

DO YOU HAVE WHAT IT TAKES?



WELLS FARGO **HEELS & WHEELS**

2011 DUATHLON

presented by

JOHNSON BIBLE COLLEGE

KNOXVILLE LEADERSHIP FOUNDATION

Participating Organizations*

- Alpha House
- Community Mediation Services of Anderson County
- Contact Helpline
- Crossroads Ministry
- Keystone Adult Day Program
- Family Promise Knoxville
- H.O.M.E., Inc.
- SOAR Youth Ministries
- Stepping Out
- The Restoration House
- YOKE Youth Ministries

* Learn more about each at organizational booths

SATURDAY, APRIL 9TH

JBC CAMPUS • 8:30AM REGISTRATION 10:00AM EVENT BEGINS

Register online @
www.heelsandwheels.org

COMPETITOR FEES:

Duathlon	\$40
Early Bird	\$30
Team Duathlon	\$60
Early Bird	\$50
5K Only	\$30
Early Bird	\$25

Additional pricing for Day-Of Registration.

The Wells Fargo Heels & Wheels Duathlon consists of a 5k run/18k bike/3k run Duathlon, a 5k run, and a Fun Walk. Lunch is also provided. The running portion of the course is on a variety of surfaces while the cycling portion is all paved roads. The 1 mile Fun Walk is all paved, completely on campus, and occurs at the same time as the Duathlon. Pledge forms are available for fundraising participants in the Fun Walk or other events.

RAISE EXTRA \$\$ FOR A PARTICIPATING ORGANIZATION

Contact any participating organization listed above to find out how YOU can raise ADDITIONAL funds for that nonprofit. For organizational contact information go to www.klf.org/events.

This event is proudly sponsored by:

**Families encouraged to come for free music, activities and opportunities to learn about the works of several nonprofit organizations. Wells Fargo Stage Coach available for pictures. Bring lawn-chairs.

