



Amana Colonies Recreational Trail Freezer Run / Walk

A 5K Run / Walk during

Amana's Winterfest

Saturday, January 27, 2007 at 11:00am

Starting at the Amana General Store Appliances

836 – 48th Avenue, Amana

(Located behind the Amana Woolen Mill)

All participants are eligible for an Appliance from the Amana General Store which will be given away following the race.

The race will take participants around Amana. This event is sponsored by the Amana Colonies Trails, a non-profit volunteer group. Proceeds will benefit the Amana Kolonieweg Recreation Trail. Each participant will receive a product from the Amana Meat Shop if registered by January 20, 2007. Refreshments will be served at the same location following the race.

Advance Registration: \$12.50

Race Day Registration: \$15.00

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

Awards:

Medals to the first three places in each category will be awarded.

Additional awards will go to best overall times for:

- Male and Female Under 14 Years of Age
- Male and Female 15+ Years of Age

Race Sponsors:

Amana Colonies Trails, Amana Family Practice, Amana General Store Appliances, Amana Meat Market, and First Trust and Savings Bank Oxford

For more information contact the Amana Colonies Convention & Visitors Bureau at 1-800-579-2294.

Amana Colonies Recreational Trail Freezer Run / Walk

ENTRY FORM

(advance registration due January 20, 2007)

Name _____ Phone _____

Address _____ City _____

Race Category:

Under 14 yrs. Male Female 30-39 yrs. Male Female
 15-19 yrs. Male Female 40-49 yrs. Male Female
 20-29 yrs. Male Female 50-59 yrs. Male Female

60 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 \$12.50, payable to Amana Colonies Trails

To: Amana Freezer Run/Walk – P.O. Box 42 – Amana, IA 52203

Race day registration begins at 10:00am at the Amana General Store Appliances (Located behind the Amana Woolen Mill)

Registration Fee is Non-Refundable