The “Harvest Challenge” at McKendree University is a “Get Up & Go!” Cup Event

The Cup: The “Get Up & Go!” Cup is designed to get people involved in physical activity. It is a brain-child of McKendree University and has been adopted by and administered through the St. Clair County Public Health Department. The Cup year runs from August-July and currently consists of 13 events within St. Clair County, IL. The Cup may add more events in the future.

Cup Events: The Get Up & Go! Biathlon (Belleville, IL; August)
Harvest Challenge 5K/Half Marathon at McKendree University (Lebanon, IL; September)
Millstadt Biathlon (Millstadt, IL; September)
Ridge Prairie Trailhead Initiative (RPTI) Bike Ride (Lebanon, IL; October)
Belleville Thanksgiving 5K Run/Walk (Belleville, IL; November)
Knights of Columbus Turkey Trot 5K and Fun Run (O’Fallon, IL; November)
Gingerbread 5K Run (Belleville, IL; December)
Chiro-Med 5K Run (Belleville, IL; January)
Top of the Morning 5K Run (Shiloh, IL; March)
Ramble into Spring 5K/10K/10-Miler at McKendree University (Lebanon, IL; March)
Only Fools Run at Midnight 5K Run (O’Fallon, IL; March)
Law Day 5K Run (Belleville, IL; April/May)
Tour de Belleville Bike Ride (Belleville, IL; July)

The Point System: You receive points for registering for a Cup event; for finishing; for receiving a medal in your age group; for finishing 1st, 2nd, or 3rd overall; for breaking a course record; for finishing in the top 10%, 25% or 50% of participants; and many other possibilities explained at the Cup web site (see below).

The T-Shirt: If you accumulate just 20 points, you earn a Get Up & Go T-Shirt.

When Awarded: The Cup and the T-Shirts are awarded at the Get Up & Go Biathlon in August of each year. This year’s biathlon is on Sunday, August 3rd at Belleville West High School.

How to Register: Go to the Cup web site (www.getupgo.info) and “Click here to sign up.”

Local Accommodations – Ask for the “McKendree Rate”

- Drury Inn & Suites, 118 Central Park Drive, Shiloh, IL 62269. (618) 624-2211; (800) 378-7946. Very nice; lots of amenities. Adjacent to shopping and eating. About 10 miles from McKendree.
- Mid America Inn & Suites (formerly LaQuinta Inn), 9730 Hayden Drive, Mascoutah, IL 62258. (618) 537-2200. Only about four miles from McKendree. Very nice and easy on the wallet.

Course Records

5K – Men
Michael Mendez, 16:02, September 10, 2011

5K – Women
Brittney Burmester, 19:36, September 7, 2013

Half Marathon – Men
Jackson Marwa, 1:23:14, September 18, 2010

Half Marathon – Women