



Amana Colonies Recreational Trail Winterfest 5K Freezer Run/Walk

Saturday, January 24th, 2009 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 hosted 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 17, 2009. Refreshments will be served at the same location following the race.

Advance Registration: \$15.00
Race Day Registration: \$20.00

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

Awards:

Medals will be awarded 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:

Aspen Therapy & Wellness , Amana

Amana General Store Appliances, Scheels, Running Wild,
Amana Meat Market, Hahn Bakery, Ox Yoke Inn, Catiri's Art
Oasis & Collectively Iowa

For more information contact the Amana Colonies Convention & Visitors Bureau at 1-800-579-2294
or email Amana Colonies Trails at amanatrail@gmail.com

Amana Colonies Recreational Trail Freezer Run / Walk ENTRY FORM

(advance registration due January 17th, 2009)

Name _____ Phone _____

Address _____ City _____

Race Category:								
Under 14 yrs.	Male	Female	30-39 yrs.	Male	Female	60 yrs. +	Male	Female
15-19 yrs.	Male	Female	40-49 yrs.	Male	Female			
20-29 yrs.	Male	Female	50-59 yrs.	Male	Female			

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.

Participants Signature _____ Date _____

Parent or Guardian signature if under 18 years of age _____

Send Entry Form & Check/Money Order for \$15.00 payable to Amana Colonies Trails
To: Amana Freezer Run/Walk – P.O. Box 42 – Amana, IA 52203
Registration Fee is Non-Refundable