

2010 KENNEKUK ROAD / TRAIL RUNNERS  
MEMBERS ONLY CROSS COUNTRY SEASON  
SIMPLY THE BEST!!!

- All runs / walks start at 4:00 PM sharp, EXCEPT THE FINAL ON SATURDAY, NOV. 6<sup>th</sup>, WHICH WILL BEGIN AT 3:00 PM.
- KRR will have water and cups.
- When possible we will cook out after.
- Awards & Pot-Luck following the Nov. 6<sup>th</sup> run / walk. Lee's chicken provided, please bring a covered dish. We will be at the Hideaway House at Kennekuk. Ten Points for each x-country with a possible 70 points if you run each week and run or work the Wilderness. Special awards given for 40 and over points!!!

YOUR HOSTS ARE JOHN & VICKI LINVILLE  
217-304-3053, or E-MAIL: [krr-xc@comcast.net](mailto:krr-xc@comcast.net)

CROSS COUNTRY SEASON

- Sept. 12<sup>th</sup> 1, 2, 3-mile course on the X-Country course at Kickapoo  
Cookout to follow—bring something to cook!!!
- Sept. 19<sup>th</sup> 1, 2, 3-mile course at the South Riverview trail at Kickapoo  
Cookout to follow—bring something to cook!!!
- Sept. 26<sup>th</sup> RUN OR WORK THE WILDERNESS FOR POINTS.  
Be sure to tell John or Vicki if you are working or running.
- Oct. 3<sup>rd</sup> 1, 2, 3-mile course at Lincoln Park in Danville. Beer, pop, snacks at  
Deb & Marc's after---across from Lincoln Park
- Oct. 10<sup>th</sup> 1, 2, 3-mile course on the Mt. Goat.
- Oct. 17<sup>th</sup> **THE BEAST!** 1, 2, 3-mile course at Forest Glen County Park, Tower  
Road, HILLS, HILLS, HILLS! We will give you directions if you don't  
know the way!!
- Oct. 24<sup>th</sup> Lookout Point at Kennekuk, LAST RUN / WALK FOR POINTS  
BEFORE BANQUET!!!  
Cookout to follow—bring something to cook!!! Weather Permitting.
- Oct 31<sup>st</sup> NO X-COUNTRY, HALLOWEEN!!!!
- Nov. 6<sup>th</sup> **SATURDAY – SATURDAY – HIDEAWAY HOUSE**  
3:00 PM - HOWL COURSE – 1, 2, 3.29 miles  
BANQUET TO FOLLOW!!!