

LIMESTONE ROCKS!

8-HOUR OR 4-HOUR TIMED ULTRA RACE

Saturday, September 21, 2024, 9:00 a.m. – 5:00 p.m.

Event Description: You may compete in either an 8-hour or 4-hour race on a 1.65 mile loop course at Limestone Park, 5813 W 1000N Rd, Kankakee, IL 60901, The course, mostly crushed limestone and partly asphalt, is about half flat and half hilly with one short-but-steep downhill and one short-but-steep uphill plus a couple of other small hills, with a maximum elevation change of 50 feet.

Schedule:	8-Hour	4-Hour
Registration & Packet Pickup	7:30 a.m. – 8:50 a.m.	9:00 a.m. – 12:50 p.m.
Pre-race briefing	8:55 a.m.	12:55 p.m.
Race starts	9:00 a.m.	1:00 p.m.
Race ends	5:00 p.m.	5:00 p.m.
Awards ceremony	5:15 p.m.	5:15 p.m.

How it works: At the end of each loop you will check in with the scorekeeper. Then, take a break between loops or go right back out again; the choice is yours. Do as many loops as you can in the allotted time for your race. The scoring will be based on total loops. In the event of ties, the person who finished his or her last loop earliest will be the winner. Partial loops will not count. Use your own judgment about when to start a final loop.

Aid Station: There will be a well-stocked aid station at the start/finish of the loop, It will be mostly limited to items that are individually wrapped. Restrooms will also be available there. There is an area where runners can set up their own base camps. If you have any special needs/wants for refreshments, you should plan on bringing your own.

Awards: Overall awards and age group awards will be based on participation. Finisher awards to all participants (personalized with your name for pre-registered participants.).

Net proceeds of this event will be donated to: Kankakee Veterans Assistance Commission and Limestone Park.

2024 Limestone Rocks! 8-Hour or 4-Hour Timed Ultra Race Entry Form

Name _____ Phone # _____ Email _____
Address _____ City _____ State _____ Zip _____

Gender: Male__ Female__ Age: (as of 9/21/2024)____ Date of Birth: __/__/____

Choose your race: 8-Hour____ (\$45 / \$50 after 9/14/2024 / \$55 on race day)

4-Hour____ (\$40 / \$45 after 9/14/2024 / \$50 on race day)

Choose shirt option: No shirt__ Dri-fit Shirt__ (add \$10 & choose size) S__ M__ L__ XL__ 2XL__

Shirts must be ordered by 9/9/2024

By signing below, I do hereby release and discharge from liability Limestone Park and Limestone Rocks! 8-Hour or 4-Hour Timed Ultra Race organizers, directors, sponsors, supervisors, volunteers of the event and their representatives, successors and assigns for any and all injuries suffered by me in this event, however incurred or sustained. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatsoever.

Signature (Parent or Guardian, if entrant is under 18) _____ **Date** ____/____/____

Send this form with your check, made payable to: David Bohlke, 202 Tiverton Rd, Kankakee, IL 60901

Online registration is available at: www.racerpal.com/races/limestone Questions: email limestonerocks@outlook.com