



# Waukon Fire Dept Hero Run 2022

**Little Minion Race begins at 5:30pm, Adult 5K begins at 6:00pm \*\*FREE BABYSITTING  
AVAILABLE DURING THE ADULT RACE\*\*\***

**Open registration from 5:00–start of the adult race**

**Forms due by AUGUST 6 to guarantee Shirt**

**Race begins and ends at Empty Nest Winery**

**Post race music and party with music by JAY R BRINK**

**Brats and Beverages FREE with your race entry fee, FREE WILL DONATION for friends and  
family**

**Register online on Facebook : Waukon Fire Department Hero Run**

5k (\$30)       Little Minion Run without shirt (\$5)       Little Minion Run with shirt  
(\$15)

Team Name(\$25 team member) \_\_\_\_\_

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_\_

Email \_\_\_\_\_

Shirt option: Forms due by **August 6** to guarantee shirt selection!!!

- Unisex tee S M L XL XXL
- Unisex long sleeve tee S M L XL XXL
- Womens tank S M L XL XXL
- Youth S M L

**\*\*Make checks payable to Waukon Fire Dept. \*\* Drop off registration at the Waukon Wellness Center or \*\*mail to: WFD Hero Run PO Box 429 Waukon IA 52172**

In consideration of acceptance of this entry, I release and discharge the Waukon Fire Dept, Empty Nest Winery, and any other sponsors, and/or representatives from any and all liability arising from illness, personal injury or damage of any kind which I may incur as the result of my participation in this event. I certify that I am physically sound enough to participate in this event. I grant full permission to the Waukon Fire Dept and/or their agents to use photographs, video and/or pictures and any other legitimate media for any purpose. I have read and understand this waiver:

Signed (parent or guardian if under age 18)

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