

## **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 14 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)  
5K Race for Character (Belleville, IL; February)  
Top of the Morning 5K Run (Shiloh, IL; March)  
Ramble into Spring 5K/10K/10-Miler at McKendree Univ. (Lebanon, IL; March/April)  
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; and many other possibilities explained at the Cup web site (see below).

The T-Shirt: If you accumulate just 25 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 30<sup>th</sup> at Belleville West High School.

How to Register: Go to the Cup web site ([www.getupgo.info](http://www.getupgo.info)), scroll down to mid-page to “Cup Challenge,” and click on “See more details and sign up.”

### **Local Accommodations – Ask for the “McKendree Rate”**

- Hilton Garden Inn, 360 Regency Park Drive, O’Fallon, IL 62269. (618) 624-4499. Really Nice. Close to shopping and eating. About 10 miles from McKendree University.
- 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.
- The Tourism Bureau of Southwestern Illinois: [www.thetourismbureau.org](http://www.thetourismbureau.org). (618) 257-1488; (800) 442-1488.

### **Course Records**

#### **5K – Men**

Michael Mendez, 16:02, September 10, 2011

#### **5K – Women**

Jenna Reiter, 19:00, March 21, 2015

#### **Half Marathon – Men**

Jon Yoch, 1:21:45, September 6, 2014

#### **Half Marathon – Women**

Molly Warzyniak, 1:27:32, September 7, 2013