

**CVRA and Amana Colonies Oktoberfest**  
present  
**CVRA Timber Trek**  
**4.3 mile Off-Road run/walk**  
**October 3, 2009—8:00 am**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

**Fees:** (no refunds) Before September 17<sup>th</sup> CVRA member **\$16.00** non member **\$18.00**  
After September 17<sup>th</sup> **\$20.00**  
Race Day **\$25.00**

**Registration fee includes:** t-shirt (guaranteed to pre-registered runners only) & ticket to Oktoberfest grounds, juice/snack

**Make Checks Payable to: CVRA**

**Mail to: John Armon, 3122 Tama St SE  
Cedar Rapids, IA 52403**

Runners' Age Groups (Male & Female) Circle: Run / Walk

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over  
Awards will be presented to top 3 male & female finishers in each age group.

Race Course starts at Amana RV Park (north of Amana, off Hwy 151), then follows along (or through) Price Creek and up into the Amana Timber, circling back to Price Creek and finishing at the RV Park. This is an off-road race with several obstacles, hills and gullies. **PREPARE TO GET DIRTY!**  
Registration starts at 6:30 am at the Amana RV Park. Questions? Call John at 319-362-4065 or email: jarmon7209@aol.com

Waiver: I hereby release the Amana Merchants, Inc., Amana Colonies CVB & Amana Society, Inc and its subsidiaries, all volunteers and sponsors from the responsibility for any illness or injury, which may be sustained while I am participating in the Oktoberfest Timber Trek. By signing below, I am signifying I am in proper physical condition to participate in this event and understand the inherent dangers of participating in an off-road race. I hereby affirm that I am 18 years of age or older; I have read this document and understand its contents. (Parent or guardian must sign if participant is under 18 years.)

\_\_\_\_\_  
**Signed**

\_\_\_\_\_  
**Date**