



Register
Online:



GERMANFEST 5K RUN/WALK

Saturday, September 20, 2025

OFFICIALLY TIMED EVENT - MEDALS FOR ALL AGE CATEGORIES!

Time: 8:30AM Inflatable Dash / Kids Fun Run followed by 5K

NEW Location: Gazebo near Veterans Memorial

New Route: Begin on Park Drive for two blocks before turning to pass Lock and Dam No. 10, follow river walk, turn around and head back on river walk, finish at gazebo.

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

Preregistration: \$25

Day-of Registration: \$30

Kids Fun Run: FREE

GMHC
Cares!
Supporting and Sustaining
Patient Care, Facilities & Technology

GMHC
Guttenberg Municipal
Hospital & Clinics
An Affiliate of **MERCYONE**

REGISTRATION FORM: 2025 GMHC GERMANFEST 5K RUN/WALK/DASH & KIDS FUN RUN

Kick off Guttenberg's GermanFest with the whole family! Start your day with the GermanFest 5K — a professionally timed run or walk along the mighty Mississippi, past Lock & Dam No. 10, on the scenic Guttenberg riverfront. Medals awarded to winners in all of eight age categories!

And don't forget the kiddos! They'll love our free Kids Fun Run Inflatable Dash in the park, racing alongside giant inflatables and making memories!

Name: _____ Age: _____ ☐ Male ☐ Female

Email: _____ Cell (Text Race Results): _____

☐ 5K Preregistration (\$25) ☐ 5K Day-of Registration (\$30) ☐ Kids Fun Run: 8 and under (free)

GermanFest 5K Walk/Run/Dash & Kids Fun Run Waiver & Release:

In consideration of the acceptance of my entry in the GermanFest 5K Walk/Run/Dash and Kids Fun Run, I, the undersigned, intending to be legally bound, hereby waive, release, and discharge any and all rights and claims for damages or injuries that I may have against Guttenberg Municipal Hospital & Clinics, the City of Guttenberg, GermanFest organizers, event sponsors, volunteers, and all other persons or entities associated with the event, from any and all liabilities arising from or related to my participation. I acknowledge that running and walking in a race involves potential hazards, including but not limited to falls, contact with other participants, weather conditions, traffic, and course conditions, and I assume all risks associated with my participation. I certify that I am physically fit, have sufficiently trained for this event, and have not been advised otherwise by a qualified medical professional. I grant permission to the event organizers to use photographs, video, and other recordings of my participation for any legitimate promotional purposes without compensation. I understand that entry fees are non-refundable and non-transferable. **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
Write checks to GMHC with 5K in memo line. Check our Facebook page for delays or cancellations due to weather.