

# Lake Icaria Trail Race 5K or 2 Mile Fun Run/Walk

## Registration and Event Information:

Location: Lake Icaria Nature Trails, Start @ Bobber's Down Marina

Time: Saturday, May 27 Check In: 7:30-8:15 Race: 8:30

Entry Fee: \$20 before May 17 \$25 May 18-May 27

Course: Begins on pavement, turns to grass, then onto nature trail through the woods (bridges, steps and ditches), across the beautiful dam of Lake Icaria and returns through the Timber Ridge Campground back to Marina.

All proceeds will go to the local oncology unit at CHI Alegent Health in Corning, Iowa. Money will go directly to patients helping them with expenses.

Awards to the 1<sup>st</sup> place Male & Female.

Thanks to our new sponsor:



### Participant Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

Check payable to: **CHI Alegent Health**  
Return to:  
Liz Timmerman  
1148 210th Street  
Nodaway, IA 50857

### Performance T-Shirt (guaranteed before May 18th)

Adult T-shirt Size: S M L XL Youth Size: S M L

As a voluntary participant in this event, I realize that it is a potentially hazardous activity and that I should not participate in this event unless I am physically and medically able to do so. I agree to abide by any decision of an event official(s) relative to my ability to safely complete the activity. I assume all risks associated with my participation in this event, including, but not limited to, falls or contact with other participants, animals, any and all risks that may be associated with participation in such an event. Being fully aware of the risks associated with participation in and/or observing this event, I hereby, for myself, my heirs, executors and administrators, fully waive and release all rights and claims that I may have against Lake Icaria Trail Race Directors, its subsidiaries, directors and officers, the organizers, supervisors and other participants of said activity or event for any and all injuries (personal or bodily) or property damage sustained while participating in, preparing for, or competing in the Lake Icaria Trail Run. Further, I specifically acknowledge that my participation in this event is elective and voluntary.

**\* If participant is less than 19 years old, parent/guardian must initial & sign waiver.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_