

R U N , B I K E , A N D F E E D T H E H U N G R Y

APRIL 28, 2012
9:00 am

Rock Cut State Park
Olson Lake Beach, Rockford, IL



Graphic Design Provided by Opus Creative Studio, Inc.

Photography Provided by Gary Geiger



7th Annual
PEANUT BUTTER 2012
DUATHLON

Benefiting the Kids of Our Rock River Valley Pantry

2
mile run

14
mile bike

2
mile run

The Peanut Butter Duathlon signifies the official kickoff of the Rock River Valley Pantry's Spring Peanut Butter Drive.

The Peanut Butter Duathlon is a great event for all athletes of all abilities and ages. It is guaranteed to be scenic, challenging and fun for everyone who participates. So come out and enjoy this early season race, and feed the hungry when you run, bike, run.



ENDURANCE FUELS
& SUPPLEMENTS

Hammer Nutrition is the exclusive supplier of endurance fuels and supplements.

Hammer Gel and HEED Sports Drink products will be provided in participants' race bags and on the course.

Barrels will be Available to Collect
Donated Jars of Peanut Butter to Help Kick-off
Our Spring Peanut Butter Drive

Don't miss it, Sign up today!

This Event Benefits the Rock River Valley Pantry, Northern Illinois' Largest Community Food Pantry.



ROCK RIVER VALLEY
PANTRY



To sign up, visit www.rrvp.org, scan the QR code, or fill out the entry form on the back of this brochure.

2012 PEANUT BUTTER DUATHLON

Location:

The race will be held on the trails and roads inside beautiful Rock Cut State Park, which is located near the intersection of I-39/90 and Riverside, in Rockford, IL. Parking will be at the Olson Lake Beach area.

The Park provides an ideal venue for this event; its multi-use trail system is one of the Midwest's finest.

For more information about Rock Cut State Park go to:
<http://dnr.state.il.us/lands/Landmgmt/PARKS/R1/ROCKCUT.HTM>

The Race:

The transition area, complete with bike racks, will be at the Olson Lake Beach area. The race begins there with a 2 mile trail run, followed by a 14 mile bike on the paved roads circling Pierce Lake, and is completed by a 2 mile trail run finishing back at the Olson Lake Beach area. Both 2 mile trail runs will be held on the grassy trails surrounding Olson Lake. The 14 mile bike will be held entirely on the paved roads within the park. Be prepared for some climbing as the road circling Pierce Lake includes several short climbs and descents.

Thanks to our many sponsors, race participants will be treated to free bicycle tune-ups, great food and beverages, entertainment and product give-a-ways.

The event will be held rain or shine, and refunds are not available. All participants are required to wear a helmet that complies with CPSC safety standards. All proceeds of this race benefit the Rock River Valley Pantry, a not-for-profit organization. Additional information about the event may be found at www.rvvp.org.

All proceeds of this race benefit the Rock River Valley Pantry of Rockford, IL.

Information:

Ian Linnabary, Race Director
Contact Ian at ikl@renozahm.com
or Kim Bakke, Rock River Valley Pantry
815.965.2466 or rvvp@rockriver.net
Register online at www.rvvp.org



Registration:

Online Registration: Visit www.rvvp.org for a direct link to the Peanut Butter Duathlon registration via www.witsracetime.com.

Online registration closes Wednesday, April 25, 2012 at midnight.
Mail in Registration (Postmarked before Tuesday, April 24, 2012):

Complete the attached application, sign the release form and mail with entry fee to: Rock River Valley Pantry, 421 South Rockton Avenue, Rockford, IL 61102
Race Day Registration at Rock Cut State Park, Olson Lake Parking Area will begin at 7:00 a.m. and close at 8:30 a.m. Race begins at 9 a.m.

Please avoid lines and additional fees—register early!

Fees:

Individual: \$40 until Race Day, \$45 on Race Day.
Team Entry: \$70 until Race Day, \$80 on Race Day.
Make checks payable to Rock River Valley Pantry.

Divisions:

Individual
Clydesdale (male 200+, not scored in age group)
Athena (female 170+ pounds, not scored in age group)
Female Relay Team
Male Relay Team
Coed Relay Team

Age Groups:

14-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65+

Prizes:

Medal awarded to top three overall male and female finishers and top three age group finishers.

Timing:

The race will be professionally timed using a Chip timing system. Complete splits and transition times will be posted on site and on the internet shortly following the race.

Race day Packet Pick-up:

Rock Cut State Park, Olson Lake Parking Area. Race Day packet pickup begins at 7:00 a.m. and will close at 8:30 a.m. Every participant who pre-registers for the event will be given an official Technical Race Tee-Shirt. Participants who register on the day of the event will receive official Technical Race Tee-Shirts based upon availability.

Entry Form / Release Form

Peanut Butter Duathlon
April 28, 2012 – 9:00 am
Send entry to Rock River Valley Pantry, 421 South Rockton Avenue, Rockford, IL 61102
or Visit www.rvvp.org to Enter Online

Name: _____

Age: _____ Sex (circle): Male / Female

Address: _____ City: _____ Zip: _____

Tee Shirt Size (adult size as available): _____

Class entered (circle): Clydesdale, Athena, Age Group, Relay

Phone: _____ E-mail: _____

Emergency Contact: _____ Phone: _____

Team Entry (Relay only): _____

Team Name: _____

Runner: _____

Cyclist: _____

Runner: (Optional) _____

Waiver and Release of Liability Agreement

NOTE: Each Relay Team member will be required to sign a waiver on the day of the event.

I, the undersigned, hereby acknowledge and understand that the athletic event commonly known as the Peanut Butter Duathlon held on Saturday, April 28, 2012, at Rock Cut State Park located in Winnebago County, Illinois (the "Event"), is an extreme test of individual physical and mental limits and carries with it certain risks including, but not limited to, death, serious injury and property loss, caused by such things as nutrition, hydration, terrain, facilities, weather conditions, equipment, vehicular traffic, actions of other people such as participants, volunteers, spectators, coaches, officials, and/or organizers of this Event. I acknowledge that these risks are inherent in athletic events of this type. I hereby assume all of the risks of participating and/or volunteering in this Event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released hereby and/or from dangerous or defective equipment or property owned, maintained or controlled by them. I certify that I am physically fit and prepared to participate in this Event and have not been advised otherwise by qualified medical personnel. I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers of the Event and that it will govern my actions and responsibilities at the Event. In consideration of my application and allowing me to participate in the event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

I expressly and voluntarily Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, and/or property theft, the following entities or persons: the State of Illinois and Illinois Department of Natural Resources, Winnebago County, City of Loves Park, City of Rockford, Rockford Park District, the Rock River Valley Pantry, and its directors, officers and employees, the Event organizers, directors, sponsors, volunteers, and any and all officers, employees, volunteers and agents of the foregoing entities/organizations (collectively, the "Released Parties"). Further, I expressly and voluntarily Indemnify and Hold Harmless the Released Parties from any and all liabilities or claims made as a result of participation in the event, whether resulting from one's negligence or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the Event. I understand that during the Event or related activities, I may be videotaped and/or photographed. I agree to allow my photo, video, film and/or other electronic likeness to be used for any legitimate purpose by the Event holders, producers, sponsors, organizers and their assigns.

This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document, and I understand its content.

Signature: _____ Date: _____

Signature of Guardian: _____ Date: _____
(if participant is under 18)