

Biathlon Event Entered Check One

Individual Bike & Walk Individual Bike & Run

TEAM Bike & Walk TEAM Bike & Run

First Name _____

Last Name _____

Age on 2/20/10 _____ Sex _____

Phone _____

In order of preference, list three choices for heat starting times (8 AM – 2 PM, heats begin on the half hour) Only 8 participants/teams per time slot. Register early to increase your chances of getting your preferred time slot.

#1 _____ #2 _____ #3 _____

INDIVIDUAL Age Category

19 & Under _____ 20-29 _____ 30-39 _____

40-49 _____ 50-59 _____ 60-69 _____

70 & over _____

TEAM Age Divisions (sum of 2 ages)

Team members may use the same entry form.

60 & Under _____ 61-80 _____

81-100 _____ 101-120 _____

121 & over _____

TEAMS ONLY

Name of Partner _____

Age of Partner _____

Please list who will be Biking and who will be Running or Walking.

BIKER (name) _____

WALKER/RUNNER (name) _____

We would like to thank the following businesses and organizations for their donations and support for the event.

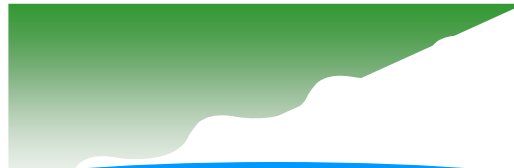
Running Wild

NUTRI-SPORT

CVRA

PepsiAmericas

Fitness Sports



Open to the Public—

Mail entry forms to:

Rockwell Collins Rec Center

Att: Jenelle Graber

400 Collins Road NE, MS 154-100

Cedar Rapids, IA 52498

Questions?

Call Jenelle (319) 295-2552

www.rockwellcollinsreccenter.com

**Rockwell
Collins**

Saturday, Feb. 20th

8 AM — 2 PM

(additional heats added as needed)

Individual or Team Participation

2010



BIATHLON

Rockwell Collins Rec Center

What is the Rec Center Biathlon?

It is an indoor event that includes:

5 mile Schwinn air-dyne bike

followed by a

2.5 mile RUN

or a 1.5 mile WALK

on an indoor track

Team or Individual

If you are part of a TEAM one person bikes ALL 5 miles. Their partner does the track portion of the Biathlon immediately after their partner has completed all 5 miles on the bike.



OVERALL AWARDS

Overall individual winners will be awarded \$25 cash, a \$25 gift certificate from *Running Wild* and a \$10 gift certificate from NUTRI-SPORT. In the event of a tie, the award will be split in half. Overall individual winners of each race category include:

Overall Individual WALK, M & F

Overall Individual RUN, M & F

Prizes will also be awarded 1st-3rd in each *individual age category*. Prizes will be awarded 1st-3rd in each *age division for teams*.

**Open to the Public—
Invite your family & friends!**

Only one entrant/team per form. Feel free to photocopy this form. Entry fee is non-refundable and non-transferable. Please print and fill out both sides of this form.

Make checks payable to:

Rockwell Collins Rec Center

Mail to:

Rockwell Collins Rec Center
400 Collins Rd NE, MS 154-100
Cedar Rapids, IA 52498

Entry forms & fees will be accepted throughout the day of the race. T-shirts will be given out on the day of the event on a first-come-first-serve basis according to your entry date. If we run out of shirts, later entrants will receive their t-shirts from an order placed after the event.

HEAT SCHEDULE

A maximum of 8 slots will be available in each heat. You will indicate your preferred three heat times on the registration form. CHOICE OF HEAT TIMES will be on a first-come-first-serve basis, according to dates registration forms are received. REMEMBER! Register EARLY to enhance your chances of getting your preferred starting time.

The HEAT SCHEDULE will be posted inside the Rec Center by noon on Wednesday, Feb. 17. The heats will also be posted at www.rockwellcollinsrecenter.com

Heats begin on the half hour from 8AM-2PM. You must be checked in and ready to go at your scheduled time! If you are tardy or absent you will be bumped to the next open time slot.

Please contact Jenelle Graber at 319-295-2552 if you have any questions.

ENTRY FEES per participant*

***Teams: please include payment for both team members**

T-shirt Option:

- \$15 received by Monday, February 15
 \$18 received after Monday, February 15

Long-Sleeve Option:

- \$20 received by Monday, February 15
 \$23 received after Monday, February 15

No T-shirt Option:

- \$12 received by Monday, February 15
 \$15 received after Monday, February 15

Biathlon T-Shirts

S _____ M _____ L _____ XL _____

XXL (\$2 extra) _____

Total amount enclosed \$ _____

(Note: tax is already included in amount)

Waiver: I knowingly enter the 2010 Rockwell Collins Rec Center Biathlon at my own risk and personally assume responsibility for any injuries or other damages I may incur as a direct or indirect result of my participation in any of the athletic events. I further agree, that neither I nor my heirs nor assignees will hold liable any representative of Rockwell Collins Rec Center, Rockwell Collins, Match Play Tennis Centers, Inc., any official or persons connected with the Rec Center Biathlon as a result of injuries or damages sustained from my participation in any of these events. I further hereby certify that I am physically fit to participate in the race of the which I am entered on February 20, 2010.

Participant Signature and Date

Participant (Partner if Team) Signature and Date

Parent/Guardian Signature (if under 18) and Date

Are you a Rec Center member? Yes ___ No ___

Are you a Rockwell Collins employee? Yes ___ No ___

Are you a Rockwell Collins spouse? Yes ___ No ___

Are you a Rockwell Collins retiree? Yes ___ No ___