

16th Annual Sauerkraut Days

"Run Your Buns Off" 5K Walk/Run

When: Saturday, June 29, 2019, 8:00am (Rain or Shine)

-Check-in/day-of-race registration opens at 7:00am & closes at 7:45am

Where: Prairie Bridges Park, Ackley, Iowa

-North of Hwy 57, turn at Greenbelt Bank, ¼ mile north on County Road S56

-Parking at Landus Co-Op

Cost: \$15.00 - Pre-registration (by June 15th)

- Includes T-shirt & refreshments

\$20.00 - Late registration/day-of-race

-T-shirts not guaranteed

Checks Payable To:

Ackley Pool Betterment Group

% Brianne Neuberger

2405 50th Street

Ackley, Iowa 50601

Questions: Brianne Neuberger

[-brie.nederhoff@gmail.com](mailto:brie.nederhoff@gmail.com)

Awards: By age group as below

-Under 13 -30-39

-14-19 -40-49

-20-29 -50 & up

-Medals awarded to top 3 runners in each age/sex bracket

-Scheels gift certificate & plaque to top overall male/female.

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Name _____

Email _____

Address _____

City _____ **State** _____ **Zip** _____ **Phone** _____

Runner _____ **Walker** _____ **Age as of June 29, 2019** _____ **Gender** M ___ F ___

T-shirt size (circle one): Youth-M Youth-L AS AM AL AXL AXX

Waiver: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of Ackley or any sponsor or contributor to this event and their representatives, successors, and assigns for any and all claims of liability of any kind arising out of my participation in this event. I agree to abide by any decision of the race official relative to my ability to safely complete this run. I assume all risks associated with running/walking in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Further, I hereby grant full permissions to any and all of the aforementioned parties to use my name, likeness and voice, as well as any photographs, videotapes, motion pictures, recordings, or any other record of this event in which I may appear for any legitimate purpose.

Date: _____

Signature (parent if under age 18): _____