

The Kennekuk Road Runners present the 11<sup>th</sup> Annual

# Lake Mingo Trail Run

## 7.1 Miles

## Saturday, June 13, 2009

## Start 9:00 A.M.



### Event Three of Grand Slam 2009

#### Location

Kennekuk Cove County Park, 3 miles north of Kickapoo State Recreation Area and 5 miles north of I-74. Take Martin Luther King Exit (210) and go east to Henning Road (North). Follow signs to Kennekuk Park. Registration is at Hideaway House in the park.

#### Course

Same course as last year but in the opposite direction. 90% trail with 7% grasslands and 3% rock & asphalt. There are numerous hills, 9 bridges, and marshland. The course goes around Lake Mingo and you go across the earth dam. It is deep woods and you may see deer, wild turkeys, geese, wood ducks, snakes and giant blue Heron. Depending on weather, you may get wet and muddy.

**2 HOUR TIME LIMIT!**

#### Shirt

100% cotton short sleeve tee-shirt.

#### Entry Fee

Postmarked by June 3, 2009 no shirt: \$15

Postmarked by June 3, 2009 with shirt: \$25

After June 3, 2009 and race day: \$20 (no shirt)

Race day registration opens at 7:30 a.m.

#### Party

The usual KRR good time with food from Diamond Jim, drinks and prizes.

#### Kennekuk County Park Info

Fishing & paddle boats available at Lake Mingo. A visitor center plus historic buildings near the Hideaway House. There is playground equipment and volleyball at our party site (the Hideaway House). Camping at the Hideaway area available on Friday & Saturday nights only.

#### Facilities

Outdoor restrooms at the registration site. There is also a hose available to wash off.

#### Awards

Overall: Top 5 Male, Top 3 Female, and Top Master Male and Female.

#### Male

14 & under:	2
15-19:	3
20-24:	2
25-29:	2
30-34:	3
35-39:	4
40-44:	5
45-49:	4
50-54:	5
55-59:	4
60-64:	3
65-69:	2
70+	2

#### Female

14 & under:	2
15-19:	2
20-24:	3
25-29:	3
30-34:	3
35-39:	3
40-44:	3
45-49:	4
50-54:	3
55-59:	3
60-64:	3
65-69:	2
70+	2

#### Heavyweight (190 plus)

4 awards

#### Special Note

Because of insurance requirements the following are never allowed at Kennekuk events:

Ipods, headsets, rollerblades or skates, baby strollers, and bandits. No dogs on or near the race course.

**No refunds or awards mailed.**

#### For more information

Race Director Greg Brant: 217-431-1367

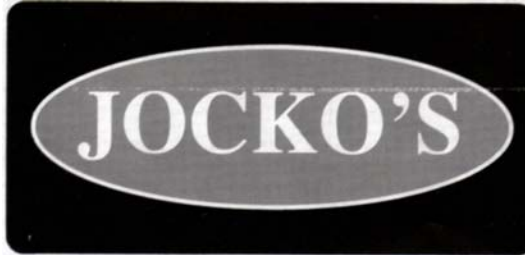
mingo@kennekuk.com

Online registration at [www.active.com](http://www.active.com)

This event is not possible without the support of our sponsors!



Heritage Enterprises  
Colonial Manor Nursing Home  
620 Warrington Ave, Danville, IL 61832



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PARROTHEAD CLUB



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**THANKS TO OUR WONDERFUL SPONSORS!**

Dave & Sheryl Krohne

Ken Bodine & Family

The SPECIALS!!!!

Robinson Chiropractic, Ltd.

Lake Mingo 2009

Postmarked by June 3, 2009

1 form per person — photocopies OK

Official Use Only

First Name

Last Name

Sex




Street

Birthdate (MM/DD/YY)

Age/Race Day




City

State

Zip

Heavyweight

KRR Member






Make checks payable to:

Kennekuk Road Runners

Mail to:

Mingo

PO Box 1701

Danville, IL 61834

Tee Shirt:

None  Large

Small  XL

Medium  XXL

Entry Fee: KRR subtract \$1

No Shirt by June 3rd \$15

With Tee-Shirt by June 3rd \$25

After June 3rd and Race Day (no shirt): \$20

In consideration of your accepting my entry I hold harmless race sponsors, Kennekuk Road Runners, RRCA, Kennekuk Cove County Park, 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 photo may be used with results of this event or future Kennekuk Road Runner promotions.

Signature of Participant

Date

Signature of Parent/Guardian if participant under 18

Date