

LIMESTONE ROCKS!

8-HOUR OR 4-HOUR TIMED ULTRA RACE

Sunday, September 15, 2019, 9:00 am – 5:00 pm

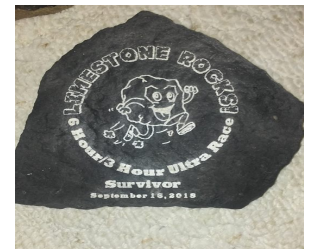
Event Description: You may compete in either an 8-hour or 4-hour race on a 1.65 mile loop course at Limestone Park, 5813 W 1000N Rd, Kankakee, IL 60901, The course, mostly crushed limestone and partly asphalt, is about half flat and half hilly with one short-but-steep downhill and one short-but-steep uphill plus a couple of other small hills, with a maximum elevation change of 50 feet.

Schedule:	8-Hour	4-Hour
Registration & Packet Pickup	7:30 am – 8:50 am	9:00 am – 12:50 pm
Pre-race briefing	8:50 am	12:50 pm
Race starts	9:00 am	1:00 pm
Race ends	5:00 pm	5:00 pm
Awards ceremony	5:15 pm	5:15 pm



How it works: At the end of each loop you will check in with the scorekeeper. Then, 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.



*2018 Finisher Award.
Each one is unique.*

Awards: 8-Hour: Top 3 males and females. 4-Hour: Top 2 males and females. Finisher awards to all participants.

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

2019 Limestone Rocks! 8-Hour or 4-Hour Timed Ultra Race Entry Form

Name _____ Phone # _____ Email _____
Address _____ City _____ State ____ Zip _____

Gender: Male__ Female__ Age: (as of 9/15/2019)____ Date of Birth: ___/___/____

Choose your race: 8-Hour _____ (\$45 / \$50 after 8/18/2019 / \$55 on race day)

4-Hour _____ (\$40 / \$45 after 8/18/2019 / \$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 9/4/2019

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 Questions: email limestonerocks@outlook.com