



Freezer Run!

Saturday, January 24, 2015

Amana, Iowa

5K Run/Walk 10:00AM

2015 Freezer Run 5K RUN/WALK REGISTRATION FORM Or Enter online at:
www.GetMeRegistered.com/AmanaColoniesFreezerRun

Name: _____

E-Mail: _____

Address: _____

Phone: _____

Division (Circle): Male Female



Date of Birth: _____

Please indicate whether you'd like a bag from the meat market or shirt or neither. No bag or shirt Meat Market Bag Long Sleeve Shirt

If you'd like a shirt, circle which size:

Circle: Small Medium Large X-Large XX-Large

All entries received by January 17th will receive a Meat Bag or Shirt. Participants who register after January 17th, will receive something as long as supplies last.

WAIVER: I recognize the risks involved 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.

Participant Signature (parent or legal guardian if under 18)

Emergency Contact Name & Number

Packet Pick-up: (Old Appliance Shop) 4-6 PM Friday Jan 23rd!

Packet Pick-up @ **Building!**: 8:30-9:30 Saturday (race day)

Race Begins !!!!! 10:00 AM

Presentation of Awards & Prizes: 11:00 AM

Registration

Takes place in the OLD Amana General Store Appliances building, behind the Amana Woolen Mill.

Race Course

Starts and finishes on 48th Ave in front of the Amana Woolen Mill. The race will take participants to East Amana and back to Amana.

Run Divisions ~ Both men & women

14 and Under, 15-19, 20-29, 30-39 40-49, 50-59, 60 and Up

Awards

- Overall Male Champion
- Overall Female Champion
- First, Second & Third Place for Each Age Division

Pre-Register by: January 17th, 2015. Walk-up registrants welcome.

Fee:

With Bag or Shirt: \$20; Without: \$15 by January 17th/\$25 after January 17th.

Make check payable to Amana Colonies Trails.

Send with completed registration form by January 17th to:

Amana Colonies Trails

PO Box 42

Amana, IA 52203.

Entry fee is non-refundable and must accompany registration form.

Direct questions to: michelehahn@gmail.com

Proceeds will benefit the Amana Kolonieweg Recreation Trail