



**SATURDAY
FEBRUARY 22, 2020**

7-8:45 AM Packet pick-up
9 AM *Wave One starts*
9:45 AM *Kid's 1-Mile Fun Run*
10 AM Award ceremony

FOR MORE INFORMATION...

facebook.com/CGoneanddone
www.caperoadrunners.org

**835 South West End Boulevard,
Cape Girardeau, MO 63703**

USATF CERTIFIED

PRICING



Kid's 1-Mile Fun Run
10 years or younger
REGISTER DAY OF RACE
FREE

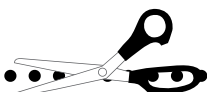
Race Entry Fee
before 2/20
\$20

**Race-Day
Registration**
\$25

**Optional
Long-Sleeve T**
ADD \$10

Register online at **www.caperoadrunners.org** or send payment to
Cape Girardeau Road Runners - One & Done
PO Box 2325 Cape Girardeau, MO 63702

Age Groups
0-19, 20-29, 30-39, 40-
49, 50-59, 60-69, 70+



Name _____ Age on 2/22/2020 _____ DOB _____

Address - Street & Street #, City, State, Zip _____

Circle one
Male or Female

E-mail address _____ Phone # _____

Optional Long-Sleeve T-shirt - \$10 (please circle)

Adult - S M L XL XXL(\$12) XXXL(\$13)

Child - S M L

Estimated Finish Time: _____

Checks payable to **Cape Girardeau Road Runners**

Total enclosed = \$ _____

I know that running a road race is potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by a decision of a race official relative to my ability to safely compete the event. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather including cold, heat, humidity, traffic, and the conditions for the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I, for myself and anyone entitle to act on my behalf, waive and release The Cape Girardeau Road Runners Club and all sponsors, their representative and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature (parent or guardian if under 18)

Date