

“Ramble into Spring” 2014 Race Day Information

All three courses start at the McKendree Fountain in the center of campus and follow a mostly flat to rolling route through the historic Lebanon shopping district, a 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 farmland of northern St. Clair County. All three courses finish at the Lebanon water tower across from the Melvin Price Convocation Center (MPCC) on the north end of campus. You are welcome to walk the 5K or push a stroller on the 5K, but please, no walkers (unless you're catching your breath) on the 10K or 10-Mile courses. **We close all three courses at 10:30am.** We expect about 600 total participants. Enjoy post-race refreshments while they last. Your registration fee is \$15.00, but on Race Day, that fee is \$20.00. We conduct the pre-race course and safety briefing in the MPCC at 7:40am. Our timing company computes results based on your “Gun-to-Chip” time (from the time the starting horn sounds until the time you cross the finish line). If you're hoping to win a medal or set a Personal Best time or new course record, position yourself at the front of the starting line. For course elevations, local accommodations, and “Get Up & Go! Cup” information, go to our Race Day web site at www.mckendree.edu/raceday.

Directions to McKendree University

- Interstate 64 to Exit 23, Illinois Route 4, Lebanon. Turn north on Route 4.
 - Turn left (west) at the first flashing red light on West St. Louis Street in Lebanon.
- Or**
- Interstate 70 to Exit 21, Illinois Route 4. Turn south on Route 4.
 - Travel about 9 miles and turn right (west) at the flashing red light on West St. Louis Street in Lebanon.
- Then,**
- Turn right (north) on Alton Street.
 - Travel north on Alton Street for ½ mile and just past the 4-way stop sign; our Melvin Price Convocation Center (MPCC) is on the right.
 - There's parking available (1) at the MPCC, (2) near the starting line across from the McKendree Fountain, or (3) in parking lots no one ever uses on Stanton Street which is one block on the other (west) side of the fountain.

For your convenience (and for a small fee), you can register online at active.com until midnight CDT, on Wednesday, March 19th

Here's how: Go to our University race web site at mckendree.edu/raceday. In the left margin, click “Ramble into Spring, 2014.” Scroll down to “Register online at Active.com” and click on the link. On the page that appears next, you'll find general race information and a “Register Now” button. Click that “Register Now” button and you can begin registering.

or

Go directly to the “active.com” web site, type “Ramble into Spring” into the search bar at the top of the page. Then, click on our race as it appears in the selection window. You'll be taken to our registration page where you'll find general race information and a “Register Now” button. Click that “Register Now” button and you can 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. Feel free to take advantage of this option or register through the mail or here in person at the McKendree Intramural Gym located within the MPCC.

Course Records

5K – Men

Michael Mendez, 16:02, September 10, 2011

10K – Men

Jackson Marwa, 37:37, March 24, 2012

10-Miler – Men

Travis Lavin, 55:26, March 19, 2011

5K – Women

Brittney Burmester, 19:36, September 7, 2013

10K – Women

Ashley Ashares, 41:28, March 19, 2011

10-Miler – Women

Eileen Petito, 1:07:20, March 20, 2010

*Watch for our
“Harvest Challenge” 5K/Half Marathon coming in September 2014!*