

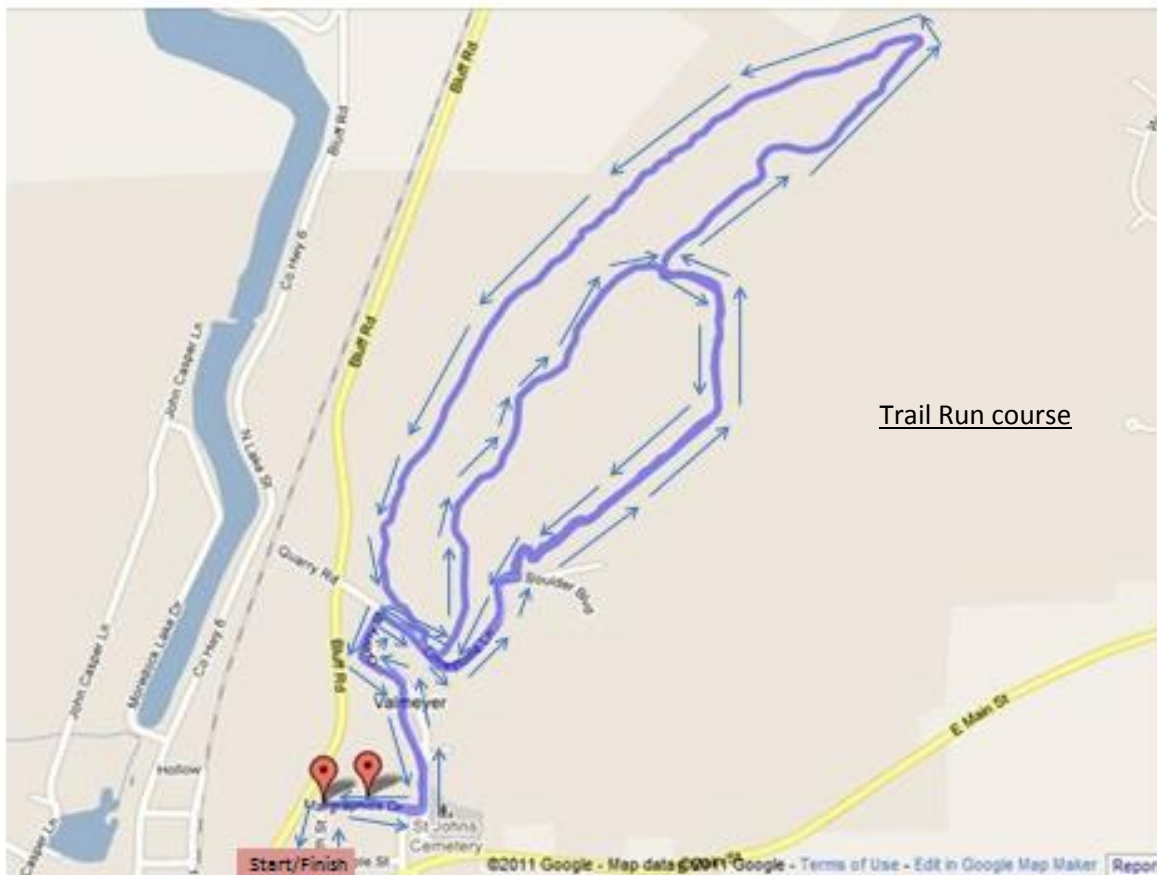
Directions:

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:

Trail Run course is a 10K starting at the foot of the Illinois Ozark Bluffs at Borsch Park in Valmeyer, IL. The first mile is 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 1.3 mile 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.

Fun run course begins at the large pavilion in Borsch Park and continues east on Margraphics Drive then turns north on Quarry Road, continues north on Krewer Drive and loops back to Quarry Road to return to Borsch Park. Course is .56 mile with an elevation change of 50 feet.



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Monroe County YMCA-HTC Center Illinois Ozarks 10K Bluff Trail Run

& FREE Children's Fun Run (no registration required)

Saturday, October 26, 2019 • 9:30 a.m. trail run start;

9:00 a.m. fun run start

Borsch Park • Valmeyer, IL

Registration

- \$35 through October 12 (\$5 goes to Salt Lick Point Stewardship Committee)
- \$40 beginning October 13 (\$5 goes to Salt Lick Point Stewardship Committee)
- 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 12.
- Register online at: <https://register.chronotrack.com/r/48731>, by mail, or in person at the Monroe County YMCA, 9514 Caring Way, Columbia, IL 62236. (Make checks payable to Monroe County YMCA)

Packet Pickup

- Race day pickup & registration 7:30 a.m.-8:45 a.m. at Borsch Park.

Awards

- Plaques to top male and female finisher
- Awards to top 3 in each age division:
Male: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Female: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Medals to all who finish the trail run and fun run

Trail Run Shirt

- Tech shirt.
- *Must register by October 12th to guarantee shirt. Indicate size below.*

For more information, contact Stacey Trimarke at the Monroe County YMCA-HTC Center at 618.281.9622 or email Stacey.Trimarke@gwymca.org

Monroe County YMCA-HTC Center Illinois Ozarks 10K Bluff Trail Run

Gender: Female Male Shirt size: S M L XL XXL

Date of Birth: _____ Age on 10/26/19: _____

Name: _____ Phone: _____

Address: _____

City/State/Zip: _____ E-Mail: _____

Latest 10K time/Estimate for a 10K time: _____

Waiver of Liability: I understand that the Gateway Region YMCA, the Village of Valmeyer, their employees and all others connected with the event 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 personal 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.