

HEDRICK FOX TROT ROAD RACE

HELP CELEBRATE HEDRICK BAR-B-QUE DAYS

DATE: Saturday, July 9th, 2022

TIME: 7:45 - 8:15 AM

Staggered start based on predicted 5K time

PLACE: Main Street, Hedrick, Iowa

RACES: 5K Run & Walk

1 Mile Run & Walk

ENTRY FEE: \$20.00 **BEFORE** June 22nd

\$10.00 **AFTER** June 22nd (no medal and no shirt)

T-SHIRTS: For everyone entered before June 22nd

AWARDS: Medals to all entries before June 22nd

Send Entries To: FoxTrot Road Race
703 W 6th St
Hedrick, IA 52563

Make check to "Hedrick Bar-B-Que Days"

QUESTIONS: 641-777-1271

In consideration of your acceptance of this entry, I hereby for myself, my heirs, & executors waive any and all rights and claims for damages I may have against individuals associated with the event, sponsors, and officials, for any and all injuries suffered by me during, because of, or in travel to and from said event, I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

NAME: _____ SEX: M F AGE: _____

ADDRESS: _____ PHONE: _____

CHECK ONE: _____ 5K RUN  Predicted 5K RUN TIME _____

_____ 1 MILE RUN _____ 5K WALK

_____ 1 MILE WALK

T-SHIRT SIZE: Men/Women: S M L XL
Youth: 6-8 10-12 14-16