

Allen Laws Oliver Chapter of
The Missouri Society of
The National Society Sons of the American Revolution
Cape Girardeau, MO
Instituted July 4, 1876 Chartered by Congress April 23, 1889



PRESIDENTS' DAY 5K

SATURDAY, FEBRUARY 15, 2020

AWARDS

Plaques to Overall Male &
Female Winners!

Medals to 1st, 2nd, 3rd!

Male & Female Age Groups!

START/FINISH AT ISLE CASINO
777 Main Street, Cape Girardeau, MO

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

SCHEDULE

7:15-7:45 AM	Registration
8:00	Race Start!
8:45	Award Ceremony

Entry Fee: \$25 Pre-Entry (by February 14) or \$30 on Race Day
Checks made out to SAR – Mail to Steve Shelton, 3248 Breckenridge, Jackson, MO 63755
No refunds can be given to pre-registered runners who fail to participate

Name _____

Age _____

☐ Male ☐ Female

Address _____

Phone _____

City _____

Email _____

T-Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

☐ Member of Cape Road Runners

I know that walking or running in a road race is a potentially hazardous activity. I should not enter or walk in this race activity unless I am medically able and properly trained. I assume all risks associated with running or walking in this race including, but not limited to, falls, contact with other participants, the effects of weather, conditions of the road, and traffic on the course. All such risks being known and appreciated by me and having read this waiver, I, for myself and anyone entitled to act on my behalf, hold harmless all sponsors and their representatives, from all claims and liabilities of any kind arising out of my participation in this activity.

Signature (or Parent or Guardian if under age 18) _____

Date _____