

2011 CAPE 5K HERO RUN/WALK

*Run to Be a Hero and
Help eliminate child abuse!*

Saturday, October 22, 2011

Registration: 7:00 a.m.

Race Start: 8:00 a.m.

Location: Branson Airport Runway
4000 Airport Boulevard, Hollister, MO

Prizes for participants wearing capes & hero costumes • Awards for 5K overall male & female
• 1st and 2nd Place awarded in each age division • Prizes for all child participants
Age Groups: 13 and Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+

To Register:

www.capefoundationinc.org

www.omrr.org

 facebook.com/cape5K

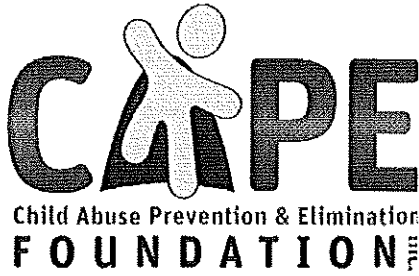
Or E-Mail us at cape5K@gmail.com

Pre-Registration Ends 10-14-11

For additional information, please email at cape5K@gmail.com or call 417-334-5613 x226

Each year, hundreds of children in Southwest, Missouri are physically and sexually abused. Many do not have access to resources like counseling, transportation and family support which help begin the recovery process. The goal of CAPE Foundations is to bridge the gap between abused children and counseling services. CAPE Foundation, Inc. is 501 (c) formed in 2010. All gifts and contributions to CAPE are tax deductible.

Run To Be A Hero 5K run/walk is the first major fundraising event for CAPE. It will be held on Saturday, October 22, 2011 at the Branson Airport. Participants will run or walk the runway as in superhero capes (if they choose) to raise funds and awareness for CAPE.



2011 CAPE 5K Hero Run/Walk

To Benefit the C.A.P.E. Foundation

Run to Be a Hero!

Saturday, October 22, 2011 • Race Start Time: 8:00 a.m.
Registration: 7:00 a.m.

Branson Airport Runway

Run the fastest, flattest course in Missouri!

Prizes for participants wearing capes & hero costumes • Awards for 5K overall male & female
• 1st and 2nd Place awarded in each age division • Prizes for all child participants

Age Groups: 13 and Under, 14-19, 20-29,
30-39, 40-49, 50-59, 60+

Be a hero and run to help eliminate child
abuse!

PACKET PICK UP: FRIDAY, OCT. 21, 12:00 – 6:00 p.m.
Springfield: Ridge Runner Sports
3057 S. Fremont, Springfield
PACKET PICK UP: FRIDAY, OCT. 21, 5:00 – 7:00 p.m.
Branson: Probation and Parole, 2720 Shepherd
of the Hills Expressway, Branson

REGISTRATION FORM (Complete one form per person)


Name: _____ I want to participate in CHIP timing: Y N
Address: _____ City: _____ State: ____ Zip: _____
E-Mail: _____ Phone: _____
Gender: M F Age on Race Day: _____ DOB: _____

Shirt Size*: (Youth) S M L (Adult) S M L XL No, thank you *T-shirt guaranteed when you pre-register

Pre-Registration (ends 10-14-11) Adult \$20 Youth \$10 Family of Four (2 adults, 2 minors) \$50

Day-of Registration Adult \$25 Youth \$15 Total Enclosed: _____
Checks payable to: CAPE Foundation

Please mail all registrations and payments to CAPE Foundation, PO Box 716, Forsyth, MO 65653

For more information, contact Fred Scharbrough (417) 334-5613 x226, e-mail cape5k@gmail.com or friend us on  at Cape5K

I understand that participating in a race is a potentially hazardous activity. I will only enter and participate as I am medically able and properly trained. I assume all risks from participating in this event and its related activities including, but not limited to; falls, contact with other participants, effects of weather, traffic and conditions of the road; all such risks are known to me. I, for myself and anyone entitled to act on my behalf waive and release CAPE Foundation, Branson Airport, race officials, volunteers, sponsors and their affiliates from all claims, liabilities or causes of action of any kind arising out of my participation in this event or related activities. This release and waiver extends to all claims of every kind and nature. I grant permission to use any photographs, videos or recordings of myself or my child on the website or in documentation of the event. Applications for minors will be accepted only with a parent's signature. All children under the age of 15 must be accompanied by an adult during the race. By signing below, I specify that I am in acceptable physical and medical condition to participate in this event and agree to the above waiver.

Signature: _____ Print Name: _____ Date: _____