

Name _____

Address _____

City/Zip _____

Phone _____

E-mail _____

Age as of Oct. 5th, 2024 _____

Gender: Male Female

T-shirt size (please circle one):

Adult: S M L XL

5 Mile _____ or 5K _____

Waiver

As a participant in the Cerro Gordo County Conservation Board/Lime Creek Nature Center Timber Trot, I have read and agree to the following:

To indemnify and hold harmless the County of Cerro Gordo, Iowa, its agents, employees or any other person against loss or expense, including attorney's fees, by reason of the liability imposed by law upon the County, except in cases of the County's sole negligence, for damage because of bodily injury, including death at any time resulting there from, sustained by any person or persons, or on account of damage to property arising out of or in consequence of the agreement, whether injuries to persons or damage to property are due or claim to be due to any passive negligence of the County, its employees or agents or any other person. It is further understood and agreed that the participant shall at the option of the County, defend the County of Cerro Gordo, Iowa, with appropriate counsel and shall further bear all costs and expenses, including the expense of counsel, in the defense of any suit arising hereunder.

Please enclose cash or check

Name _____

Date _____

Make Checks Payable to
Lime Creek Nature Center
and Mail to:

Carrie Berg
1709 N. Carolina Ave.
Mason City IA, 50401

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North Iowa Touring Club



FOX RIVER®

AMERICAN 1900 MADE

Lime Creek
Nature Center
**TIMBER
TROT!**

Saturday
October 5th, 2024
9:00 AM



Tel: (641)210-7005



Lime Creek Nature Center

The Lime Creek Nature Center opened in 1984 as a conservation education facility serving North Iowa. It was funded exclusively by donations from private citizens, businesses, organizations, and foundations.



The Nature Center provides over eight miles of scenic trails that wind through the various habitats in the Lime Creek Conservation area, providing an excellent opportunity to view native plants and wildlife.

Lime Creek TIMBER TROT!

SATURDAY, OCTOBER 5, 9 A.M.

Enjoy a *5 mile* or a *5K* run among the beautiful fall colors of the Lime Creek Nature Center trails. The scenic trails will guide you through both restored open prairie and wooded areas bordered by the Winnebago River.

- This event is for everyone from those who enjoy competing against others to those who just want to take a leisurely stroll or jog for some great scenery and exercise!

Entry fee (includes long-sleeve tech shirt)

- Early entry by Aug. 23rd: \$35
- T-Shirt deadline Sept. 19th: \$40
- Register after Sept. 19th: \$40 and no guaranteed shirt

Registrations received by September 19th include long-sleeved tech shirt!

Packet pick-up at Lime Creek Nature Center
Friday, October 4th from 2:30-4:00pm
Saturday, October 5th from 8:00-8:30am

For more information and course map see:
www.cerrogordo.gov; or call Carrie Berg
at 641-210-7005.



Please note: Parts of the trail may be rocky and not conducive to running with spikes.

Online Registration - <https://runsignup.com/Race/IA/MasonCity/LimeCreekTimberTrot>

Runner Categories (Male/Female)

5 Mile

5K

19 & Under

14 & Under

20-29

15-19

30-39

20-29

40-49

30-39

50-59

40-49

60-69

50-59

70 & Over

60-69

70 & Over

1st, 2nd, 3rd place medals
will be awarded for each
category!

