



# Cross Country 5K/Prayer Walk Fundraiser & Spring Festival

**When:** Saturday, April 17, 2021 at 10:00am

**Where:** Eagle Ridge Christian School  
4210 State Highway K, Cape Girardeau, MO.

This year's theme at Eagle Ridge is **"Reason to Run"** and they wanted to focus on local needs in the surrounding region. Their three-fold purpose this year is:

1) to raise funds for their school (The money raised will go towards purchasing an online library, new chrome books, preschool and elementary playground equipment & updates, new oven in kitchen, room divider for gym, another cafeteria table, new smart board in Kindergarten, soccer score board and funds to help cover their general expenses). 2) to contribute to Options for Women and 3) to donate to The People's Shelter. **While the students are helping their school, they will be donating 20% of their net income to Options for Women and The People's Shelter.** Their fundraiser this year will culminate into a celebratory **Cross Country 5K/1 Mile Prayer Walk and Spring Festival** on **Saturday, April 17 at 10:00am.** Hope you can join us!

**Register online at [igfn.us/form/ZZkupw](https://igfn.us/form/ZZkupw), in person at Eagle Ridge, or through their website [www.eagleridgechristian.org](http://www.eagleridgechristian.org).**

<b>Cross Country 5K Run (timed) (all ages) Includes short sleeved cotton t-shirt</b>	<b>1 Mile Prayer Walk (on same trail) (not timed) (all ages) Includes short sleeved cotton t-shirt</b>
\$30 - Through April 2	\$30 - Through April 2
\$40 - April 3 - April 17	\$40 - April 3 - April 17
<b>START TIME: 10 AM</b>	<b>START TIME: 10 AM</b>

**Packet Pick Up:** Friday, April 16, 8:30am-5:30pm at Eagle Ridge  
**Race Day Registration:** Saturday, April 17, 8:45am-9:45am at Eagle Ridge



## Reason To Run

### Cross Country 5K Run/1 Mile Prayer Walk Registration Form

While the students are helping their school, they will be donating 20% of their net income to Options For Women and The People's Shelter. Their fundraiser this year will culminate into a celebratory **Cross Country 5K/1 Mile Prayer Walk and Spring Festival** on **Saturday, April 17th at 10:00am**. Hope you can join us!

Online Registration is quick and convenient - visit [igfn.us/form/ZZkupw](http://igfn.us/form/ZZkupw)

Name \_\_\_\_\_ Male or Female \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ T-shirt Size \_\_\_\_\_

Distance: (please check one)      Cross Country 5K (timed) \_\_\_\_\_  
Prayer Walk (1 mile on same trail - not timed) \_\_\_\_\_

Were you invited by an ERCS family? If so, who? \_\_\_\_\_

Emergency Contact and Phone \_\_\_\_\_

Fees:

	<b><i>Through April 2</i></b>	<b><i>April 3 - April 17</i></b>
Cross Country 5K (timed)	\$30	\$40
1 Mile Prayer Walk	\$30	\$40

**Payment** - Please make all checks payable to **Eagle Ridge Christian School**. Registration can be mailed to Attn: Rachel Mellies - Eagle Ridge Christian School, 4210 State Hwy K, Cape Girardeau, MO 63701 or dropped off at the school office Monday-Friday 8:30am-5:30pm.

**5K Awards** - Awards will be given to the top three male and top three female finishers in each age group. The Prayer Walk will not have awards.

***Age Groups - 14 and under; 15-19; 20-39; 40-59; 60+***

***Please read through and sign the Waiver/Release form on the following page.***

## ***Indemnity and Release Form***

I, the undersigned, wish to voluntarily participate in the Reason To Run Cross Country 5K/Prayer Walk.

In consideration for being permitted to participate in the Reason To Run Cross Country 5K/Prayer Walk, in the city of Cape Girardeau, the state of Missouri, and country of the United States, beginning the 17th day of April, 2021, I, the undersigned, fully recognizing the dangers and hazards inherent in the Reason To Run Cross Country 5K/Prayer Walk, and any related transportation, including personal injury, property damage, or wrongful death, as well as the unknown dangers and hazards which may arise in the course of my participation in the Reason To Run Cross Country 5K/Prayer Walk, do hereby voluntarily:

Agree, for myself, my heirs and my personal representative, to defend, hold harmless, indemnify, release and forever discharge, to the broadest extent allowed by law, Eagle Ridge Christian School, Rock of Cape and/or Christian Faith Fellowship, the board, the Event Director, employees, staff, agents, sponsors, insurers, successors, and all volunteers, from and against any and all claims, demands, actions, or causes of action on account of any damage to real or personal property or any personal injury or death that may result from my participation in the above Reason To Run Cross Country 5K/Prayer Walk.

I have read this release, I understand it fully, I understand that it is legally binding, and I understand that, among other things, I am agreeing to indemnify Eagle Ridge Christian School, Rock of Cape and/or Christian Faith Fellowship, for injuries, damages or losses I may cause and giving up rights to sue Eagle Ridge Christian School, Rock of Cape and/or Christian Faith Fellowship for injuries, damages or losses I may incur.

I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

**Printed Name (Participant)** \_\_\_\_\_

**Signature of Participant** \_\_\_\_\_

**Parent or Guardian's Signature (if under 18 years old)** \_\_\_\_\_

**Date** \_\_\_\_\_