

TRI-3 SPORTS TIMING



PEAK
SPORTS CLUB



opus

SCREW CITY Duathlon

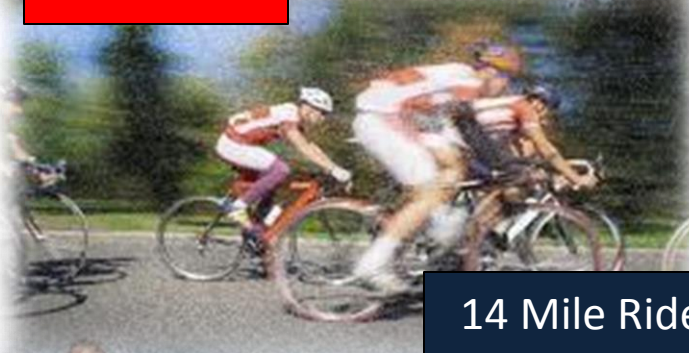
POWERED BY ROCK RIVER MULTISPORT

MAY 6, 2018

Peak Sports Club, 4401 Peak Drive, Loves Park IL



2 Mile Run



14 Mile Ride

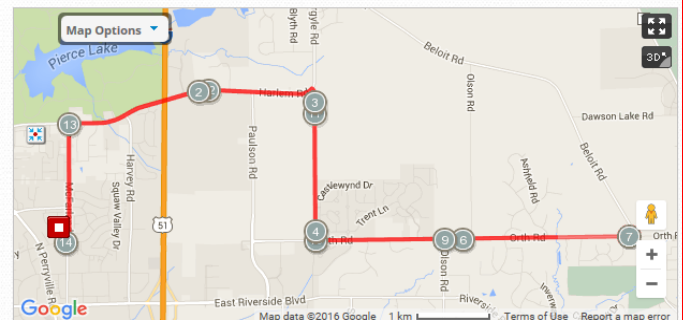
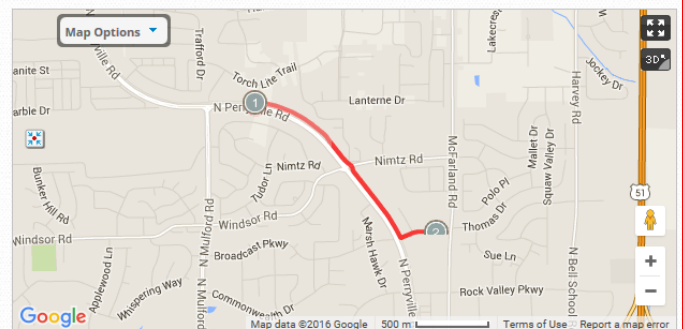


2 Mile Run

This Event is a RUN-BIKE-RUN that will challenge you the entire way.

- Starts at Peak Sports Club
- Fast 2 mile out and back run on the Perryville Path
- 14 mile bike out and back course
- Finishing with another 2 mile run.

Individual or 2/3 Person Teams



\$40.00 Individual \$70.00 for a Team

Register online @ <https://runsignup.com/Race/IL/LovesPark/ScrewCityDuathlon>

Waiver and Release

I ACKNOWLEDGE THAT A DUATHLON EVENT IS AN EXTREME TEST OF PHYSICAL AND MENTAL LIMITS AND CARRIES WITH IT THE POTENTIAL FOR DEATH, SERIOUS INJURY, AND PROPERTY LOSS. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THIS EVENT. I CERTIFY THAT I AM PHYSICALLY FIT, HAVE SUFFICIENTLY TRAINED FOR THIS EVENT AND HAVE NOT BEEN ADVISED AGAINST PARTICIPATION BY A HEALTH PROFESSIONAL. I HEREBY TAKE THE FOLLOWING ACTION FOR MYSELF, MY EXECUTORS, ADMISISTRATORS, HEIRS NEXT OF KIN AND SUCCESSORS AND ASSIGNS, OR ANYONE ELSE WHO MIGHT CLAIM OR SUE ON MY BEHALF AND I EXPRESSLY ACKNOWLEDGETHAT IT IS MY INTENT TO TAKE THESE ACTIONS: A) I AGREE TO ABIDE BY THE COMPETITIVE RULES AS ADOPTED BY THE ROCK RIVER MULTISPORT AND I ACKNOWLEDGE MY PARTICIPATION MAY BE REVOKED OR SUSPENDED FOR VIOLATION OF THE COMPETITIVE RULES; B) I AGREE THAT PRIOR TO PARTICIPATING IN AN EVENT I WILL INSPECT THE RACE COURSE, FACILITIES, AND AREAS TO BE USED AND IF I BELIEVE ANY ARE UNSAFE I WILL IMMEDIATELY ADVISE THE PERSON SUPERVISING THE EVENT; C) I WAIVE RELEASE AND FOREVER DISCHARGE THE ROCK RIVER MULTISPORT, IT'S SPONSORS, VOLUTEERS AND ANY OTHER PERSONS OR ORGANIZATIONS ASSOCIATED WITH THE DUATHLON FROM ANY AND ALL CLAIMS, LOSSES (ECONOMIC AND NON-ECONOMIC) OR LIABILITIES, FOR DEATH, PERSONAL INJURY, PARTIAL OR PERMANENT DISABILITY, PROPERTY DAMAGE, MEDICAL OR HOSPITAL BILLS, THEFT OR DAMAGES OF ANY KIND WHICH MAY IN THE FUTURE ARISE OUT OF, RESULT FROM, OR RELATE TO MY PARTICIPATION IN OR MY TRAVELING TO OR FROM THE ROCK RIVER MULTISPORT DUATHLON; D) I ASSUME ANY AND ALL OTHER RISKS ASSOCIATED WITH PARTICIPATING IN THE ROCK RIVER MULTISPORT DUATHLON INCLUDING BUT NOT LIMITED TO FALLS, CONTACT AND/OR CONTACT WITH OTHER PARTICIPANTS, EFFECTS OF WEATHER INCLUDING HEAT, COLD AND/OR HUMIDITY, DEFECTIVE EQUIPMENT, THE CONDITIONS OF THE ROADS, WATER HAZARDS, CONTACT WITH OTHER SWIMMERS, AND ANY OTHER HAZARD THAT MAY BE POSED BY SPECTATORS OR VOLUNTEERS, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME AND I FURTHER ACKNOWLEDGE THAT THESE RISKS INCLUDE RISKS THAT MAY BE THE RESULT OF THE NEGLIGENCE OF PERSONS OR ENTITIES MENTIONED ABOVE. I HAVE READ AND FULLY UNDERSTAND THE ABOVE WAIVER AND RELEASE ALL CLAIMS AND ASSUMPTION OF RISK.

Signature (or Parent/Guardian)

Date

\$40.00 Individual \$70.00 for a Team – Early Registration Discount until 04/01/2018!!!
Register online @ <https://runsignup.com/Race/IL/LovesPark/ScrewCityDuathlon>

Current Event Sponsors

TRI-3 SPORTS TIMING

PEAK
SPORTS CLUB

SHIRIES
cycling

Allstate
You're in good hands.

opus
cycling

SCREW CITY Duathlon

POWERED BY ROCK RIVER MULTISPORT

May 6, 2018
Peak Sports Club, Rockford IL



Screw City Duathlon

Event Description:

This Duathlon will be held at Peak Sports Club, 4401 Peak Drive, Loves Park IL. The race will consist of a 2 mile run, followed by a 14 mile bike, and ending with a 2 mile run. The run course will be primarily on a recreation path and the bike will be on rolling country roads.

Registration Fee:

\$40 per person. \$70 per team (2-3 people). Entry forms can be mailed or emailed. \$5.00 early bird discount available.

Advanced Registration Deadline:

Registration closes on May 6 @ 8:00am sharp.

Register by April 15 to be guaranteed a shirt!

Entry Fee Includes:

Event Dry-Fit type T-Shirt, awards for top finishers, shower and locker facilities provided by Peak Sports Club, water on course, and post-race refreshments.

Awards:

Overall Male and Female
Top Three Male and Female finishers in each age category
19 – under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Results:

The Event will be chip timed by Tri-3 Events and will be available upon completion of the event.

Participants will be responsible for any lost or damaged chips.

Packet Pickup / Late Registration:

Friday, May 4, 2016 4:30pm-8pm at Peak Sports Club, 4401 Peak Drive, Loves Park IL

Race Day Check-in:

Check in will begin at 6:30am. All participants must be checked in prior to 8:15am.

Mandatory Pre Race Meeting to be held at 8:15am

Rules and Regulations

1. All Participants are required to cooperate with all race marshals at all times.
2. The race will begin promptly at **9:00am** – regardless of rain or shine.
3. This race has a “mass” start. 2 mile run, 14 mile bike, 2 mile run.
4. Participants will be not be seeded.
5. Participants will be provided a timing chip. Timing chips Are the property of Tri-3 Events and must be returned.
6. On course assistance will be provided by race Personnel as time and situations permit.
7. Helmets are mandatory and all participants must have their helmet on and strapped before mounting their bikes.
8. No headphones or iPod type devices allowed.
9. Water will be provided on the running course, in the transition areas, and finish line.
10. All roads and recreation paths will be open for traffic Throughout the race. Please ride on the right and pass on the left when it is safe to pass.
11. Participants can be removed from the course at any time by race marshals.

Additional Race Day Instructions will be provided at the **Mandatory Pre-Race Meeting to be held at 8:15am** at the transition area.

Race Contact – INFORMATION:

Tim Goodwin, Rock River Multisport
815-378-5302 Phone
gootim@comcast.net



Entry Form

Register Ends on May 6 @ 8:00am

Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

Email: _____

Sex: (circle one) M F Age: _____

Shirt Size: S M L XL

Emergency Contact: _____

Emergency Phone: _____

Cost:

Early Registration BEFORE April 1, 2018

Individual - \$35.00 Team - \$65.00

Registration AFTER April 1, 2017

Individual - \$40.00 Team - \$70.00

PROMO CODE: _____

Teams: 2-3 people - Must list all team members.

Team Name: _____

2. _____

3. _____

Please make checks payable to Rock River Multisport, 3544 Sage Drive, Rockford, IL 61114

__ Visa __ Mastercard __ Check __ Cash

Card Number: _____

Expiration Date: _____

Signature _____

Date: _____

Register online @ <https://runsignup.com/Race/IL/LovesPark/ScrewCityDuathlon>

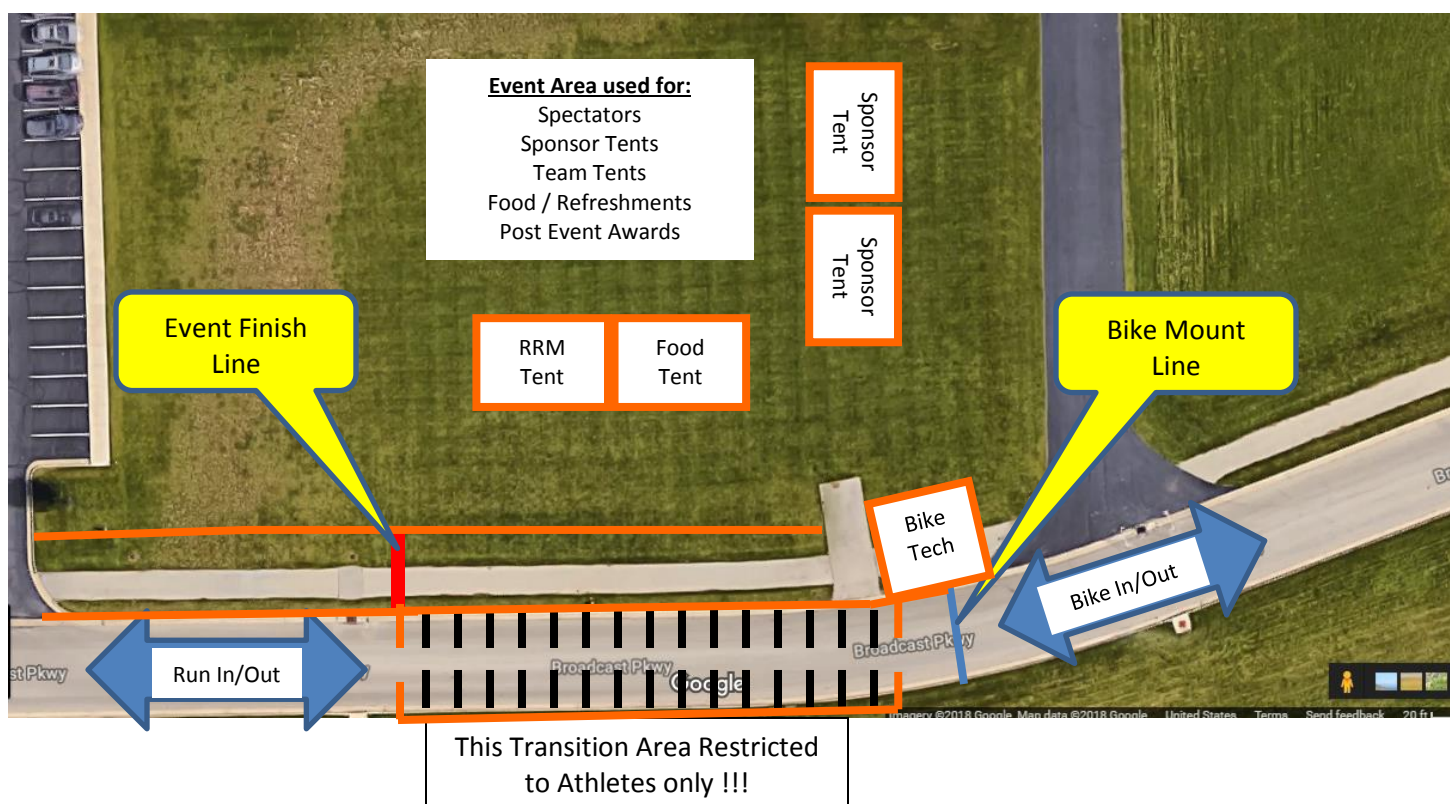


SCREW CITY Duathlon

POWERED BY ROCK RIVER MULTISPORT

2018 – Transition Map

The Race Transition area is the area where participants will transition from the run to the bike, and from the bike to the run. This area is for Athlete's only! No spectators, families, pets, support teams, or Paparazzis will be allowed.



RockRiver Multisport and Peak Sports Club reserve the right to modify the transition area at any time to maintain event and participant safety.

Transition Rules:

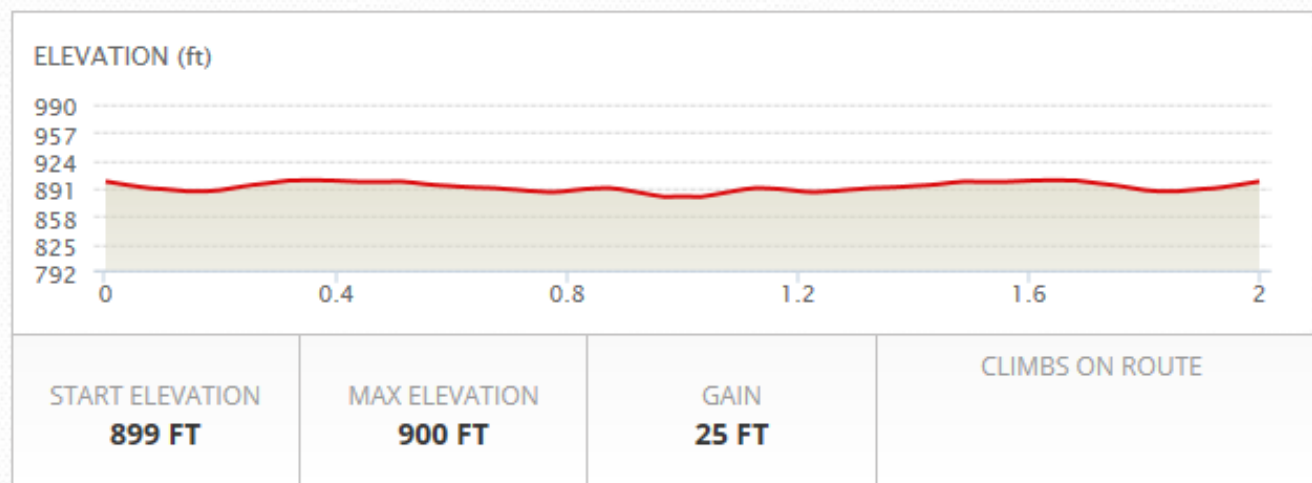
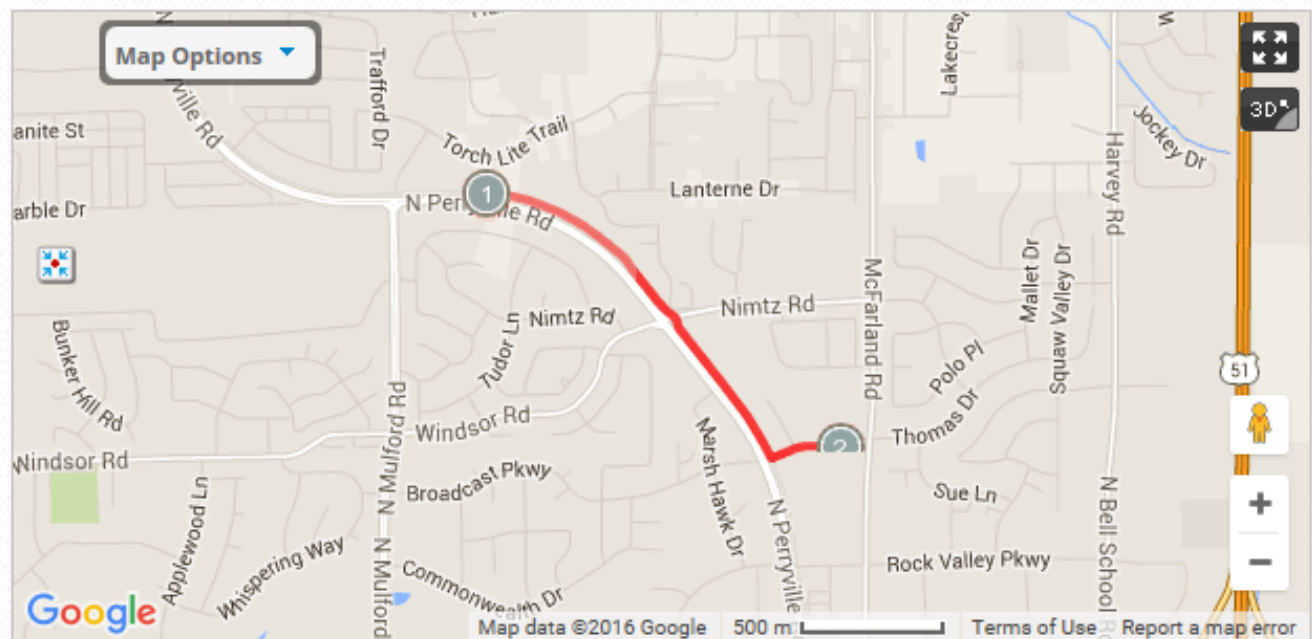
- Only Athletes are allowed inside transition.
- All run & bike & transition gear must be located at Athlete's rack location.
- There will be ample bike racks for all Athletes (no hoarding will be allowed).
- Bike must be racked on bike racks – no leaning of bikes will be allowed.
- Bike must be "mounted" and "dismounted" at blue mount line.
- No riding of bikes inside transition. Athletes will be disqualified and removed from the course.



2018 - Run Course Map

The run course consists of a 2 mile out and back course. Participants run to the 1 mile turn around and then return to Transition. The 2 mile course will be completed TWICE – once before the Bike portion and once after the Bike portion.

RockRiver Multisport reserves the right to change the course when necessary for event safety.





2018 – Bike Course Map

The Bike course consists of a 14 mile out and back course. Participants will leave transition and Bike to the 7 mile turn around and then return to Transition. .

RockRiver Multisport reserves the right to change the course when necessary for event safety.

