



# Osprey 5K Trail Run/Walk

**Saturday, April 10, 2021**

**9 AM**

**Annett Nature Center**

**The Event:** 5K trail run/walk on Saturday, April 10, 2021 at 9 AM All proceeds will be used towards environmental education programs and exhibits.

**Race Swag:** Participants will receive a medal, long sleeved tech shirt, and swag bag. 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, IA.

**Register:** <http://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 April 1, 2021 \$35 after April 1, 2021      **Payable to:** FWCC

**Race Packet Pickup:** 8:00AM-8:45 AM on Saturday, April 10, 2021 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 Gender: (circle one) Male Female

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

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.