



GERMANFEST 5K RUN/WALK

Saturday, September 23, 2023

Inflatable Dash: 8:30am

5K Start Time: Immediately after Dash

Location: Guttenberg Municipal Hospital & Clinics
200 Main St, Guttenberg, IA

Registration/Package Pickup: 7:30am - 8:15am

5K Fee: \$25 (includes 5K pint glass & \$5 in Guttenberg Bucks. Proceeds to the Family Resource Center)

Inflatable Dash Fee: FREE!



2023 GMHC GERMANFEST 5K RUN/WALK/DASH REGISTRATION FORM

Join us for a **5K Run/Walk** along the mighty Mississippi in the quaint, historic town of Guttenberg as we celebrate our rich German heritage with GermanFest. GermanFest offers family fun activities including polka bands, open air arts and crafts market, biergarten, kraut cook-off, beer tasting, live music, & fun for kids. 5K trophy for first place female and first place male. *All proceeds go to the GMHC Family Resource Center.*



Again this year! Inflatable Dash! People of all ages can put on their favorite inflatable costume and dash to win! **Free Entry.** One winner in each category: 12 and under, and 13 and above. Dashers can join us for the 5K, in or out of their inflatables, for \$25 entry fee.

Name: _____

Email: _____

Mailing Address: _____

City/State/Zip: _____

Gender: M / F 5K (\$25 fee) Dash (free): 12 and under 13 and over

Waiver Must Be Signed for Dash and 5K Participants:

I understand there are inherent risks in participating in any road race. In consideration of the acceptance of my entry: I, for myself, my executors, administrators, and assignees, do hereby release and discharge the Guttenberg Municipal Hospital & Clinics, the City of Guttenberg, any sponsors, supporters or volunteers, for all claims and damages, demands, actions, whatsoever in any manner arising or growing out of my participation in the GMHC GermanFest Dash/5k Run/Walk. I attest and verify that I have full knowledge of the risks involved in this event, am physically fit, and sufficiently trained to participate in this event. Children 18 and under will need guardian's signature.

Signature (Guardian if under 18): _____ Date: _____

Complete this form and drop off or mail with payment to: GMHC Attn: Amy Speed, PO Box 550, Guttenberg, IA 52052
Please write checks to GMHC with 5K in memo line. Please check our Facebook page for delays or cancellations due to weather.
5K registration is also available on <https://getmeregistered.com/Germanfest5k>.