



Osprey 5K

Trail Run/Walk

Saturday, April 6, 2019

9 AM

Annett Nature Center

The Event: 5K trail run/walk on Saturday, April 6, 2019 at 9 AM All proceeds will be used towards environmental education programs and exhibits.

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 trails of the park. Expect muddy conditions and uneven terrain.

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: www.getmeregistered.com/Osprey5KTrailRun or mail completed form to:

Friends of Warren County Conservation c/o Osprey 5K
15565 118th Avenue, Indianola, IA 50125

Entry Fee: \$30 by March 31, 2019 \$35 after March 31, 2019 **Payable to:** FWCC

Race Packet Pickup: 8:00AM-8:45 AM on Saturday, April 6, 2019 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: _____ Birthdate _____

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

Entry Fee: \$30 before March 31 \$35 after March 31

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 int 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.