



Amana Colonies Recreational Trail Winterfest 5K FreezerRun/Walk

Saturday, January 23rd, 2010 at 11:00am
Starting at the Amana General Store Appliances

836 – 48th Avenue, Amana (behind the Woolen Mill)

All participants are eligible for prize drawings from Amana businesses following the race.

The race will take participants around Amana. This event is sponsored by the Amana Colonies Trails, a non-profit volunteer group. Proceeds will benefit the Amana Kolonieweg Recreation Trail. Each participant will receive a gift bag from the **Amana Meat Shop** if registered by January 20, 2010. Refreshments will be served at the same location following the race.

Race day registration begins at 10:00am at Amana General Store Appliances

Advance Registration: \$20.00 *

Race Day Registration: \$25.00*

*If you are a CVRA member you can get a \$2.00 discount

Awards: Medals will be given to the first three places in each category. Additional awards will go to best overall times for male & female, & youngest & oldest participant.

Event Sponsors: *****

Supporting Sponsors: Amana General Store Appliances, Scheels, Running Wild, Amana Meat Market, Hahn Bakery, Ox Yoke Inn & Amana Colonies Trails

For more information contact the Amana Colonies Convention & Visitors Bureau at 1-800-579-2294. Or email Amana Colonies Trails at yardgoose@hotmail.com or visit our website "[Festivals in Amana](#)"

Amana Colonies Recreational Trail Freezer Run / Walk - ENTRY FORM

(Advance registration due January 20th, 2010)

Name _____ Phone _____

Address _____ City _____ St _____ Zip _____

Race Category:				
Under 14 yrs.	<input type="radio"/> Male <input type="radio"/> Female	30-39 yrs.	<input type="radio"/> Male <input type="radio"/> Female	60 yrs. + <input type="radio"/> Male <input type="radio"/> Female
15-19 yrs.	<input type="radio"/> Male <input type="radio"/> Female	40-49 yrs.	<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> CVRA Member
20-29 yrs.	<input type="radio"/> Male <input type="radio"/> Female	50-59 yrs.	<input type="radio"/> Male <input type="radio"/> Female	

I recognize the risks associated in any athletic event and hereby waive, release and hold harmless all sponsors, contributors, supporters, volunteers and officials associated with the race and event, from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participating in the Amana Freezer Run / Walk. I further certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate. If, however, I do require medical attention as a result of my participation in the above mentioned activities, I authorize the medical personnel associated with said events to provide such medical care as is deemed appropriate by such medical personnel.

Participants Signature _____

Date _____

Parent or Guardian signature if under 18 years of age _____

Send Entry Form & Check/Money Order for \$20.00 payable to Amana Colonies Trails

To: Amana Freezer Run/Walk – P.O. Box 42 – Amana, IA 52203

Registration Fee is Non-Refundable