



5K Run/Walk & Triathlon

Saturday, July 4th, 2015

This event is part of the Grundy County Wellness Challenge

A Dollars for Scholars (DFS) Event

6:30-7:00 a.m. Packet Pick-up/Registration
 7:30 a.m. 5K & Triathlon Start Time
 8:15 a.m. Kids' Fun Run Gathering (8 and under)
 8:30 a.m. Kids' Race Begins
 9:00 a.m. 5K Presentation of Awards & Prizes
 10:00 a.m. Triathlon Presentation of Awards/Prizes

Race: Reinbeck, Iowa

Starts & finishes near Reinbeck Aquatic Center.
 Parking available near Elmwood Park & baseball diamond.

Run Divisions for Both Men and Women

5K Only - 9 and under **25-29** **45-49**
 10-14 **30-34** **50-54**
 15-19 **35-39** **55 and up**
 20-24 **40-44**

Awards

- Overall 5K & Triathlon Male Champion
- Overall 5K & Triathlon Female Champion
- 1st & 2nd Place Award for Each Age Division
- 1st & 2nd Place Award for Each Female, Male & Co-Ed Triathlon Team

Pre-register by June 26, 2015

5K Fee: \$20 by June 26 / **\$25** after June 26

Triathlon: Individual \$40 by June 26

Team \$75 by June 26 (Teams of 2 to 3)

NO TRIATHLON RACE DAY REGISTRATIONS

**Make check payable to: G-R Dollars for Scholars
 and send with registration form by June 26 to:**

Greg & Brenda Snider
 201 Valley Drive
 Reinbeck, IA 50669

Direct questions to: Crystal Petersen 319-239-4352

Registration forms printed compliments of:



**Grundy County
 Memorial Hospital**
 UnityPoint Health

2015 RUNNING MAKES CENTS 5K RUN & TRIATHLON REGISTRATION FORM

Name _____

Address _____

Email _____

Phone _____

☐ 5K Run/Walk

☐ Triathlon Individual

**(Must be 10 years
 or older to enter
 triathlon)**

☐ Triathlon Team: ☐ 2 member or ☐ 3 member

Team name: _____ *

Each team member must complete a registration form and sign the waiver.

Triathlon Team Division:

☐ Male ☐ Female ☐ Co-ed

Age on Race Day: _____

T-shirt Size: ☐ S ☐ M ☐ L ☐ XL

All entries received by June 26 will receive a race t-shirt.
 Late entries will receive t-shirts as long as supplies last.
 Entry fee is non-refundable and must accompany registration form. There is no rain date scheduled.

WAIVER: I, the undersigned, declare myself in good physical condition and able to run/walk/swim/bike in the G-R Dollars for Scholars 5K Run/Walk/Triathlon. I will not hold the City of Reinbeck, Dollars for Scholars, or any political subdivision liable for any injuries or damages incurred to me during the event.

Signature _____

Signature of Parent or Guardian if participant is under 18 years of age. _____

Additional Donation to DFS: \$ _____