

# ROCK CUT HOB0

## TRAIL RENDEZVOUS

Sept 18-20, 2009

Friday, 8 pm - 10k Coyote Howl Nite Trail Race  
Saturday, 8 am - 25k HOB0 Trail Race  
Sunday, 8 am - 50k HOB0 ULTRA Trail Race

25k part of National Trophy Series, 50k part of Illinois Ultra-Grand Slam  
All TREE Races part of RRR Age-Group Race Circuit

Start/Finish – Puri Crest Picnic area, Rock Cut State Park, Rockford, Illinois

**COURSE:** 70% forested Hike/Bike single-track, 25% wide grassy Horse trails  
10k=6.2m wide, non-technical trail loop, well marked w/ glow sticks, white pie plates  
25k=15.5 mile loop, marked w/ yellow pie plate arrows, ribbon, pin flags  
50k = NEW for 2009, 15.5m “out” loop + 15.5m “back” loop

**AID STATIONS:** 10k – 3m: water, radio, check point,  
all entrants must have flashlight / headlamp, limited number for sale at registration (\$5)  
25k – 5m, 10m: water, HEED, bathroom, radio, check points, 3-7-12-14=water only  
50k – 5-10-15-20-25 = food, water, HEED, drop bags, crew access, ck. pt.,  
3-7-12-14-18-22-27-29 = water only, all water stops=self-serve, carry own bottle

**COURSE** M50k = 3:41:21, Ryan Guilliano, Shaumburg, IL, 2006  
**RECORDS:** F50k = 4:19:35, Christine Crawford, Whitewater, WI, 08  
M25k = 1:43:50, Steve Breese, Palatine, IL, 2006  
F25k = 2:01:43, Jacqui Aubert, Crystal Lake, IL, 2008  
M10k = 38:54, Chris Scott, Morrison, IL, 2008  
F10k = 54:19, Kathleen Yarger, Rockford, IL, 2008  
\* \* \* **New Course Record = \$100 CASH** \* \* \*

## TRIPLE CROWN

To ALL Finishers of *ALL TREE RACES* =  
Triple RR Spike Log Trophy With Gold Plaque w/ name, time +  
NEW in '09 – Custom Nylon HOB0 Jacket w/ name, time  
3 GOLD SPIKES on M/F Trophy for Fastest TOTAL Time

### **AWARDS IN EACH RACE**

10k, 25k, 50k – M/F champs = Golden RR Spike on Rock, w/name & time

10k – Top 3 in every 5yr Age Group = “Personalized” Nite-Glow RR Spike

25k & 50k - Top 3 in every M/F 5 Year AG = Iron RR Spike w/ name & time

**AG Record = “Personal” Silver RR Spike, see AG record times at RRR website**

**ALL 25k & 50k FINISHERS: Dri-release “Finisher” shirt**

**ALL ENTRANTS:** Hobo Bundle w/ sponsor goodies + 10k Nightshirt,  
25k/50k Merino “Woolie Boolie” Hobo sox

**HOB0 STEW:** you provide one can veggies, we supply giant pot and fire,  
locally baked breads, homemade cookies, drinks

### **HOB0 TRAINING RUNS:**

(on sections of HOB0 race cours, yellow ribbon markings, maps available)

**August-September**, see schedule for dates and start areas at: RRR website

Wed nites, 8pm, 4-6m loop (bring headlamps or flashlights);

Saturdays, 7am, 5-9m “out” course; Sundays, 7am, 5-9m “back” course,

**\$2,000 in Raffle Prizes at every Training Run**

**MORE INFO:** [www.rockfordroadrunners.org](http://www.rockfordroadrunners.org), click the HOB0,  
OR e-mail: [larrydswanson69@comcast.net](mailto:larrydswanson69@comcast.net), 815-877-8164

# *“SPIRIT OF THE HOBO”*

In celebration of 6 years of trail running at Rock Cut State Park we invite you to run and/or volunteer at one of the three trail races in the “Spirit of the HOBO”.

What is the “Spirit of the HOBO”? Original hobos were not tramps or bums...but, free spirits using the “rails”, living simply off the land, and sharing and looking out for others of like ilk. They may have been the original “green” Americans living lightly on the land. And it is in this spirit that we continue the HOBO RUNS at Rock Cut.

Before becoming Illinois’ number one visited State Park, Rock Cut was named after the huge quarry that was serviced by train and supplied the building materials for most of the road building in Winnebago county. The HOBO races cross the old railroad bed several times as the course winds in and around Pierce Lake, the filled in gravel quarry of the past.

Although probably few hobos utilized these one way rails, their spirit lives on as members of the Rockford Road Runners Club host the sixth running of the Rock Cut HOBO Rendezvous. The hobo code included living lightly on the land, leaving no trace, using and re-using what they could find, and looking after one another and those who might follow.

Starting with our weekly “train”ing runs (hop on board!), runners in the park are encouraged to carry their own water and fuel, and pick up and recycle litter, cans, and plastic bottles. Raffles at each training run include “reusable” water bottles, and gift certificates for personal water and fuel containers such as Camelbacks, Fuel Belts, and Amphipods, headlamps and flashlights for nite running, and other Hobo gear.

The plastic goodie bag and paper course map has been replaced with the signature event’s Hobo Bundle with hobo survival gear including Merino “woolie boolie” Hobo sox.

Although trail runners are encouraged to be “self-sufficient” all good hobos will be on the lookout to help each other out on the trail and at the aid stations (which will have water and other supplies but, will be “self serve”, be ready to fill your own water bottle!) If you encounter a fellow hobo in need of help, please, offer and then report to the next aid station (that will be manned by ham radio operators).

Upon completion of your Hobo trek expect to find more “Spirit of the Hobo” as you receive your finishers shirt. As in past years we encourage each participant to contribute one can (recyclable) of veggies to a common cooking pot, the final mystery stew to be shared by all, (hobo style)! In the hopes of leaving less imprint on the Park styrofoam cups will be replaced by compostible cups (or bring your own Hobo “tin cup”) used to serve up our “hobo stew”. Locally baked breads and homemade cookies will round out the HOBO FEAST after each race. Typical 5 year age-group awards will also be recycled iron railroad spikes, engraved with each winners name and time.

So, put on your hobo socks, use your tin cup to refuel, tie up your goodies in your bandana and take home memories of your hobo trek through Rock Cut State Park