



Great Schools are Everybody's Business



CGPS Foundation Run for Excellence

Saturday, March 31, 2012

Where & When: Cape Central High School- 5K 10K Start at 8:00 am 1Mile at end of 10K

Registration & Fees: Registration Adult: \$20 Youth \$15

Registration After March 15 are not guaranteed a t-shirt

Race Day Registration: 7:15am–7:45am will be \$25 adult \$20 youth

Awards: Will be given in each event to the overall Male & Female and then the next top three in each age division.

Age Division: 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60& over

Name: _____ **Gender :** _____

Address _____

Phone _____ **Date of Birth:** _____ **Age on Race:** _____

Email _____

Event to Run: _____ 1 mile _____ 5K _____ 10K

T-Shirt Size: Youth: S M L XL Adult: S M L XL XXL

RELEASE FORM: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of weather, traffic and road conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the City of Cape Girardeau, Cape Road Runners, Cape Public School Foundation, Cape Public School District and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from participation in this event.

Entrants Signature (parent if under 18 years of age)

Date

Contact Info: 573-651-0555/director@capeschools.org

Mailing address: CGPS Foundation, 301 N Clark St, Cape Girardeau MO 63701