

## The “Ramble into Spring” 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 11 events within St. Clair County, IL. We expect to 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)  
Ridge Prairie Trailhead Initiative (RPTI) Bike Ride (Lebanon, IL; October)  
Belleville Thanksgiving 5K Run/Walk (Belleville, IL; November)  
Gingerbread 5K (Belleville, IL; December)  
Chiro-Med 5K (Belleville, IL; January)  
Top of the Morning 5K (Shiloh, IL; March)  
Ramble into Spring 5K/10K/10-Miler at McKendree University (Lebanon, IL; March)  
April Fools 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 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> overall; for breaking a course record; for finishing in the top 10%, 25% or 50% of participants; and lots of other possibilities. The point system is explained in detail 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. In 2014, the biathlon is scheduled for Sunday, August 3<sup>rd</sup> at Belleville West High School.

How to Register: Go to the Cup web site (see below) and “Click here to sign up.”

The Cup web site: [www.getupgo.info](http://www.getupgo.info)

### **Local Accommodations – Remember to 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. Very nice; lots of amenities included. 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.
- Four Points Sheraton, 319 Fountains Parkway, Fairview Heights, IL 62208. (618) 622-9500. About 12 miles from McKendree. Very nice. A short drive to St. Clair Mall and restaurants.
- Settle Inn, 1100 Eastgate Drive, O’Fallon, IL 62269. (618) 624-6060. At Exit 19 on Interstate 64 about 5 miles from McKendree. Nice. Restaurant is adjacent to hotel.
- The Tourism Bureau of Southwestern Illinois: [www.thetourismbureau.org](http://www.thetourismbureau.org). (618) 257-1488; (800) 442-1488.