

Event Entered

- 5K Run** **Kids Fun Run**
- 5K Walk**

Name _____

Age on 9/10/11 _____ Sex _____

Phone _____

Are you a Rec Center Member? ____ Yes ____ No

Are you a Rockwell Collins employee or spouse?

____ Yes ____ No

5K Run/Walk Long Sleeve T-Shirts

Size S ____ M ____ L ____ XL ____

(XXL ____ \$2 extra)

No T-Shirt Option _____

Kids Fun Run Short Sleeve T-Shirts

XS(sz2-4) ____ S(sz6-8) ____

M(sz10-12) ____ L(sz14-16) ____

No T-Shirt Option _____

T-Shirt Option:

5K Entry postmarked by 9/3/11.....\$16

5K Entry postmarked after 9/3/11.....\$20

No T-Shirt Option:

5K Entry postmarked by 9/3/11.....\$12

5K Entry postmarked after 9/3/11.....\$16

Kids Race:

With Short Sleeve T-Shirt.....\$12

Without T-Shirt.....\$5

(Note: All fees include tax)

Total Enclosed \$ _____

Downloaded via RunningWall.com

We would like to thank the following sponsors for their support in our event:

Running Wild

Nutri-Sport

CVRA

Fitness Sports

Hy-Vee

Pepsi-Americas

Mail entry forms to:

Rockwell Collins Rec Center

Att: ZAGRATA 5K Run/Walk

400 Collins Road NE, MS 154-100

Cedar Rapids, IA 52498

Questions? Call Brenda 319-295-2552

email bacloud5@rockwellcollins.com

Visit our website:

www.rockwellcollinsreccenter.com



Rockwell Collins Rec Center

ZAGRATA 2011

Zany Annual Great Run Around the Area

Saturday

September 10

8 AM

****Show your school spirit by wearing your favorite team colors!***

****Iowa vs Iowa State football game kickoff is at 11AM at ISU on race day.***

5K Run

5K Walk

Kid's Fun Run



This event is open to the public!

Invite your family and friends!

- ⇒ **Cash Prizes for Overall Winners**
- ⇒ **Long Sleeve T-shirts**
- ⇒ **\$25 cash prize for ZANIEST dressed "Super Fan" participant.**

OVERALL Cash Prizes

- ⇒ 1st Place Overall Male & Female Runners receives \$50 cash award PLUS \$25 gift certificate to NUTRI-SPORT.
- ⇒ 2nd Place Overall Male & Female Runners receive \$25 cash award.
- ⇒ 3rd Place Overall Male & Female Runners receive \$10 cash award.
- ⇒ 1st Place Overall Male & Female Walkers receives \$25 cash award.

Age Division Awards

- *1st three places in each Male and Female RUN Age Division receive an award.*
- *1st place in each Male and Female WALK Age Division receive an award.*

Age Divisions

15 & Under 16-19 20-29 30-39
 40-49 50-59 60-69 70-79 80 & Over

Records: Break the Course Record and receive a one hour massage gift certificate.

5K Male Run 15:45 Nathan Hopp ('10)

5K Female Run 18:42 Claudia Scott ('88)

5K Male Walk 27:14 Jim Bys ('93)

5K Female Walk 31:06 Janet Seay ('07)

What's so Zany about ZAGRATA?

The participant voted to be the ZANIEST dressed "Super Fan" by our course workers will win a \$25 cash prize.

Kids Fun Run

Who: Any child 11 years of age or younger.

When: 9:15 AM (immediately following the completion of the 5K run/walk).

Distance: 1/4, 1/2 to 1 mile (dependent upon age).

Kids Awards: All kids receive a finisher ribbon. *Please note: Youth short sleeve T-Shirt order will be placed AFTER the event and will be available for pick-up approximately 2 weeks post race.

Babysitting: **FREE** Babysitting service will be provided for participant's children from 7:30-9:30 AM. Please sign up by calling Brenda at 295-2552.

Door Prizes: Must be present to win.

Only one entrant per form. Feel free to photocopy this form. Entry fee is non-refundable and non-transferable. Make checks payable to: Rockwell Collins Rec Center.

Mail to:

Rockwell Collins Rec Center
 Att: ZAGRATA 5K Run/Walk
 400 Collins Rd NE, MS 154-100
 Cedar Rapids, IA 52498

Packet Pick-Up

You are required to pick up your race packet in person to sign the waiver.

Friday, Sept.9: 6:30 AM – 6:30 PM

Saturday, Sept.10: 6:30 AM —7:30 AM

Where:

Rockwell Collins Rec Center: Bldg. 154
 400 Collins Rd NE
 Cedar Rapids, IA

Call 319-295-2552 for directions.

Event Schedule

8:00 AM 5K Run & 5K Walk

9:15 AM Kids Fun Run

9:30 AM Awards Ceremony & Door

Rockwell Collins Rec Center