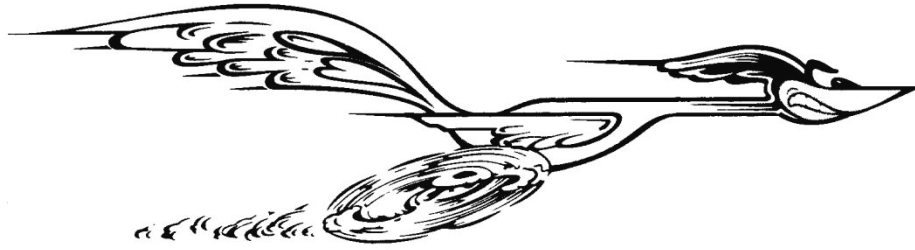


The Kennekuk Road Runners present the 15th Annual

Lake Mingo Trail Run 7.1 Miles



Saturday, June 8, 2013 Start 9:00 A.M.

Event Three of Grand Slam 2013

Location

Kennekuk Cove County Park is 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

The course is the same 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. There may be a creek crossing.

2 HOUR TIME LIMIT!

Entry Fee

Postmarked by May 28, 2013 no shirt: \$15
Postmarked by May 28, 2013 with shirt: \$25
After May 28, 2013 and race day: \$25 (no shirt) Race day registration opens at 7:30 a.m.

Party

The usual KRR good time with food from Lickskillet Catering, drinks and prizes. Food and beverage free to runners and workers, \$5 for friends and family.

Kennekuk County Park Info

There is 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 is available on Friday & Saturday nights only.

Facilities

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

Awards

To celebrate our 15TH anniversary we will be giving finisher medals to the first 300 finishers along with awards for Top Male and Top Female.

Shirt

TECH short sleeve T-shirt.

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, transfers or awards mailed.

For more information

Race Director Greg Brant: 217-431-1367
mingo@kennekuk.com
Online registration at www.active.com
Results posted at www.kennekuk.com

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



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MARATHON & BEYOND



THANKS TO OUR WONDERFUL MEMBER SPONSORS!

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Platinum Apparel

Penny & Paul Spinner

Official Use Only

Lake Mingo 2013 Postmarked by May 28, 2013 1 form per person — photocopies OK

First Name	Last Name	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>
Street	Birthdate (MM/DD/YY)	Age/Race Day
<input type="text"/>	<input type="text"/>	<input type="text"/>
City	State	Zip
<input type="text"/>	<input type="text"/>	<input type="text"/>
	Heavyweight	KRR Member
	<input type="text"/>	<input type="text"/>

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 May 28th \$15

With Tee-Shirt by May 28th \$25

After May 28th and Race Day (no shirt): \$25

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