

# 30<sup>th</sup> ANNUAL DeMOTTE KANKAKEE VALLEY



# ROTARY RAMBLE

## 5K RUN OR WALK



### Saturday, August 14, 2010 - 8:00 am (Chicago Time CDT)

**General Information:** Raffle prizes will be given out during awards, so make sure you put completed ticket in the raffle box before leaving registration area. **NO REFUNDS OR TRANSFER OF NUMBERS.** Baby joggers and/or strollers, headphones, animals, bicycles, skateboards, roller blades/skates or other wheeled objects are **NOT ALLOWED** on the course. Indiana HS CC runners are eligible to run the race. Do not leave personal items in the school during the race. The school will **NOT** be open after the race. Restrooms will be available in the lower level (west) entrance of the DeMotte Public Library after 8:00 a.m. - **Ultra "on the bib" timing tag. Gun time is official time.**

**Online Registration & Results: [www.thtiming.com](http://www.thtiming.com)**

#### Registration and Entry Fees

Each person must fill out separate entry form. Make checks payable to: Rotary Ramble, P.O. Box 288, DeMotte, IN 46310

#### PRE-REGISTERED (POSTMARKED BY AUG. 12)

- With wicking T-Shirt ..... \$17.00
  - No Shirt ..... \$12.00
  - Family Fee Full parent fee paid, Each child 14 & under ..... \$8.00
  - Gold Cup Runners ..... Deduct \$2.00
- No Gold Cup Discounts allowed with family entry.

**ONLINE REGISTRATION: [www.thtiming.com](http://www.thtiming.com)**  
(A small cost added to entry fee)

#### RACEDAY REGISTRATION (AUG. 13 & 14)

- With wicking T-Shirt (no size guarantee) ..... \$20.00
- No Shirt ..... \$15.00

\* No Raceday discounts

#### RACEDAY REGISTRATION AND PACKET PICK-UP

6:45 - 7:45 am DeMotte Elementary School Gym, 1000 Halleck St. S.W., DeMotte (US 231)

#### Post Race Activities

Refreshments & Awards at DeMotte Library East Parking Lot.  
Pancake Breakfast at United Methodist Church 6:30 - 10:00am.  
DeMotte Chamber of Commerce Parade begins at 10:00 am.  
DeMotte Town and Country Days Festival behind DeMotte Elementary School.

#### DIRECTIONS TO DEMOTTE

**From the South:** I-65 to Ind. 10 exit (DeMotte/Roselawn) East on Rt. 10 for 3-¾ mile, turn north (left) on Rt. 10 for 3 miles (4 way stop). North on 231 approximately 4/10ths of a mile. DeMotte Elementary School is on the left.

**\*From the North:** I-65 to Rt. 2 exit (Lowell). Go East (left) on Rt. 2 for 5 1/2 miles. Turn South (right) on Rt. 231 (flashing red light) for 6-8/10ths miles. DeMotte Elementary School is on the right.

**From the East:** U.S. 30 West to Ind. 49 South, until it intersects with Rt. 10. Turn West (right) on Rt. 10 for 8 miles (also Rt. 231). Follow Rt 231 North around curve for approximately 4/10ths of a mile. DeMotte Elementary School is on the left.



**2010 RRCA Regional 5K Championship**



### Rotary Ramble Sponsors

- DeMotte State Bank
- Century Insurance Company
- Dr. Nallari
- Walstra Fertilizer & Trucking
- Pizza Hut
- Nitco/NetNitco
- Fieldhouse Ford
- DeMotte Kankakee Valley Rotary
- McDonalds
- Marti's Place
- Town and Country Paving
- Kankakee Valley Post-News
- The Hamstra Group, Inc.
- REMC
- Kapers Building Materials
- Quiznos

**INFORMATION: Char or Tresa(219) 987-2875 or e-mail: [tgroet@netnitco.net](mailto:tgroet@netnitco.net)**

**MAKE CHECKS PAYABLE, DETACH & MAIL TO ROTARY RAMBLE • P.O. Box 288 • DeMOTTE, IN 46310**

PLEASE PRINT

M  F

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDAY M/D/Y \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TELEPHONE # \_\_\_\_\_

Register online at [www.thtiming.com](http://www.thtiming.com)

**T-Shirt Size**  
NONE S M L XL XXL

#### CHECK ONE

- 5K RUN
- CLYDESDALE (Male 190# - 209#)
- 5K WALK
- ATHENA (Female 135# - 149#)
- CLYDESDALE + (Male 210# & Up)
- ATHENA + (Female 150# & Up)

**2010 GOLD CUP**

**PLEASE READ CAREFULLY BEFORE SIGNING.**

#### WAIVER MUST BE SIGNED TO COMPETE IN THE ROTARY RAMBLE

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, animals, traffic and the conditions of the road, all such risks being known and appreciated by me. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses. Having read this waiver and knowing these facts and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the DeMOTTE KANKAKEE VALLEY ROTARY, The Town of DEMOTTE, CALUMET REGION STRIDERS, INC., KANKAKEE VALLEY SCHOOL CORPORATION, BACKROADS RUNNING CLUB, volunteers, workers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in and/or travel to and from this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. - No refund if event is cancelled.

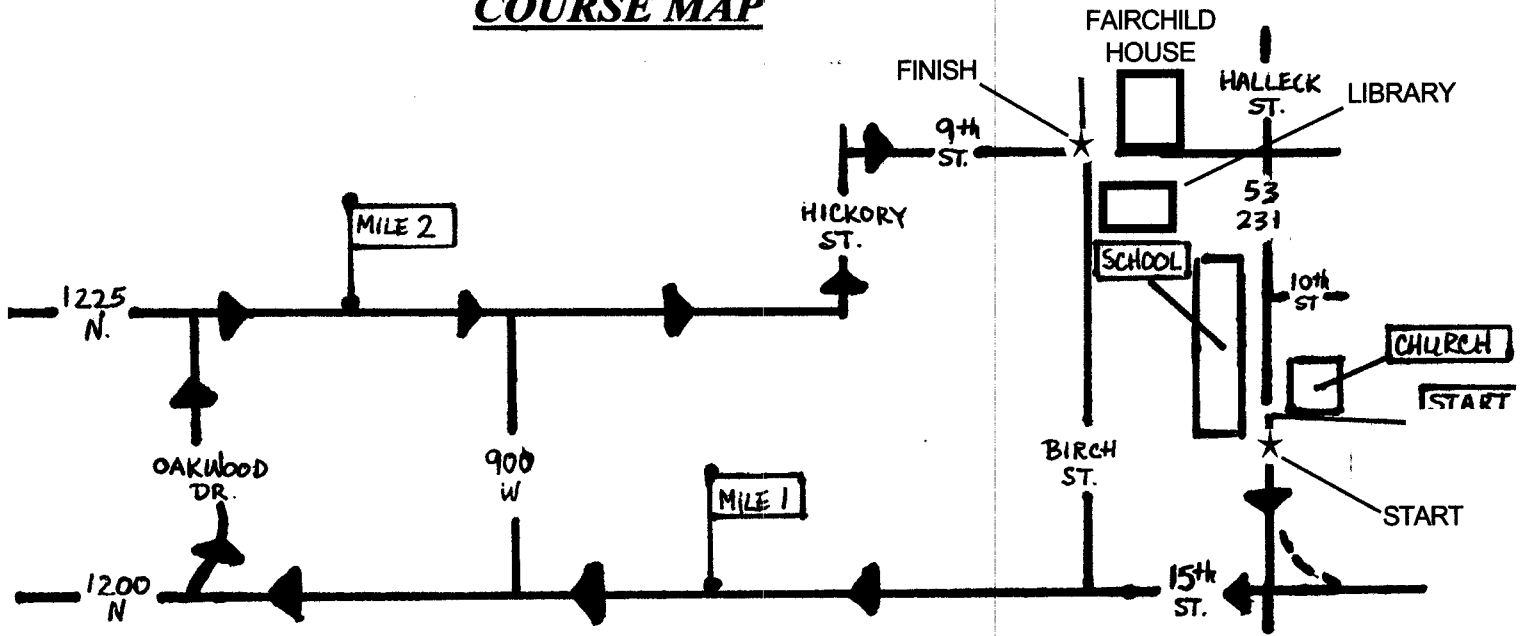
Participant's

Signature (Parent if under 18 years old) \_\_\_\_\_

DATE \_\_\_\_\_

E-mail Address \_\_\_\_\_

# COURSE MAP



## Course Records:

Francisco Medrano	15:00	2009	Lafayette
Kelly Cordell	16:30	2000	San Luis Obispo, CA

## Age Group Records:

8 & under	Dustin Navejas Hope Myrup	20:16 26:39	2009 2005	Lowell Munster
9-10	Andrew Kearney Sara Ramos	22:42 23:17	2005 2009	Chesterton Scherverville
11-12	Daniel Carmody Kesli Blankenship	19:25 20:24	2003 2004	Chesterton Lowell
13-14	Francisco Medrano Michelle Dela Vina	16:24 18:14	2004 1997	Lafayette Valparaiso
15-16	Francisco Medrano Michelle Dela Vina	15:02 17:59	2006 1999	Lafayette Valparaiso
17-18	Francisco Medrano Tiffany Redlarczyk	15:26 18:25	2008 2003	Lafayette Dyer
19-24	Francisco Medrano Collette Liss	15:00 16:54	2009 97/98	Lafayette Valparaiso
25-29	Matt Thomas/John Polomchak Kelly Cordell	16:25 16:30	2003/2008 2000	Valparaiso/Fair Oaks San Luis Obispo, CA
30-34	Chuck Barnett Karen DeVries	16:07 18:45	1994 1994	Crown Point Valparaiso
35-39	David Buysse Sandra Stefanski	16:30 18:29	2007 2000	Carmel Crown Point
40-44	Chris Shockley Andrea Blocher	16:38 18:18	2000 2008	Flossmoor, IL West Lafayette
45-49	Sam Cortes Sandra Stefanski	16:21 19:28	1999 2008	Orland Park, IL Crown Point
50-54	Rick Fenno Lynn Reichle	16:51 21:22	2007 2004	Crown Point Valparaiso
55-59	David Ahner Linda Verduzco/Lynn Reichle	17:49 21:58	2008 1995/2008	Valparaiso Hammond/Valparaiso
60-64	Mann Spittler III Jean Jannsch	20:10 24:42	2008 2009	Valparaiso Valparaiso
65-69	Champ Merrick Norine Weatherford	23:04 28:15	1999 2000	Munster Flossmor, IL
70-74	Melvin Waite Jo Presser	21:47 41:07	1998 1999	Hobart Michigan City
75 & up	Melvin Waite Jo Presser	23:26 46:22	2003 2007	Hobart Michigan City
5k Walk	Jerry Lambert Melissa Moeller	26:47 28:22	1992 2008	Logansport Valparaiso
Athena	Stacy Diener	21:14	2006	Merrillville
Athena Plus	Jennifer Schoonveld	24:00	2004	DeMotte
Clydesdale	Dominic Willis	17:51	2004	Wheatfield
Clydesdale Plus	Dominic Willis	18:43	2006	Wheatfield
Wheelchair	Lindsay Hanson	21:17	1998	Valparaiso