



# Osprey 5K Fun Run/Walk

**Saturday, April 9, 2016**

**9 AM**

**Annett Nature Center**

**The Event:** 5K fun run/walk on Saturday, April 9, 2016 at 9 AM All proceeds will be used towards the new educational insect exhibit.

**Awards & Refreshments:** Medals for the top female and male 16+ and under 16. Refreshments served immediately after the event.

**Course:** The 3.1 mile run/walk will start and finish at Annett Nature Center and wind through Lake Ahquabi State Park.

**Location:** Annett Nature Center is located 5 miles south of Indianola. Travel 4 miles south on Hwy 65/69 and look for Annett Nature Center signs. Turn west on G-58 to Lake Ahquabi and then turn north on 118th Ave. ANC is on the East side of the road.

**Register:** Mail completed form or stop in to register

Friends of Warren County Conservation c/o Osprey 5K

15565 118th Avenue, Indianola, IA 50125

**Entry Fee:** \$30 by April 1, 2016 \$35 after April 1, 2016 **Payable to:** FWCC

**Race Packet Pickup:** 8:00AM-8:45 AM on Saturday, April 9, 2016 at Annett Nature Center

**For more Information or to volunteer:** Contact Karen at (515)961-6169

**Sponsored by:** Friends of Warren County Conservation

## Osprey 5K Registration Form

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

**Address:** \_\_\_\_\_ **City, State, Zip** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Age on 4/9/16** \_\_\_\_\_

**T-shirt size:** (circle one) S M L XL **Gender:** (circle one) Male Female

**Entry Fee:** \$30 before April 1 \$35 after April 1

**Signature & date:**(parent of legal guardian if under 18) \_\_\_\_\_

I hereby, in consideration of myself, my heirs, executors and administrators, waive all rights and claims for damages I may or hereafter have against individuals associated with the Osprey 5K, their agencies, and representatives, for any injuries suffered by me in the this event. I certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate in and have no medical conditions that prevent my participation. I consent to receive medical treatment deemed advisable in the event of injury, accident, or illness during this event. I authorize the use of my name and picture to be used in any promotional material associated with this event.