



Ramble Into Spring @ McKendree 5K/10K Run

Race Date/Time: Saturday, March 28, 2009.
 "Ramble into Spring" Start: 8:00am.
 Course Briefing: 7:40am.

Distance: 5K (3.1 miles) Run/Walk or 10K (6.2 miles) Run.

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

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

Registration Fee: \$8.00 (Yep, that's all!); \$10.00 on Race Day (Still a bargain!).
 "Ramble into Spring" T-Shirts while supply lasts.

Payment Options: Cash, check, or online via Active.com (see reverse).

Race Packet Pick-up: Friday, March 27, 8:00am-9:00pm -- MPCC.
 Race day starting at 6:30am.

Courses & Directions: See reverse for route maps and driving directions.

Race Web Site: mckendree.edu/ramble

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

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 24, 2009.

Name: _____ Phone: _____

Address: _____ Age (as of March 28, 2009): _____

City/State/Zip: _____ Birthday: _____

E-mail address: _____

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

WAIVER OF LIABILITY: I understand that McKendree University, the City of Lebanon, 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.

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