Biathlon Event Entered ***Check One***

☐ Individual Bike & Walk ☐ Individual Bike & Run

☐ TEAM Bike & Walk ☐ TEAM Bike & Run

First Name_____

Last Name_____

Age on 2/18/12_____Sex_____

Phone_____

Email_____

In order of preference, list three choices for heat starting times (7:30 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)

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

Northtowne Cycling

CVRA

PepsiAmericas

Fitness Sports

Open to the Public—
Invite your family & friends!

Mail entry forms to:
Rockwell Collins Rec Center
Att: 2012 Biathlon
400 Collins Road NE, MS 154-100
Cedar Rapids, IA 52498

Questions?
Call Sara (319) 295-2552
www.rockwellcollinsreccenter.com

Saturday, Feb. 18th
7:30 AM — 2 PM
(additional heats added as needed)

Individual or Team Participation

2012 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 BIKE/WALK, M & F
Overall Individual BIKE/RUN, M & F

Overall individual winners will be awarded $25 cash, $25 gift certificate from *Running Wild* and $10 gift certificate from NUTRI-SPORT.

In the event of a tie, the award will be split in half.

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

Prizes will be awarded to 1st place only in each *age division for teams.*

Open to the Public—
Invite your family & friends!

Only one entrant 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 Tuesday, Feb. 14. The heats will also be posted at www.rockwellcollinsreccenter.com

Heats begin on the half hour from 7:30AM-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 Sara Cooper at 319-295-2552 if you have any questions.

ENTRY FEES per participant

Short-sleeve T-shirt Option:
__ $15 received by Friday, February 10th
__ $18 received after Friday, February 10th

Long-sleeve T-shirt Option:
__ $20 received by Friday, February 10th
__ $23 received after Friday, February 10th

No T-shirt Option:
__ $12 received by Friday, February 10th
__ $15 received after Friday, February 10th

Biathlon Shirt Size
S_____M_____L_____XL_____
XXL ($2 extra) _____

Total amount enclosed $_____
(Note: tax is already included in amount)

Staff Use Only!
Date/Time: _____
Amount: _____
Invoice # _____
Staff Initials: _____

Waiver:

Will be signed on race day.

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____