

The Ondessonk Tradition

Location- Camp Ondessonk, located in Ozark, IL, is part of a 983 acre facility in the heart of the Shawnee National Forest.



Our Mission- To provide an environment that inspires physical, mental, emotional, & spiritual growth for individuals and groups through the appreciation and stewardship of nature.

Accreditation- We strive to uphold the highest safety and facility standards. Camp Ondessonk has earned accreditation from the American Camp Association and The Certified Horsemanship Association.



Register Today!

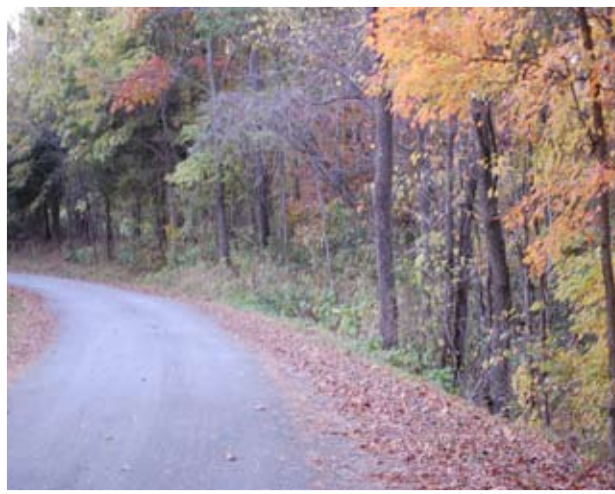
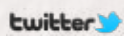
Send form to 3760 Ondessonk Rd. Ozark, IL 62972

Phone: 618-695-2489

Toll Free: 1-877-659-CAMP

Email: camp@ondessonk.com

Web site: www.ondessonk.com



Getting to Camp Ondessonk

Camp Ondessonk is located at the southern tip of Illinois. We are about 1.5 hours from Mt. Vernon, IL, 2 hours from Evansville, IN, 2.5 hours from Belleville, 3 hours from St. Louis, 4 hours from Springfield, and about a 6-hour drive from the Chicago area. Please visit our website, www.ondessonk.com, for directions from any location.

All travelers will eventually get to Route 45 on their way to Camp. About 10 miles north of Vienna (or 20 miles south of Harrisburg) turn off Rt. 45 and onto Ozark Road, which will be opposite of the Ozark General Store. Travel one half of a mile on Ozark Rd. The Camp Ondessonk gate will be on the right. Go through the gate and head down the camp road (about 2 miles).

Please do not bring pets to Camp Ondessonk. For a complete list of kennels in the area, call the Camp Office at (618) 695-2489.



Camp Ondessonk



Moccasin Gap Trail Run



October 22nd, 2011

Race Day Info:

Packet pick-up will be from 3 until 7pm on Friday, October 19th at the Camp Ondessonk Office and on race day from 7:00 until 9:30am. Race starts at 10:00am Saturday. Parking available in the main Camp Parking Lot. Award ceremony following the race at 1:00pm honoring the following participants:

15 and under top male and female finishers
 16-29 top female and male finishers
 30-39 top male and female finishers
 40-49 top female and male finishers
 50 and above top male and female finishers

All guests are invited to join us for the annual FREE Fall Festival at Ondessonk until 5:00pm! Rock climbing, hay rides, pony rides and more! See www.ondessonk.com for more info on this great event!

Moccasin Gap 10 Mile Run:

The Moccasin Gap Trail Run will utilize a series of scenic and challenging trails within -and surrounding- Camp Ondessonk. This rugged 10-mile route will take runners past some of the outdoor highlights of Camp Ondessonk, such as Cedar Falls (the highest free-falling waterfall in the state) and past one of the 11 known Native American Stone Fort sites in Southern Illinois. The trail departs Camp to wind up the ridges and through the sandstone creek valleys of the surrounding Shawnee National Forest eventually joining up with the River to River Trail. Runners will cross rock-bottom creeks, traverse ridge lines on old Forest Service roads, and climb a series of switchbacks -including a stretch of trail boasting over a mile of sustained climb to a historic U.S. Forest Service fire observation tower.

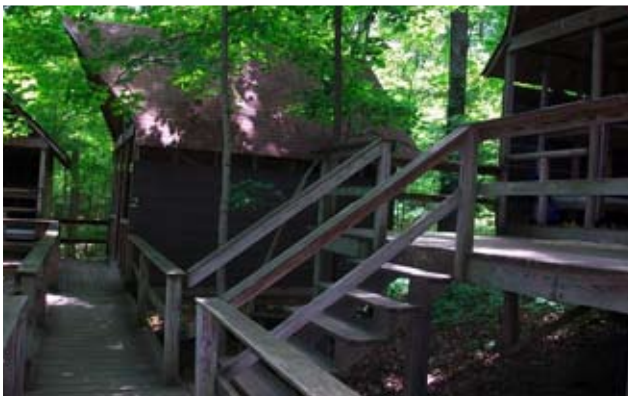
The Heepwah 5K Fun-Run:

The 5K course will take advantage of a few dirt trails and the gravel roads around Camp Ondessonk's Lake Echon. It will travel up a section of single track trail shared with the Moccasin Gap Trail Run before turning toward the finish on a two lane service road. A rewarding challenge for runners of any skill level!

These un paved trails contain rocks, roots, and other potential hazards, increasing the likelihood of possible injury. All participants must sign the Acknowledgement of Risk and Waiver of Claim form before being allowed to participate.

Optional Lodging:

Stay in one of Camp Ondessonk's signature rustic cabins! Each lodging choice is a grouping of 3-8 rustic cabins, tree houses, or lodges housing approximately 40 people. Tree houses and cabins are three-sided structures; lodges are four- sided. In keeping with the true camping spirit, units are primitive, without electricity or running water. Modern shower houses are located near units. Hotel lodging available in nearby towns of Marion and Harrisburg, IL. Additionally, U.S. Forest Service and State Park camping within a short drive.



Moccasin Gap Trail Run!

10:00am Saturday, October 20th, 2012

Registration Form

Help send some very deserving kids to Camp!

Name: _____ Birth date: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Desired Race:

Moccasin Gap 10 Mile Run \$50.00 entry fee
 (Limited to the first 200 participants to register!)

Heepwah 5K \$35.00 entry fee

Shirt Size: S M L XL 2XL

Payment Information

Moccasin Gap #: _____ X \$50.00 \$ _____

Heepwah 5K #: _____ X \$35.00 \$ _____

Optional Friday Night Lodging #: _____ X \$8.50 \$ _____

Optional Saturday Night Lodging #: _____ X \$8.50 \$ _____

Campership Fund Gift? (Optional) \$ _____

Total Enclosed: \$ _____

Method of Payment

Check Visa Master Card Discover

Name on Card: _____ Exp. Date: _____

Credit Card Number: _____

Signature: _____



CAMP ONDESSONK ACKNOWLEDGEMENT OF RISK AND WAIVER OF CLAIM

I acknowledge that the Camp Ondessonk Moccasin Gap 10 Mile Trail Run is an extreme test of a person's physical and mental limit and carries with it the potential for death, serious injury and property loss. Though potentially less strenuous, the Camp Ondessonk Heepwah 5K also carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, participants, spectators, volunteers, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. I hereby assume all the risks for participating in this event. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately. I certify that I am physically fit, have sufficiently trained for participation in the event, and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability (AWRL) will be used by Camp Ondessonk, participants, sponsors, service providers, and organizers in which I may participate and that it will govern my actions and the responsibilities at said event. In consideration of my application and permitting me to participate in the event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter accrue to me or my traveling to and from this event, including but not limited to Camp Ondessonk, the Diocese of Belleville, their directors, officers, employees, volunteers, representatives and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or person(s) mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my actions during the event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event. This AWRL shall be construed broadly to provide release and waiver to the maximum extent permissible under the applicable law. I grant permission to Camp Ondessonk to use my name, image, and photographs, videos, or any other record of my participation in the event for race commercial purposes including but not limited to newspaper, website, brochures, fliers, radio, and television. I AGREE NOT TO BRING DOGS OR OTHER ANIMALS ONTO CAMP ONDESSONK PROPERTY EXCEPT DOCUMENTED SERVICE ANIMALS. I understand that Camp Ondessonk's administrators and/or event officials reserve the right to remove me from the premises in the event I exhibit behavior inappropriate for or disruptive to the Camp Ondessonk community and/or other race participants, volunteers, and staff.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENT.

For persons under 18 years of age, a parent or legal guardian must sign the above AWRL and complete the following section. The undersigned _____ (parent/guardian) the parent and natural guardian of _____ (minor's name) hereby acknowledges that he/she has executed the foregoing AWRL for and on behalf of the minor named herein. For authority to act for and on behalf of the minor in the execution of the foregoing AWRL or in the execution of this consent and authorization for medical treatment. I hereby authorize any licensed physician, emergency medical technician, hospital or other medical or health care facility ("Medical Provider") to treat the minor named herein for the purpose of attempting to treat or relieve any injuries received by said minor arising out of or relating to this event. I authorize any such Medical Provider to perform all procedures deemed medically advisable by the Medical Provider in attempting to treat or relieve any such injuries and any related conditions of said minor that may be encountered during the course of attempting to treat or relieve such injuries. I consent to the administration of anesthesia as deemed advisable during the course of such treatment. I realize and appreciate that there is a possibility of complications and unforeseen consequences in any medical treatment, and I assume any such risk for and on behalf of said minor and myself. I acknowledge that no warranty is being made as to the results of any medical treatment.

I, _____, hereby certify that I have read this document and I understand its content.
 (printed name)

_____, Date _____
 (Signature)

Guests are responsible for their own first aid, emergency care and emergency transportation. We advise guests to include a CPR and First Aid certified individual as part of their group. Be aware of the following information in regards to the members of your group: Names, addresses, emergency contact names and numbers, health info (allergies, medications, restrictions, health conditions, etc.) and a signed permission from parents/guardians to treat minors in your group. The nearest ambulance service is in Vienna, IL (13 miles south on HWY 45). The nearest emergency medical treatment service is in Harrisburg, IL (21 miles north on Hwy 45) or Marion, IL (21 miles via the interstate)

Please, no pets allowed. For a complete list of kennels in the area, call the Camp Ondessonk Office at (618) 695-2489.