



# Monroe County YMCA Illinois Ozarks 10K Bluff Trail Run

Saturday, October 29, 2011 • 9:30 am start  
Borsch Park • Valmeyer, IL

## Registration

- \$30 through October 8
- \$35 beginning October 9
- Race day sign up 7:30 a.m. - 8:45 a.m., ONLY if space is available.  
T-shirt is not guaranteed with registration after October 8.
- Register online at ACTIVE.com, by mail, or in person at the Monroe County YMCA.
- All registration fees are non-refundable.

## Packet Pickup

- Friday, October 28th at Monroe County YMCA.
- Race day pickup & registration 7:30 a.m.-8:45 a.m. at Borsch Park.

## Awards

- Top male and female finisher in each race
- Medals to top 3 in each age division:  
Male: 14-19, 20-29, 30-39, 40-49, 50-59, 60+  
Female: 14-19, 20-29, 30-39, 40-49, 50-59, 60+

## Race Shirt

- Long sleeved t-shirt.
- *Must register by October 8<sup>th</sup> to guarantee shirt. Indicate size below.*

For more information, contact Rebecca Keightley at the Monroe County YMCA: 618.281.9622 or  
rkeightley@ymcaswil.org.

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## Monroe County YMCA Illinois Ozarks 10K Bluff Trail Run

Gender:  Female  Male

Shirt Size:  S  M  L  XL  XXL

Date of Birth: \_\_\_\_\_ Age on 10/29/11: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Latest 10K time/Estimate for a 10K time: \_\_\_\_\_

**Waiver of Liability:** I understand that the YMCA of Southwest Illinois, the City of Valmeyer, their employees and all others connected with the event or program are not liable for any injuries which I may suffer while taking part in this voluntary activity. I hereby waive and release any and all rights and claims I may have against the YMCA, sponsors, personnel or volunteers for any injury I might suffer in this event or for loss or damage to my property. I attest that I am physically fit and have prepared for this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*Parent or Guardian signature required if under the age of 18.*

**Mail or bring registration form with payment to:** Monroe County YMCA, 9514 Caring Way Columbia, IL 62236. Make checks payable to YMCA of Southwest Illinois. Registration also available on Active.com.

## **Monroe County YMCA Illinois Ozarks 10K Bluff Trail Run**

### **Where?**

Begins at Borsch Park, Valmeyer, Illinois—20 minutes south of the J.B. Bridge along Bluff Road.

### **When?**

Saturday, October 29, 2011. 9:30 a.m. start. The race is a go rain or shine.

**Disclaimer Note:** Should there be lightning, the race will be postponed until such time as the lightning ceases. Continuation of the race will be at the sole discretion of the race director.

### **Registration?**

Register online at ACTIVE.COM, by mail (see address on registration form) or in person at the Monroe County YMCA.

Be prepared to supply one of the following pieces of information:

- Latest 10K time
- Estimate for a 10K

### **Entry fee?**

- \$30 through October 8
- \$35 beginning October 9
- No refunds
- Limited entry
- Race day sign up until 8:45 a.m., ONLY if space is available. T-shirt is not guaranteed with registration after October 8.

### **What is it?**

An off-road 10K trail run along trails through the scenic Salt Lick Point Land and Water Reserve.

### **Who?**

Ages 14+.

### **Course?**

10K, beginning and ending on 1.45K of pavement, the remainder over very hilly terrain. Racers start in heats of 25 (every 30 seconds) according to one of the following:

- Previous 10K time
- Estimated 10K time

### **Packet pick-up?**

Friday, October 28 at the Monroe County YMCA or race day morning at the large pavilion in Borsch Park – 7:30 a.m. until 8:45 a.m.

### **Awards?**

- Top Female/Male finisher over all – 1 award each
- Age group awards:  
Male: 14-19, 20-29, 30-39, 40-49, 50-59, 60+  
Female: 14-19, 20-29, 30-39, 40-49, 50-59, 60+
- Three awards in each age group

### **Rules?**

- To be eligible for an award, the runner must complete the entire race course.
- Bandits will be disqualified and prohibited from future races.
- No early starters.

### **Shirts?**

Long sleeved t-shirt guaranteed with registration on or before October 8<sup>th</sup>.

## Directions?

From Interstate 255, exit at Route 3 South Columbia. Immediately take the Quarry Road/Palmer Road exit and turn right on Palmer Road. At the stop sign, go straight onto Bluff Road. Follow Bluff Road and signs for 14 miles to (old) Valmeyer. Borsch Park is on the left after you pass Rock City sign.

## Description?

Course is a 10K starting at the foot of the Illinois Ozark Bluffs at Borsch Park in Valmeyer, IL. The first 1.45 kilometers are on pavement with a gradual increase in grade as you pass mine openings quarried decades ago. The ascent up the bluffs begins near Rock City, an industrial park set in the caverns where limestone was once mined. The wide Salt Lick Trail rises rapidly and then settles into a more gradual climb until you come to the plateau where you will begin your descent down Newman Trail. When you reach the bottom of the bluffs, you will follow the flat 2.09 kilometer Johnson Trail, passing numerous mine openings and dozens of boulders the size of semi trucks. The next leg of the run takes you up the Salt Lick Trail once again, this time from the much more steep western side, where the grade is nearly 40%. You will complete the entire Salt Lick Trail, descending at the point where you began the original climb and ending on the pavement leading back to Borsch Park. The course will have taken you from a little over 300 feet to over 850 feet above sea level.

