



8th Annual HEELS 2 HEAL 5K FOR HAITI
5K RUN/WALK & 1 MILE KIDS RUN

Saturday, April 27, 2019

Arena Park: 4H Building
410 Kiwanis Dr, Cape Girardeau, MO 63701

Proceeds will benefit the Zonta Club of Cape Girardeau's
service projects in Haiti, advancing the status of women worldwide

Race Start Time: 8:00 am
On-site Registration: 7:00 – 7:45 am

COSTS

By April 7 - \$25 for 5K, \$15 for 1-mile fun run

After April 7 - \$30 for 5K, \$20 for 1-mile fun run

Please note: T-shirt guaranteed only if entry received by April 7th.

EARLY PACKET PICK-UP

Friday, Apr. 26th from 3-6 pm at Missouri Running Company,
Located at 1720 Kingsway Dr #103, Cape Girardeau, MO 63701

Medals Awarded to the Top Three Male and Female Finishers in the Following Divisions:

ONLINE REGISTRATION:



- 1 Mile Age Divisions: 3-5, 6-8, 9-11, 12-14
- 5K Age Divisions: 0-14, 15-19, 20-29; 30-39; 40-49; 50-59; 60+

First place finishers receive a medal hand-made by Haitian artists

Mail completed registration form below with payment to:

Zonta Club of Cape Girardeau – Haiti 5K

PO Box 1601, Cape Girardeau, MO 63702

Make checks payable to Zonta Club of Cape Girardeau Area Foundation

Forms are also available online at capezonta.org/heels-2-heal/

Questions? Contact Melanie Baxter (573-768-2546), Tracey Cooley (573-225-3523), or email Heels2HealHaiti5K@yahoo.com

-----PLEASE PRINT CLEARLY-----REGISTRATION FORM-----detach here and mail-----

Name _____ Age on race day _____ Phone () _____ - _____

Address _____ City _____ St _____ Zip _____

E-mail _____ Gender: Male Female

Check one: 5K Runner/Walker 1 Mile Fun Run Virtual Runner/Support From Home

Are you a member of Zonta? If YES, to which club do you belong? _____

How did you hear about this event? _____

Adult Shirt size: S M L XL 2XL-add \$3 Youth Shirt size: S M L XL No thanks, I don't want a shirt

How will you pick-up your shirt? In-person (early pick-up or day of race) Ship to me (add \$3.75 per shirt)

\$ _____ registration fee (non-refundable/non-transferable)

WAIVER: I agree to hold harmless Zonta Club of Cape Girardeau, sponsors and the City of Cape Girardeau for my health, safety, injury, disability, or death arising out of or resulting from participation in this event. I give permission for all photos and information to be used for any legitimate advertising purposes. Zonta Club of Cape Girardeau reserves the right to deny entry to any individual or entity whose presence is deemed by the race director to be a negative influence upon the spirit and purpose of the event.

Signature _____ Date _____

Signature of Parent/Guardian (if minor participant) _____ Date _____