



Lake Icaria Trail Race

5K or 2 Mile Run/Walk

Registration and Event Information:

Location: Lake Icaria Nature Trails -
Start @ Bobbers Down Marina

Time: Check-in & Race Day Registration from 7:30-8:15 a.m.

Race: 8:30 a.m. 5K Race
8:33 2 Mile Fun Run/Walk

Entry Fee: \$20 by May 18 \$25 May 19-May 28

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.

Prizes to following Age Division Winners in 5K Race:

Male: 10 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Female: 10 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

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

Participant Information:

Event: Circle One

5K Race

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 T-shirt 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: _____