca White	Logansport Howlers!	Janak Patel
Scott McBride	Gary Davidson	Amber Witherow
Jason Fishel	Shreen Huber	Rex Piercy



CAMPUS SPORTSWEAR INC.
 CUSTOM SCREEN PRINTED & EMBROIDERED APPAREL
 710 B. South 6th Street Champaign, IL 61820
 217-344-0944 PHONE 217-344-6946 FAX

ONCE REGISTERED
No changes in Division
No transfers of entry to another person
NO REFUNDS!

HOWE

Mobile Home Service Inc.

P.O. Box 628
 Catlin, IL 61817
 Phone 427-5834
 or 202-3145



All participants receive a beautiful 2013 Howl Poster

2013 Howl At The Moon Entry Form 1 form per person — photocopies OK

Official Use Only

KRR Member

First Name	Last Name			
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Street	Age on Aug. 10	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

Check your division

Open Male	<input type="checkbox"/>	Walker	<input type="checkbox"/>
Master Male	<input type="checkbox"/>	Open Female	<input type="checkbox"/>
Grandmaster Male	<input type="checkbox"/>	Master Female	<input type="checkbox"/>
Grandmaster Female	<input type="checkbox"/>	Superior Male	<input type="checkbox"/>
		Superior Female	<input type="checkbox"/>

Entry Fee: KRR subtract \$2

No shirt	\$55	<input type="checkbox"/>
Short-sleeve dri	\$65	<input type="checkbox"/>
Long-sleeve dri	\$70	<input type="checkbox"/>
Both Shirts	\$85	<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 _____