

McKendree University “Ramble into Spring” 5K/10K/10-Mile Runs

Saturday, March 20, 2010

Race Course Descriptions, Fees, Awards and More

All three race courses start at the McKendree Fountain in the center of campus and follow a mostly flat route through the historic Lebanon shopping district, residential area, and north to Horner Park. The 5K course turns into Horner Park for a very short distance and then heads back to campus. The 10K and 10-Mile courses extend past the park to the scenic and rolling farmland of northern St. Clair County. All three races finish at the Lebanon water tower across from the Melvin Price Convocation Center (MPCC) on the north end of campus. We welcome walkers on the 5K course, but please, no walkers (unless you're catching your breath) on the 10K or 10-Mile courses. We expect about 300 total participants. Your registration fee is \$10.00, but on Race Day, that fee is \$15.00.

We have awards for the top 3 men and women finishers in each race as well as T-Shirts and post-race refreshments while supplies last. The pre-race briefing is in the Main Gym of the MPCC at 7:40am. No registration fee refunds. You may use strollers on the 5K course only.

Directions to McKendree University

- Interstate 64 to Exit 23, Route 4, Lebanon. Turn north on Route 4 toward Lebanon.
- Turn left (west) at the first flashing red light on West St. Louis Street in Lebanon.
- Stay straight on West St. Louis Street to Alton Street. Turn right (north) on Alton Street.
- Travel north on Alton Street for ½ mile and just past the tennis courts and 4-way stop sign; the Melvin Price Convocation Center (MPCC) is on your right.
- There's plenty of parking available on either side of the MPCC.

For your convenience, you can also register online at active.com

Here's how: Go to our University race web site at mckendree.edu/raceday, click “Online Race Registration,” and you'll be at our active.com web site. Click “Register Now.” On the next page, click “Guest Access” and then follow the registration instructions.

or

Go directly to the “active.com” web site, type “McKendree Ramble into Spring” into the search bar at the top of the page, click the “Search” button and you'll be taken to an Events page. Under “Events,” click “McKendree Ramble into Spring 5K/10K/10-Mile.” On the next page, click “Register Now,” and on the next page, click “Guest Access.” You can now begin registering.

Active.com is a secure web site used by Race Directors across the country. It gives you the convenience of registering from your computer and paying with your credit card. Active.com does charge a service fee of \$3.25 per registration for this convenience which is your responsibility. Your last chance to register online is midnight Central Standard Time, March 17th. Feel free to take advantage of this option or register through the mail or here in person at the McKendree University Intramural Gym Desk.