

CAPE GIRARDEAU
ROAD RUNNERS'

SECOND
ANNUAL



SATURDAY
FEBRUARY 20, 2021


7-8:45 AM Packet pick-up
9 AM Wave One starts
10 AM Award ceremony

SHAWNEE SPORTS COMPLEX
835 South West End Boulevard,
Cape Girardeau, MO 63703

USATF CERTIFIED
CGRR Grand Prix Event

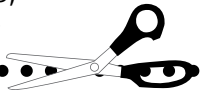
FOR MORE INFORMATION...

facebook.com/CGoneanddone
www.caperoadrunners.org

PRICING 	Pre-Registration Entry Fee	Race-Day Registration	Optional Long-Sleeve T
	before 2/06 \$20 <i>CGRR Club members get \$2 off pre-registration!</i>	\$25	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
0-14, 15-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70+



Name _____ Age on 2/20/2021 _____ DOB _____

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

Circle one
Male or Female

E-mail address _____
Are you a CGRR member? Y N

Phone # _____
Estimated Finish Time: _____

Optional Long-Sleeve T-shirt - \$10 (please circle)
Adult - S M L XL XXL(\$12) XXXL(\$13)
Child - S M L

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. CANCELLATION POLICY **The safety of our participants is our highest priority. Races will be held rain, snow, or shine and will not be cancelled except for cases of severe weather or unsafe road/trail conditions.** Less threatening conditions may cause alterations of the course or post event activities to ensure participant, volunteer, and community safety. We are a nonprofit organization and all net proceeds are used to further the Cape Girardeau Road Runner's mission in the community. As such, no refunds or credits will be given in the case of cancellation due to weather. Shirts ordered will still be distributed.

Signature (parent or guardian if under 18)

Date