



39th Annual
ROTARY RAMBLE
"WOODEN SHOE RACE"
5K RUN OR FITNESS WALK
Saturday, August 10, 2019



Start Time: 8:00 am CDT (Chicago Time)

PRE-REGISTRATION-Online/ByMail
 (Postmarked by Saturday, August 3rd)

- With T-Shirt..... \$20.00
- No Shirt..... \$15.00
- Family Fee-full parent fee paid, w/shirt, each child 14 & under .. \$12.00
- Gold Cup Series Discount Deduct \$2.00

Each person must fill out separate entry form.
Mail To: Rotary Ramble, P.O. Box 47, DeMotte, IN 46310
Make Checks Payable to: Rotary Ramble

LATE REGISTRATION-Online/Onsite only
 (Online Registration thru Thursday, August 9)

- **\$3 Discount for Online Registration**
- **No Onsite Discounts**
- With T-Shirt (no size guarantee) \$25.00
- No Shirt \$20.00
- Family Fee-full parent fee paid, w/shirt, each child 14 & under \$14.00

Onsite Registration & Packet Pick-up

DeMotte Elementary School
US 231 Halleck St., DeMotte
Friday, (8/9/19) 6:30 - 7:30 pm
Saturday, (8/10/19) 6:45-7:45 am

Online Registration: runsignup.com/rotaryramble
Online Results: www.thtiming.com

Run Divisions					
8 & Under	9-10	11-12	13-14	15-16	17-18
19-24	25-29	30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69	70-74	75-79
80 & up					

Special Run Divisions*

Male	Female
Clydesdale 1...210-229#	Athena 1...150-169#
Clydesdale 2...230# plus	Athena 2...170# plus

*not eligible for age division awards.

Fitness Walk Divisions (Male & Female)

39 & Under (1) • 40-49 (1)
 50-59 (1) • 60-69 (1) • 70 & up (1)

FREE PEE WEE RUN

First race starts: 9:00 AM on Fairchild House lawn (next to 5k finish line). Sign Up: Day of the race, Fairchild House front door, 7:45 to 8:00 AM. Ages 2-10 may participate. Ribbons and goodie bags awarded to runners. Distances are by age (25-300 yds).

MAKE CHECKS PAYABLE, DETACH & MAIL TO ROTARY RAMBLE • P.O. Box 47 • DeMOTTE, IN 46310

PLEASE PRINT

M F

FIRST NAME _____ LAST NAME _____ SEX _____ AGE (on race day) _____ BIRTHDAY M/D/Y _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____ TELEPHONE # _____

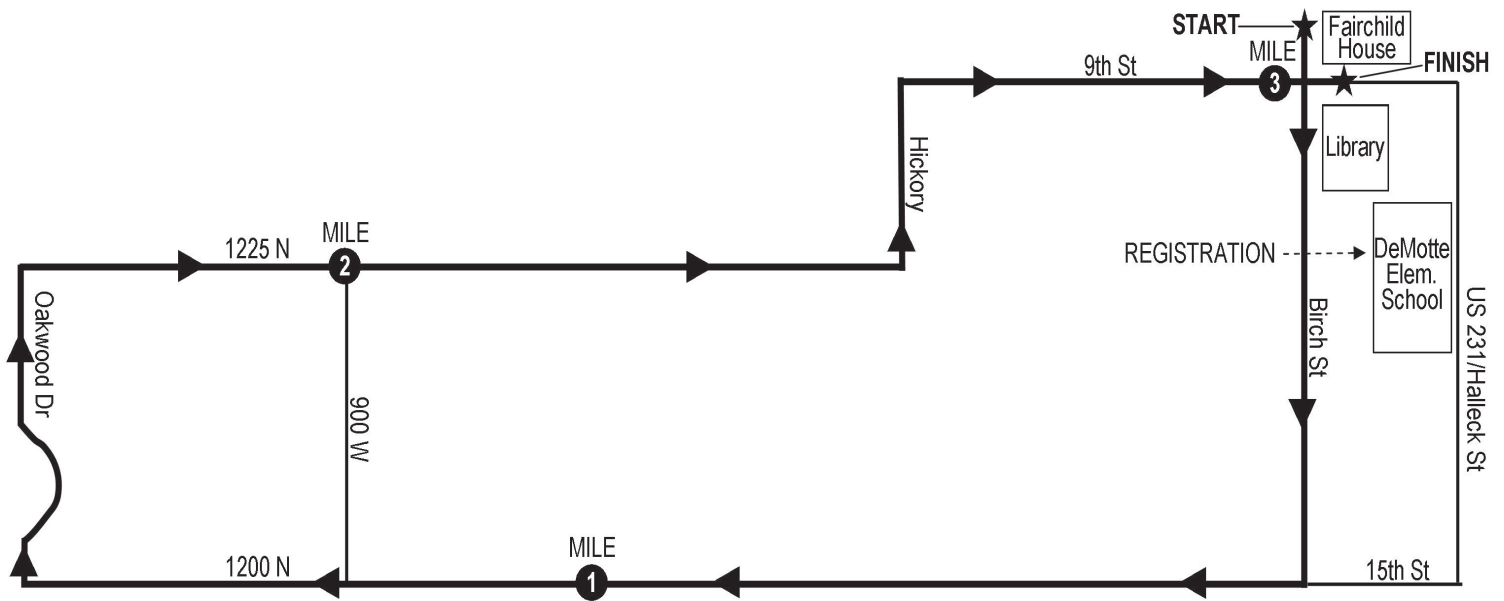
T-Shirt Size (Circle One) NONE SM MED LGE XLGE XXLGE _____

Division: (Circle One Only) 5K RUN 5K WALK CLYDESDALE 1 (M-210-229) CLYDESDALE 2 (M-230 UP) ATHENA 1 (F-150-169) ATHENA 2 (F-170 UP) _____
 2019 Gold Cup

PLEASE READ ENTRY FORM AND WAIVER CAREFULLY BEFORE SIGNING.

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/walk. I assume all risks associated with my voluntary participation in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and /or humidity, precipitation, animals, traffic and road conditions. 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. Knowing these facts, I, for myself, heirs, executors, administrators, or anyone else who might make a claim on my behalf, COVENANT NOT TO SUE, WAIVE ALL CLAIMS AGAINST, AND FULLY RELEASE & DISCHARGE the DeMotte/Kankakee Valley Rotary Club, the Town of DeMotte, Kankakee Valley School Corporation, Calumet Region Striders, race participants, race officials, workers, volunteers, and all sponsors, (collectively, the "Releases") for ANY AND ALL claims of liability, including without limitation the sole or contributory negligence of any or all the Releases, whether foreseen or unforeseen, for death, personal injury (whether temporary or permanent), or property damage arising out of, or in the course of my participation in and/or travel to & from this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. No refunds if this event is cancelled. **I attest that I have read the race rules and agree to abide by them.**

Participant's _____ DATE _____
 Signature or (Parent if under 18 years old)



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 (John Deere) 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 (Wheatfield). 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.

RAMBLE SPONSORS

- DeMotte State Bank
- Pizza Hut
- McDonalds
- The Hamstra Group, Inc.
- Century Insurance Company
- State Rep. Douglas Gutwein
- REMC
- Dr. Nallari
- Fieldhouse Ford
- Town and Country Paving
- Kapers Building Materials
- Helena Fertilizer
- Kankakee Valley Post-News
- Fase Water Treatment & Rental
- Wiers Chevrolet Cadillac GMC
- Belstra Milling
- Edward Jones-DeMotte
- Culbreth Lawn Care
- Tysens Family Food Center

INFORMATION:

E-mail: rotaryramble@hotmail.com

General Information:

NO Refunds or transfer of numbers

The following are NOT ALLOWED on the course: Baby joggers and/or strollers, scooters, animals, bicycles, skateboards, roller blades/skates or other wheeled objects (except wheelchairs) or music playing audio devices. **Indiana High School Cross Country runners must receive waiver from Athletic Director to compete.**

AWARDS

5K Run: Wooden shoes to the top three overall male and female finishers, the first three finishers in each age & special run divisions; masters, youngest, oldest.

Fitness Walk Wooden shoes to the first three overall male and female finishers, the oldest finisher and the first male and female finisher in each age division.

Course Records:

Francisco Medrano	14:52	2010	Lafayette
Kelly Cordell	16:30	2000	San Luis Obispo, CA

USATF certified course

IN13045 TDK

Gold Cup Series race

Chip timed • Ultra "on the bib" timing tags

Mostly flat course • 3 water stops

Split times at every mile