



Zonta 5K & 1 Mile Fun Run/Walk

Saturday, June 11

Start Time: 8 a.m.

Race Day Registration: 7-7:45 a.m.

Arena Park – 4H Building

410 Kiwanis Dr.

Cape Girardeau, MO



ZONTA

CLUB OF
CAPE GIRARDEAU

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Questions? Email Amanda Lincoln, race director,
zonta.alincoln@gmail.com



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Complete or Register Online and Save \$5!

Name: _____

Age on Race Day _____ DOB _____ Sex: M F

Race: 5K 1 Mile

Email: _____ Phone: _____

Address: _____ City/State/Zip: _____

T-shirt Size (circle one) S M L XL 2XL (additional \$3)

Registration Fee: 5K & 1 Mile \$30 (by May 21) \$35 (after May 21) Total Enclosed: \$ _____

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes. This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Participant Signature/Date

Parent Signature/Date

(If participant is younger than 18 years)

Registration & Fees

Early Bird by May 21	\$30 online	\$35 paper
After May 21	\$35 online	\$40 paper

*Online Registration will close Thursday, June 9 at midnight. Those registered by May 21 are guaranteed an awesome t-shirt. Make Checks payable to Zonta. Return to: Zonta 5K / PO Box 204 / Cape Girardeau, MO 63702

Packet Pick Up

Friday, June 10 5 a.m. - 8 p.m. at Fitness Plus, Saint Francis Entrance #8

Saturday, June 11 7 a.m.-7:45 a.m.

Awards

Results will be announced around 9 a.m. One Mile Fun Run/Walk participants will not be timed.

Awards to the overall male and female for the 5K. Medals to the top three in each age group for the 5K.

Proceeds

All proceeds will benefit the Zonta Club of Cape Girardeau's service projects that advance the status of women and girls worldwide.

