



**American
Red Cross**

**October 8th at 5pm
Bel-Air, Downtown Cape**



Registration

Entry fee: \$20 if pre-registered by September 30th

T-shirt size is guaranteed if registered and paid by September 30, 2011

American Red Cross, 2430 Myra Dr, Cape Girardeau, MO 63703.

Packet Pick-Up:

Beat the day of rush and Pick up your race packet on Friday, October 7th

between 12 Noon and 5p.m. at American Red Cross-2430 Myra Dr Cape Girardeau, MO 63703

Race Day Registration: \$25 (T-shirts available only as supplies last) starts at 4pm

*Complete the form, attach payment, and return to 2430 Myra Drive, Cape Girardeau, MO 63703.
Registration must be postmarked by 10/1.*

NAME _____ AGE _____
 ADDRESS _____ CITY _____ STATE _____
 ZIP _____ TELEPHONE _____ SEX: M _____ F _____
 Email Address _____

Shirt size (please circle) Adult S M L XL 2XL 3XL

T-shirt size guaranteed if registered and paid by Sept 30, 2011

Remit to: American Red Cross Check # _____ Cash (drop off only) _____

Discover MasterCard Visa Card# _____ Exp. _____ 3 Digit Code _____

I assume full responsibility for running in traffic on the course during this event, as well as any and all risks associated with competing in this event, including falls, body contact, road conditions and weather. In consideration of these facts, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the American Red Cross, and any or all sponsors and their agents from any and all claims for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event.

SIGNATURE _____ DATE _____