

# LIMESTONE ROCKS!

## 6-HOUR OR 3-HOUR TIMED ULTRA RACE

Sunday, September 16, 2018, 9:00 am – 3:00 pm

**Event Description:** You may compete in either a 6-hour or 3-hour race on a 1.65 mile loop course at Limestone Park, 5813 W 1000N Rd, Kankakee, IL 60901, The course is about half flat and half hilly with one short-but-steep downhill and one short-but-steep uphill, with a maximum elevation change of 50 feet. It is mostly crushed limestone and partly asphalt.

<b>Schedule:</b>	<b>6-Hour</b>	<b>3-Hour</b>
Registration & Packet Pickup	7:30 am – 8:50 am	9:00 am – 11:50 am
Pre-race briefing	8:50 am	11:50 am
Race starts	9:00 am	12:00 noon
Race ends	3:00 pm	3:00 pm
Awards ceremony	3:30 pm	3:30 pm

**How it works:** At the start of each loop you will check in with the scorekeeper. At the end of each loop you will check in with the scorekeeper again. Take a break between loops or go right back out again: the choice is yours. Do as many loops as you can in the allotted time for your race. The scoring will be based on total loops. In the event of ties, the person who finished his or her last loop earliest will be the winner. Partial loops will not count. Use your own judgement about when to start a final loop.

**Aid Station:** There will be a well-stocked aid station with refreshments at the start/finish of the loop. Restrooms will also be available there. There is an area where runners can set up their own base camps.

**Awards:** In each race: Top 3 males and females. Top 3 males and females in 10 year age groups 1-19, 20-29, 30-39, 40-49, 50-59, 60+

Net proceeds of this event will be donated to: Limestone Park, River Valley Animal Rescue, Harbor House and The Salvation Army.

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### 2018 Limestone Rocks! 6-Hour or 3-Hour Timed Ultra Race Entry Form

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Gender: Male\_\_ Female\_\_ Age: (as of 9/16/2018)\_\_\_\_

Choose your race: 6-Hour \_\_\_\_\_ (\$45 / \$50 after 8/16/2018 / \$55 on race day)

3-Hour \_\_\_\_\_ (\$40 / \$45 after 8/16/2018 / \$50 on race day)

Choose shirt option: No shirt\_\_ Dri-fit Shirt\_\_ (add \$12 & choose size) S\_\_ M\_\_ L\_\_ XL\_\_

Shirts must be ordered by 9/5/2018

By signing below, I do hereby release and discharge from liability Limestone Park and Limestone Rocks! 6-Hour or 3-Hour Timed Ultra Race organizers, directors, sponsors, supervisors, volunteers of the event and their representatives, successors and assigns for any and all injuries suffered by me in this event, however incurred or sustained. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatsoever.

**Signature** ( Parent or Guardian, if entrant is under 18 ) \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

Send this form with your check, made payable to: David Bohlke, 202 Tiverton Rd, Kankakee, IL 60901

Online registration is available at: [www.racerpal.com/races/limestone](http://www.racerpal.com/races/limestone) Questions: email [limestonerocks@outlook.com](mailto:limestonerocks@outlook.com)