



“Ramble Into Spring”

@ McKendree 5K/10K or 10-Mile Run

Race Date/Time: Saturday, March 20, 2010.
Start: 8:00am. **Course Briefing:** 7:40am.

Distances: 5K (3.1 miles) Run/Walk or 10K (6.2 miles) Run or 10-Mile Run.

Location: McKendree University
 Melvin Price Convocation Center (MPCC)
 Alton Street, Lebanon, IL 62254
 (618) 537-6420/6941

Awards: To top 3 finishers in each race, Male and Female.

Registration Fee: \$10.00 now; \$15.00 on Race Day.
 “Ramble into Spring” T-Shirts while supply lasts.

Payment Options: Cash, check, or online via active.com.

Packet Pick-up: Friday, March 19, 8:00am-9:00pm at the MPCC or
 Race Day starting at 6:30am also at the MPCC.

Maps & Notes: See reverse for route maps, driving directions, etc.

Race Web Site: mckendree.edu/raceday

Cancellations: What? The race goes on, rain or shine (or snow). No refunds!

To encourage as many runners and walkers to participate as possible, we keep our registration fees low by scoring our races manually and keeping the awards to a minimum. Any proceeds from this event go right back into our race budget; your registration fee is an investment in your own personal fitness! We will use your e-mail address to send you race results and to notify you of future McKendree fitness events. On Race Day, we'll have burgers, brats, and dogs on the grill with music on the side. Enjoy your morning!

Send registration to: McKendree University/MPCC, “Ramble into Spring,” 701 College Road, Lebanon, IL 62254. Make checks payable to: McKendree University. Registrations must be postmarked no later than March 16, 2010.

Name: _____ Phone: _____
 Address: _____ Age (as of March 20, 2010): _____
 City/State/Zip: _____ Birthday: _____
 E-mail address: _____

T-Shirt Size: S M L XL XXL Race: 5K 10K 10-Miler Gender: Male Female

WAIVER OF LIABILITY: I understand that McKendree University, the cities of Lebanon and O’Fallon, their employees, and all others connected with this event are not liable for any injuries which I may suffer while taking part in this voluntary activity. I hereby waive and release any and all rights and claims I may have against McKendree University, sponsors, or any personnel for any injury I might suffer in this event or for loss or damage to my property. I acknowledge and freely accept the risks inherent with athletic competition. I attest that I am physically fit and have prepared for the “Ramble into Spring” 5K/10K/10-Miler.

Signature: _____ Date: _____
 (Parent or guardian if under the age of 18)