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One mile FLAT AND FAST course

immediately preceding the CHRISTMAS PARADE OF LIGHTS

COSTUMES ENCOURAGED

CHECK OUT *moruncocape.com*FOR COSTUME CONTEST AND PHOTOS



Signature or signature of parent if under 18:

START:

4:55 PM, Sunday, Dec. 1, 2019 Broadway and West End, Cape Girardeau, MO

FINISH:

Broadway and Main

COURSE

One mile straight down Broadway - Closed course with hundreds of spectators

COST

\$10 or unwrapped child present - All proceeds go to Jaycees Toybox

AWARDS:

Giving a Christmas gift to a local child Fun evening with fellow runners A one-mile PR? This is a "fun run" to benefit local children No Tee shirts or age group awards OA Male and Female gift from MoRunCo

GEAR CHECK AND FAMILY RE-UNITE

Marked gear may be left at Discovery Playhouse Children's Museum 502 Broadway

Stay and enjoy the parade in this reserved area for runners and family members. Post-race cider and refreshments provided

REGISTRATION

Before Nov 23, 2019:

Hand deliver or mail registration and fee to 2601 Hopper Road, Cape Girardeau, MO 63701

Race Day:

Registration opens at 4 PM; no shuttle is provided between start and finish or gear check; runners may register at the race start OR Gear Check; Check in at either location and be sure to be at the start with your race number before 4:55 PM

Date:

Name	_ Gender:MaleFem	ale Age	-	
Address	City	State	_ Zip	Phone
Waiver: I understand that running is potentially hazardous activity and I should not register unless physically fit and properly trained. I agree to abide by all decisions made by race officials. I assume all risks associated with running including, but not limited to, falls, contact with other participants, the effects of weather and road conditions. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release Missouri Running Co. and all affiliates, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these events. In addition I give permission for all photos and information to be used for any legitimate purposes.				