

Event Entered

- 5K Run Kids Fun Run
- 5K Walk

Name _____

Age on 9/26/10 _____ 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 9/19/10.....\$16

5K Entry postmarked after 9/19/10.....\$20

No T-shirt option:

5K Entry postmarked by 9/19/10.....\$12

5K Entry postmarked after 9/19/10.....\$16

Kids Race:

With Short Sleeve T-Shirt.....\$10

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

(Note: All fees include tax)

Total Enclosed \$ _____

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

Running Wild

1950 Dodge Road NE

Call 378-8020

Nutri-Sport

1725 Blairs Ferry Road

Call 447-4936

CVRA

Fitness Sports

Hy-Vee

Pepsi-Americas

Mail entry forms to:

Rockwell Collins Rec Center

ZAGRATA

400 Collins Road NE, MS 154-100

Cedar Rapids, IA 52498

Questions?

Call Brenda 319-295-2552

www.rockwellcollinsreccenter.com

Rockwell Collins Rec Center

ZAGRATA

2010

Zany Annual Great Run Around the Area

September 26

5K Run

5K Walk

Kid's Fun Run

9AM



This event is open to the public!

Invite your family and friends!



⇒ **Cash Prizes for Overall Winners**

⇒ **Long Sleeve T-shirts**

⇒ **\$25 gift certificate to Running Wild for Zaniest dressed 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 \$35 cash award
- ⇒ 3rd Place Overall Male & Female Runners receive \$15 cash award
- ⇒ 1st Place Overall Male & Female Walkers receives \$50 cash award PLUS \$25 gift certificate to NUTRI-SPORT

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 15:51 Patrick Johnson ('07)

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 by our course workers will win a \$25 gift certificate to Running Wild.

Kids Fun Run

Who: Any Child 11 years of age or younger

When: 10:15 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: Kids 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 to participants from 8:30-10:30 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. 24: 5:30 AM – 6:30 PM

Sunday, Sept. 26: 7:00 AM- 8:30 AM

Where:

Rockwell Collins Rec Center
400 Collins Rd NE
Cedar Rapids, IA

Event Schedule

9:00 AM 5K Run & 5K Walk

10:15 AM Kids Fun Run

10:30 AM Awards Ceremony & Door Prizes

Rockwell Collins Rec Center