

# 2024 Rock Springs Ramble

Supporting Natural Areas & Wildlife! 5K Run/Walk, 1-Mile Run/Walk, & Kids Fun Run.

**Location:** Rock Springs Conservation Area  
3939 Nearing Lane, Decatur, IL

**Date:** **Saturday, May 18, 2024**  
OR Virtually at a Time/Date of Your Choosing

**Times:** 8:00 am for 1-Mile Run/Walk  
8:30 am for Kids ¼-Mile Fun Run  
9:00 am for 5k Run/Walk

**Course:** Paved Rock Springs-Fairview Bike Trail

**Finishers:** 5K and 1-Mile finishers will receive finisher's medal, t-shirt, and tote bag.  
Kids' Fun Run finishers receive a tree cookie medal and a nature item.

**5K & 1-Mile Awards:** Our unique awards are individually hand-painted smooth river rocks created by local artist Sheryl Polley.

5K Male & Female Adult Age Divisions	5K Male & Female Youth Age Divisions
20-24	10 and under
25-29	11-14
30-34	15-19
35-39	
40-44	
45-49	
50-54	<b>Kids' Fun Run</b>
55-59	Ages 10 and under
60-64	
65-69	
70 & Over	

**Awards will be presented to top three finishers in each division represented in the 5K and top 10 overall in the 1-Mile.**

**To receive additional Challenge award, you must sign up for both the 1-Mile and the 5K. See website for more details.**

## Post-Race Party

Each runner **21 years of age** and older, will receive a ticket for **one** free drink. Drinks will be available for purchase from **Door 4 Brewing Co.** Complimentary food and refreshments will also be served.

You may also register online at [www.runsignup.com/rockspringsramble](http://www.runsignup.com/rockspringsramble)

**Registration Form (One form per participant required) Register by April 19th to receive T-shirt, bag and medal on race day.**

(Print) Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_ Gender \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

EVENT (check one)	RESISTRATION FEE
<input type="checkbox"/> 5K Run/Walk	\$35
<input type="checkbox"/> 1-Mile Run/Walk	\$35
<input type="checkbox"/> Kids Fun Run	\$10

T-Shirt Size:  Small  
 Medium  
 Large  
 X-Large  
 XX-Large

**Liability Waiver – Read and sign before registering**

Amount Enclosed \$ \_\_\_\_\_ (Please make checks payable to "MCCF.")

**Thank you for supporting the Rock Springs Ramble!**

In agreeing to this waiver for myself, or as parent or legal guardian for the entrant named above, I hereby release from responsibility and hold harmless from any claim, foreseen or unforeseen by me or my family, estate, heirs or assigns, the Macon County Conservation Foundation and its agents, employees, officers, volunteers, other participants, any sponsors, advertisers and owners or lessors of the premises on which the Rock Springs Ramble takes place from any and all claims, damages, demands, injuries and losses, whatsoever, arising from my transportation to, participation in and or presence at the Rock Springs Ramble, and do so entirely of my own initiative. I understand that participating in this event can be a risky and dangerous activity and may result in serious bodily injury, including permanent disability, paralysis and death (collectively "risks"). I fully accept and assume all such risks and responsibility for all costs, damages, and losses I incur as a result of my participation in the Rock Springs Ramble. I agree to obey all laws, rules and participate in a safe manner. I certify that I have read this of free will and accord. If the entrant is a minor, I, the minor's parent or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified to participate in the Rock Springs Ramble. I also authorize emergency medical treatment if I or the minor(s) named below is/are injured. I hereby grant permission to use my and/or my child's (children's) name and/or likeness for promotional purposes or publicity.

Signature \_\_\_\_\_ Month/Day/Year \_\_\_\_\_

Macon County Conservation Foundation, 3939 Nearing Lane, Decatur, IL 62521 / 217.423.7708

[www.MaconCountyConservationFoundation.org](http://www.MaconCountyConservationFoundation.org)

FOR OFFICE USE: AMOUNT PAID \$ \_\_\_\_\_ PAID BY CASH (circle) PAID BY CHECK # \_\_\_\_\_

