



Associated Bank

Proudly Presents

# the 2nd Annual 5k Duck Dash

## And Waddle



### Saturday, August 9

...benefitting

the **CENTER**  
for **PREVENTION of ABUSE**

Opening Doors • Changing Lives



**5K Dash:** 3.1 mile run / **Waddle:** 1 mile walk  
Flat course along the Peoria Park District Riverfront Trail  
(From Marshall Plaza to Detweiller Marina)

### Registration Options

◆ **ONLINE AT [WWW.CENTERFORPREVENTIONOFABUSE.ORG](http://WWW.CENTERFORPREVENTIONOFABUSE.ORG)**

◆ **By Mail (Do Not Mail After August 1st)**

Make Checks Payable To: The Center for Prevention of Abuse

Mail To: P.O. Box 3855, Peoria, IL 61612

◆ **In Person on Dash Day**

**5K Dash or Waddle:** \$25 before August 1st / \$35 August 1st and after

*Children under the age of 5 are free to participate with registered adult.*

**Early Packet pickup:** Friday, August 8th at Running Central (311 SW Water Street, Downtown Peoria, near Rhythm Kitchen) during business hours, Noon – 7pm.

### Dash Day Timeline ~ Saturday, August 9th

6:30-7:30 AM	LATE REGISTRATION AND PACKET PICKUP
7:30-7:45 AM	FREE ON-SITE YOGA SESSION WARM-UP!
8:00 AM	5K DASH
8:05 AM	1 MILE WADDLE
After Finish	Refreshments and awards after 5K Dash



Register Online!

Awards will be granted to the top 3 male and female finishers in each age division:

12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+

*Special thanks to the City of Peoria, Peoria Park District, and Running Central.*

All participants who register before August 1<sup>st</sup> are guaranteed a technical *Quacky the Duck* inspired hat.

All participants are encouraged to wear their hat in addition to dressing *Quacky*. Wear yellow, black sunglasses and/or other duck-inspired apparel.

#### T-Shirts Available for Purchase

Like Us on Facebook ~ Call @ 309-691-0551 ~ Email @ [Duckdash1@gmail.com](mailto:Duckdash1@gmail.com)

**After we DASH...please join us in two weeks on Saturday, August 23rd for the 26th Annual Duck Race benefitting The Center for Prevention of Abuse.**

**REGISTRATION FORM** SEPARATE FORM IS REQUIRED FOR EACH PARTICIPANT. COPY FORM, IF NEEDED. FEES ARE NON-REFUNDABLE. INCOMPLETE FORMS WILL NOT BE ACCEPTED.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Age on race day \_\_\_\_\_

Birth Date(MM/DD/YY) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State & Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Please select the event you wish to participate. 5K Dash \_\_\_\_\_ Waddle \_\_\_\_\_**

\$ \_\_\_\_\_ Registration Fee (\$25 before August 1st / \$35 after for Dash or Waddle)

\$ \_\_\_\_\_ A donation to The Center for Prevention of Abuse

\$ \_\_\_\_\_ Optional T-Shirt (\$15 ea.) S-2x available \_\_\_\_\_ (Sizes guaranteed if registering before July 25th)

\$ \_\_\_\_\_ **Total Amount**

In consideration of the acceptance of my application and the permission to participate as a participant or competitor in **5K Duck Dash/Waddle**. I for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE Peoria Park District, City of Peoria, and The Center for Prevention of Abuse, the Race Director, and all other associations, sanctioning bodies and sponsoring companies, and their respective agents, officials, servants, contractors, representatives, elected and appointed officials, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether by law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid parties from and against any and all liability by any or all of them arising as a result of, or in any way connected with my participation in said event. BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above RELEASE, WAIVER AND INDEMNITY. I WARRANT that I am physically fit to participate in this event. I grant permission to all of the foregoing parties to use my name, likeness and identity in any photograph, motion pictures, recordings or any other record of this event in perpetuity.

**Sign and Date (Adult signs if Entrant is under 18):**

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