

A sprint triathlon has been added to the annual Running Makes Cents 4th of July 5K Run in Reinbeck, Iowa this summer. This is the perfect opportunity to participate in a triathlon that is close to home and as competitive or non-competitive as each participant would like to be.

How will it work?

Our 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 triathlon will start simultaneously with the Running Makes Cents 5K Run/Walk. 5K participants will finish their race and triathletes 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. 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.

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 10 years of age by race day. You cannot race as both an individual and a team member.

Who may participate?

The triathlon is open to anyone at least 10 years of age by race day. 9 years and younger are welcome to register for the Running Makes Cents 5K Run/Walk. You may enter the triathlon as an individual or as a team. There are 10 female and 10 male event categories as well as 3 relay team categories – female, male & coed. Registration forms are available from the city of Reinbeck website or by emailing Crystal at crystal.petersen@unitypoint.org We welcome both runners and walkers to participate in the 5K or the Triathlon.

What can I win?

- 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.
- 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 and relay team categories
- All triathletes will pre-register therefore will be guaranteed a 2015 Running Makes Cents event shirt.

Registrations must be postmarked by June 26th.

Why a triathlon?

The Gladbrook-Reinbeck Dollars for Scholars committee with the support and encouragement from the Grundy County Wellness Coalition, Citizens for Reinbeck & the Park Board wish to provide a fun, healthy, family friendly event while raising scholarship funds for G-R senior high school students.

General Triathlon 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.
- **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 deep end of the pool for part of the swim.
- Relay stations will be clearly marked and supervised. You must **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 touched 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 touch 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. You are welcome to stay and enjoy the rest of the day's festivities in Reinbeck.