

## 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
- 1<sup>st</sup> & 2<sup>nd</sup> Place Award for Each Age Division
- 1<sup>st</sup> 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

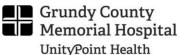
Make check payable to: G-R Dollars for Scholars and send with registration form by June 24 to:

Greg & Brenda Snider 201 Valley Drive Reinbeck, IA 50669

FitnessSports

Direct questions to: Crystal Petersen 319-239-4352

Registration forms printed compliments of:



# 5K Run/Walk & Triathlon/Duathlon Saturday, July 2, 2016

### 2016 RUNNING MAKES CENTS 5K RUN & TRIATHLON/DUATHLON REGISTRATION FORM

Name	
Address	
Email	
Phone	
<ul><li>□ 5K Run/Walk</li><li>□ Triathlon Individual</li><li>□ Duathlon Individual</li></ul>	(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 <u>must</u> 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: \$