

Running Makes Cent\$ 5K/Triathlon/Duathlon Event; July 2, 2016 Reinbeck, Iowa Aquatic Center

A sprint triathlon/duathlon will be offered with the annual Running Makes Cents 5K Run/Walk in Reinbeck, Iowa. This is the perfect opportunity to participate in a triathlon/duathlon that is close to home and as competitive or non-competitive as each participant would like to be. Preregistration is required for the triathlon and duathlon. Race day registrations will be accepted on race day from 6:30 to 7:00 am.

How will it work?

The sprint triathlon will include a 5K Run/Walk, a 13 1/2 mile bicycle ride and a 300 meter swim in a supervised, lifeguarded pool. The swim will be up and back swimming in each lane working across the pool in a serpentine pattern. Triathletes will finish as they walk out of the zero entry area of the pool. Both runners and walkers are welcome to participate in the Triathlon.

The duathlon will include a 5K Run, a 13 1/2 mile bicycle ride and a 2nd 5K Run. Duathletes should plan to run the 5K portions of the race.

The triathlon/duathlon will start simultaneously with the Running Makes Cents 5K Run/Walk at 7:30 am.

5K participants will finish their race and triathletes/duathletes will transition to the 13 ½ mile bicycle ride. The transition will occur in the Aquatic Center parking lot. The bike ride is an out-and-back route exiting Reinbeck to the south on Blackhawk Street, west on 270th and south on county Hwy T-55. Back in the Aquatic Center parking area triathletes will transition from bicycling to the 300 meter swim. Duathletes will transition from bicycling to running the 5K route a 2nd time.

Triathlon relay teams are welcome. Teams include 2 or 3 people. One participant will do the 5K, one will do the bike ride and one will do the swim. For 2 person teams, one of the participants will do two of the events. There are 3 divisions in the relay team category. The male division is made up of all males; the female division is made up of all females and the coed division has members from both genders. Relay teams are not based on age, however all triathlon participants must be at least 15 years of age by race day. You cannot race as both an individual and a team member.

The 5K and Duathlon events are for individuals only.

Registration forms are available at Reinbeck city hall and website, getmeregistered.com, the [fitness sports.com](http://fitnesssports.com) website or by emailing Crystal at crystal.petersen@unitypoint.org

Who may participate?



What can I win?

- The overall fastest female and fastest male will be awarded a prize and medal
 - Awards will also be presented to the 1st and 2nd place finisher in all age categories. 1st place will be awarded in each of the team categories.
 - All registered participants will be entered into a drawing for great prizes. You don't have to be the fastest to win a prize. You do, however, have to be present at the awards program to claim your prize.
 - All triathletes/duathletes will pre-register therefore will be guaranteed a 2015 Running Makes Cents event shirt.
- Registrations must be postmarked by June 24th.**

General Triathlon/Duathlon rules:

- The triathlon will be a 5K (3.1 mile) run/walk on paved streets, followed by a 13 ½ mile bike ride on county black-tops, followed by a 300 meter (12 lengths of the pool) in the Reinbeck Aquatic Center outdoor pool.
- The Duathlon will be a 5K (3.1 mile) run/walk on paved streets, followed by a 13 ½ mile bike ride on county black-tops, finishing with a repeat 5K run.
- **All bikers must wear helmets.** You will be disqualified if you ride without a helmet. You must provide your own helmet.
- The swim will include 4 feet deep water therefore **no diving** is allowed. Swimmers will be swimming over the 12 foot deep end of the pool for part of the swim.
- Relay stations will be clearly marked and supervised. You must tag (touch) the next person on your relay team.
- The biker on a relay team may have on his or her helmet while waiting in the exchange zone. Once the runner has tagged the biker, he or she will go to the bike. No bikes will be allowed in the exchange zone. When the biker returns, he or she must get off the bike and then tag the swimmer in the exchange zone. The swimmer will then run to the pool through a designated chute.
- Swimmers will step into and out of the pool at the beginning and end of the swim. The finish line will be indicated just past the edge of the water. You will not run back out to the staging area or the exchange zone.
- There will be fruit, granola bars and water for you to enjoy as you wait for the awards ceremony. There will be a sports drink available to triathlon/duathlon participants in the exchange zone.

The Gladbrook-Reinbeck Dollars for Scholars committee with the support from the city of Reinbeck, Citizens for Reinbeck & the Park Board wish to provide a fun, healthy, family friendly event while raising scholarship funds for Gladbrook-Reinbeck senior high school students.