



# 5K Run/Walk & Triathlon/Duathlon Saturday, July 1, 2017

## 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

<b>5K Only - 9 and under</b>			
<b>5K Only</b>	<b>10-14</b>	<b>30-39</b>	<b>60-69</b>
	<b>15-19</b>	<b>40-49</b>	<b>70+</b>
	<b>20-29</b>	<b>50-59</b>	

### 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 23, 2017

**5K Fee: \$20** by June 23 / **\$25** after June 23

**Duathlon/Triathlon: Individual \$45** by June 23

**Triathlon Team \$100** by June 23 (Teams of 2 to 3)

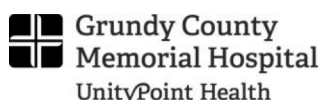
### NO TRIATHLON/DUATHLON RACE DAY REGISTRATIONS

**Make check payable to: G-R Dollars for Scholars and send with registration form by June 23 to:**

Carla Lye  
802 Park Street  
Reinbeck, IA 50669

**Direct questions to: Crystal Petersen 319-239-4352**

Registration forms printed compliments of:



Register Online at: [GetMeRegistered.com/RunningMakesCents](http://GetMeRegistered.com/RunningMakesCents)

## 2017 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: \_\_\_\_\_



Male  Female

Age on Race Day: \_\_\_\_\_

T-Shirt Size:  Small  Medium  Large  XL

No T-Shirt (\$5 discount)

All entries received by June 23 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: \$ \_\_\_\_\_