



A Gladbrook-Reinbeck Dollars for Scholars (DFS) Event

6:30-7:00 a.m. Packet Pick-up/Registration
7:30 a.m. 5K & Triathlon/Duathlon Start Time
9:00 a.m. 5K Presentation of Awards & Prizes
10:00 a.m. Triathlon/Duathlon Presentation of Awards/Prizes

Race: Starts & finishes near Reinbeck Aquatic Center, 1011 Park Street, Reinbeck, Iowa.

Parking available near Elmwood Park & baseball diamond.

Run Divisions for Both Men and Women

5K Only - 9 and under

5K Only	10-14	30-39	60-69
	15-19	40-49	70+
	20-29	50-59	

Awards

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

Pre-register by June 24, 2016

5K Fee: \$20 by June 24 / **\$25** after June 24

Duathlon/Triathlon: Individual \$45 by June 24

Triathlon Team \$100 by June 24 (Teams of 2 to 3)

NO TRIATHLON/DUATHLON RACE DAY REGISTRATIONS

Make check payable to: G-R Dollars for Scholars and send with registration form by June 24 to:

Greg & Brenda Snider
201 Valley Drive
Reinbeck, IA 50669

Where You Run the Race is G-R
FitnessSports
PROFESSIONAL QUALITY EQUIPMENT & SERVICES

Direct questions to: Crystal Petersen 319-239-4352

Registration forms printed compliments of:



Grundy County
Memorial Hospital
UnityPoint Health

5K Run/Walk & Triathlon/Duathlon

Saturday, July 2, 2016

2016 RUNNING MAKES CENTS

5K RUN &

TRIATHLON/DUATHLON

REGISTRATION FORM

Name _____

Address _____

Email _____

Phone _____

- ☐ 5K Run/Walk
☐ Triathlon Individual
☐ Duathlon Individual

(Must be 15 years or older to enter triathlon/duathlon)

☐ Triathlon Team: 2 member or 3 member

Triathlon Team Division:

☐ Male ☐ Female ☐ Co-ed

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

Team Name: _____

Register Online at:

GetMeRegistered.com/RunningMakesCents

☐ Male ☐ Female

Age on Race Day: _____

T-Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ XL

☐ No T-Shirt (\$5 discount)

All entries received by June 24 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/Duathlon. 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: \$ _____