

Saturday, October 19, 2019
Registration 7am – Race Time 8am

KRCU is proud to host our 2nd 5KRCU Run/Walk. Proceeds from this race will be used to support quality public radio programming on 90.9 & 88.9FM, KRCU.

Race Location: KRCU Studios, Serena Building on the campus of Southeast Missouri State University.

Course Description: Slightly hilly. Downhill start from Henderson to Sprigg Street. Uphill on the return.

Awards: Will be given in the following categories:

Overall Male/Female & top three in Age Groups: 0-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60+

Entry Cost Information: Register before October 4, \$25 with T-shirt. **After October 4 registration is \$30** with no T-shirt. Children 17 and under and SEMO Students \$10 by October 4, **\$15 after October 4.**



Make checks payable to: **KRCU**

Check out our website:

www.krcu.org/5k

573-651-5070

For more information email

comments@krcu.org

Mail Entries to:

KRCU 90.9FM

One University Plaza, MS0300

Cape Girardeau, MO 63701

No refunds will be issued for any reason

PLEASE PRINT LEGIBLY

Name _____ Age on 10/19/19 _____

Address _____ Male _____ Female

City, State Zip _____

Phone _____ E-mail _____

Shirt Size (circle one) SM M L XL XXL NONE

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ **Date** _____
(parent or guardian if under 18)

Thanks to our sponsors: 180 Healthcare, Natural Health Organic Foods & Adam Gohn, Attorney at Law.