

### Support our local Furry friends at the Humane Society!

Bring a gallon of bleach, liquid laundry detergent or dryer sheets on race day, and be entered into a special door prize drawing!



Saint Francis Healthcare System



# Furry 5K and One-mile Fun Walk

## Saturday, June 6

**Start Time 8 am | Registration 7-7:45 am**  
**Missouri Running Co., 1720 Kingsway Drive**

Register online at [furry5k2020.eventbrite.com](http://furry5k2020.eventbrite.com) or at the Fitness Plus Service Desk.

**Fitness Plus is excited to host the twelfth annual Furry 5K and One-mile Fun Walk** for you and your dog! Proceeds benefit Youth Fitness and Exercise is Medicine programs for those who cannot afford them. You do not have to have a dog to participate, but dogs are welcome.

**New in 2020!** For those who are Cape Girardeau Road Runners, this is an official Grand Prix Race.

### Fees:

- \$25 for runner/walker (T-shirt guaranteed if received by May 20)
- \$30 for runner/walker after May 20

**If you have any questions, please call Sandy Duncan at 573-331-5312 or email [sduncan@sfmc.net](mailto:sduncan@sfmc.net).**

Register online at [furry5k2020.eventbrite.com](http://furry5k2020.eventbrite.com) or return your completed registration form (on reverse) to Fitness Plus or Missouri Running Co. Forms are also available at [fitnessplus.sfmc.net](http://fitnessplus.sfmc.net) and [caperoadrunners.org](http://caperoadrunners.org)

### Packet Pick-up:

- Friday, June 5, 10 am-3 pm, at Missouri Running Co., or on race day, during registration

### Timing and Awards:

- Results announced around 9 am
- One-mile walk will not be timed
- Trophies will be awarded to the top overall male and female
- Medals to the top three in each age group

### Pet Safety:

- Dogs must be on a leash at all times
- No retractable leashes
- No dogs younger than 6 months
- No leashes longer than 8 feet
- No female dogs in heat
- No aggressive dogs
- All dogs must be current on their vaccinations

Course: scenic with rolling hills, but not too "ruff;" the last portion is on the north trail toward Walden Park.

*Please clean up after your dog! Supplies will be provided in your race packet.*



# Furry 5K and One-mile Fun Walk

June 6 | Missouri Running Co. | 8 am (on-site registration 7-7:45 am)

## REGISTRATION FORM

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Age on Race Day: \_\_\_\_\_ Sex: ☐ M ☐ F Race: ☐ 5K ☐ One-mile Fun Walk

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

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

Are you a member of the Cape Road Runners? ☐ Y ☐ N

Dog Participating? ☐ Y ☐ N Dog's Name: \_\_\_\_\_

T-shirt (circle one): S M L XL 2XL (additional \$2 charge)

Registration Fee: 5K & 1 Mile \$25 (by May 20) \$30 (after May 20)

Total Enclosed \$\_\_\_\_\_ \$\_\_\_\_\_

### PLEASE READ THE FOLLOWING STATEMENT CAREFULLY AND SIGN BELOW:

I know that running or walking a road race is a potentially hazardous activity. I should not enter this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event, including, but not limited to: falls; tripping; contact with other participants and their dogs; effects of weather, including high heat and/or humidity; traffic; and conditions of the road/course, all such risks being known and appreciated by me. **DOGS ARE REQUIRED TO BE ON A LEASH. OWNERS ARE FULLY RESPONSIBLE FOR KEEPING CONTROL OF THEIR DOG(S).** Having read this waiver and knowing these facts in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, hereby agree to indemnify and hold harmless Fitness Plus and its sponsors, agents, officers, representatives, volunteers, employees and the City of Cape Girardeau from all liability arising out of any and all claims, demands, losses, damages, suits, actions or judgments of any kind and description that may occur to or be suffered by me as a participant by reason of activities arising out of this event, even though that liability may arise of out negligence or carelessness on the part of the person named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recording and other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event for hazardous weather or anything deemed dangerous by the race director.

Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

(if participant is younger than 18 years)

Return to: Fitness Plus, Attn: Sandy Duncan  
150 S. Mount Auburn Road  
Cape Girardeau, MO 63703

- Make checks payable to Fitness Plus
- T-shirt not guaranteed and sizes may be limited for those registering after May 20
- You may also drop off registration forms at the Fitness Plus Service Desk or Missouri Running Co.