

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

**Race Begins ! ! ! !** 10:00 AM

**Presentation of Awards & Prizes:** 11:00 AM

**Registration**

Takes place in the “Timber and Tool” attached to the Amana Furniture Shop.

**Race Course**

Starts and finishes on 48th Ave in front of the Amana Furniture Shop.

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 12th, 2019. Walk-up registrants welcome**.

**Fee:**

With Bag or Shirt: $30; Without: $25 by January 18h/$35 after January 18h.

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: amanacoloniestrail@gmail.com

***Proceeds will benefit the Amana Kolonieweg Recreation Trail***

**\*Freezer 5K Run\*!**

**Saturday, January 25, 2020**

**Amana, Iowa**

**5K Run/Walk 10:00AM**

2019 Freezer Run 5K RUN/WALK REGISTRATION FORM **or** Enter online at: www.GetMeRegistered.com/AmanaColoniesFreezerRun

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

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

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

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**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 12th will receive a Meat Bag or Shirt. Participants who register after January 12th, 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)**

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**Emergency Contact Name & Number**