

RRCA 2012 Indiana State 5K Championship

32nd Annual

ROTARY RAMBLE

5K RUN OR FITNESS WALK

Saturday, August 11, 2012



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

Start: US 231/Halleck Street at DeMotte Elementary School - **Finish:** 9th & Birch Streets (NW side DeMotte Public Library)

Registration and Packet Pick-up

DeMotte Elementary School
US 231 Halleck St., DeMotte
Friday, (8/10/12) 6:30 - 7:30 pm
Saturday, (8/11/12) 6:45-7:45 am

USATF certified course #IN91005MW

RRCA State 5K Championship • Gold Cup Series race
 Gun is official time • Ultra "on the bib" timing tags
 Mostly flat course • 2 water stops
 Split times at every mile

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 SATURDAY, AUG. 4, 2012)

- With wicking Sport Science T-Shirt \$17.00
- No Shirt \$12.00
- Family Fee Full parent fee paid, with shirt, each child 14 & under \$8.00
- Gold Cup Series Discount Deduct \$2.00

No Gold Cup Discounts allowed with family entry.

REGISTRATION MONDAY, AUGUST 6, 2012 THRU RACEDAY

- With wicking Sport Science T-Shirt (no size guarantee) \$21.00
- No Shirt \$16.00

* No discounts after Saturday, August 4, 2012

Run Awards

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

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 (1 Fe)	
75-79 (1 Fe)	80 & up (1 Fe)				

Special Run Divisions*

Weigh in at registration or packet pick up.

Male	Female
Clydesdale 1...190-209#	Athena 1...135-149#
Clydesdale 2...210-229#	Athena 2...150-169#
Clydesdale 3...230# plus	Athena 3...170# plus

*not eligible for age division awards.

RRCA State Championship Run Awards

Overall, Master (40+), Grand Master (50+), Senior Master (60+), & Senior Grand Master (70+)

Fitness Walk Awards

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.

Fitness Walk Divisions (Male & Female)

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

FREE PEE WEE RUN: The first race begins at 8:55 am on the lawn of the Fairchild House which is a 2 story brick house on 9th Street directly across from the DeMotte Public Library. All pee wee runners must have a parent sign a waiver form on race day between 7:30 and 8:45 am. Sign ups will be at the front door of the Fairchild House Ages 2-10 may participate. Ribbons and goodie bags are awarded to all the runners. No times, places or special awards are given. Distances are according to age ranging from approximately 25 to 300 yards.

Ramble Sponsors

- DeMotte State Bank
- Pizza Hut
- McDonalds
- The Hamstra Group, Inc.
- Century Insurance Company
- State Rep. Douglas Gutwein
- Marti's Place
- REMC
- Dr. Nallari
- Fieldhouse Ford
- Town and Country Paving
- Kapers Building Materials
- Walstra Fertilizer
- DeMotte Kankakee Valley Rotary
- Kankakee Valley Post-News
- Quiznos/Vons Excavating, Inc.
- Polar Ice Systems
- KV Health Centre

INFORMATION: Char or Tresa(219) 987-2875 or e-mail: 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 8/13/11 _____ 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-190-209) CLYDESDALE 2 (M-210-229) CLYDESDALE 3 (M-230 UP) ATHENA 1 (F-135-149) ATHENA 2 (F-150-169) ATHENA 3 (F-170 UP)

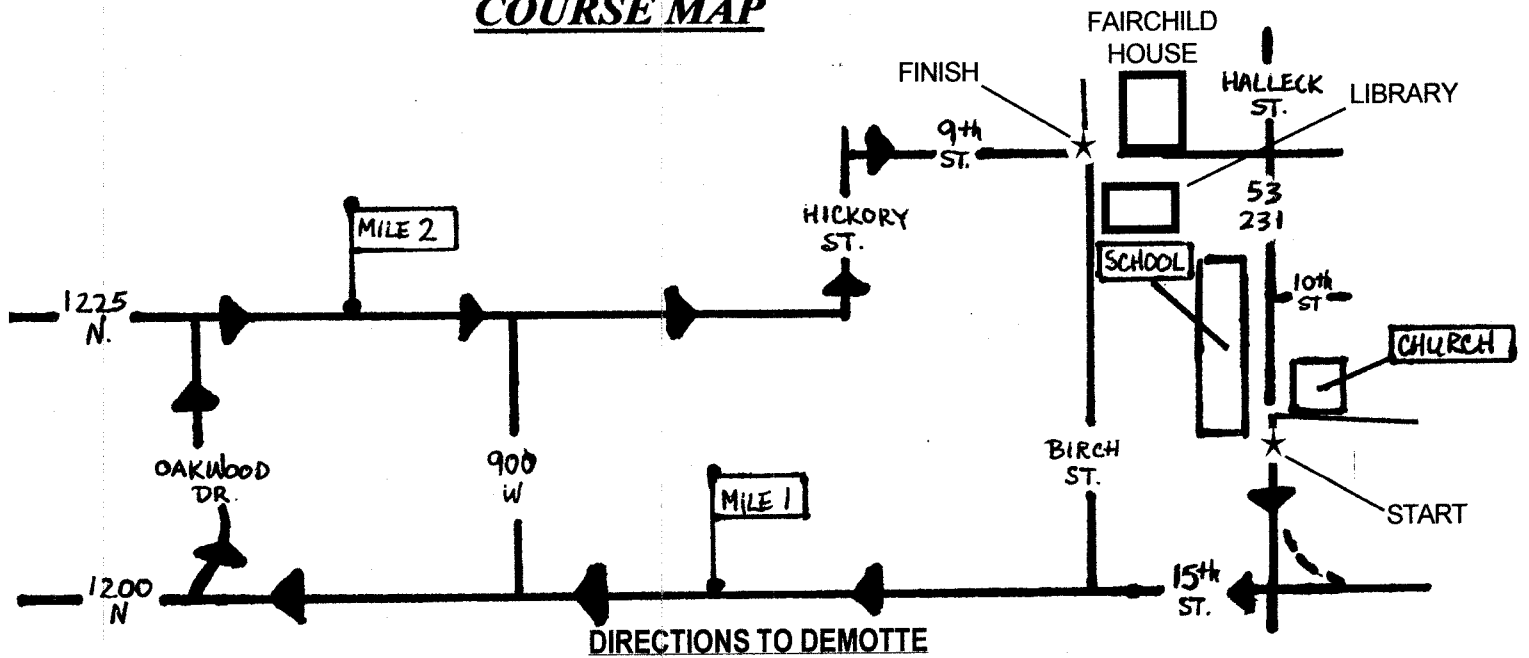
PLEASE READ ENTRY FORM AND WAIVER CAREFULLY BEFORE SIGNING.

2012 Gold Cup

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, Back Roads Running 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.

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

COURSE MAP



DIRECTIONS TO DEMOTTE

From the South: I-65 to Ind. 10 exit (DeMotte/Roselawn) East on Rt. 10 for 3-3/4 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.

Course Records:

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

Age Group Records:

8 & under	Dustin Navejas Hope Myroup	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 Elspeith Young-Brust	19:25 20:18	2003 2011	Chesterton Union Mills
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	14:52 16:54	2010 97/98	Lafayette Valparaiso
25-29	Eric Wallor Kelly Cordell	15:36 16:30	2011 2000	Chicago, IL 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	Flossmor, IL West Lafayette
45-49	Sam Cortes Audrea Blocher	16:21 18:52	1999 2010	Orland Park, IL W. Lafayette
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	Roger Steffen Jean Jansch	18:57 24:42	2010 2009	Rensselaer 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
75-79	Melvin Waite Jo Presser	23:26 46:22	2003 2007	Hobart Michigan City
80 & up	Tom Magill Jo Presser	37:28 47:30	2010 2009	Chesterton Michigan City
5k Walk	Jerry Lambert Melissa Moeller	26:47 28:22	1992 2008	Logansport Valparaiso
Athena 1	Stacy Diener	21:14	2006	Merrillville
Athena 2	Jennifer Schoonveld	24:00	2004	DeMotte
Athena 3	Lisa Maddy	31:02	2011	Scherverville
Clydesdale 1	Dominic Willis	17:51	2004	Wheatfield
Clydesdale 2	Dominic Willis	18:43	2006	Wheatfield
Clydesdale 3	Jim Proctor	24:48	2011	
Wheelchair	Lindsay Hanson	21:17	1998	Valparaiso