

# myTEAM TRIUMPH Resolution Challenge

## 2K, 5K, 10K walk/run

**Jan 1, 2025**

**10:00 am**

**Arena Park –**

**4H Building**

**Cape Girardeau**

*T-shirt to all registered by December 18.  
Finisher medal to all participants!*

Enjoy the New Year run,  
and then join us for hot  
pancakes with friends,  
new and old!

**Registration Fee**

**\$30 prior to race day**

**\$40 race day**

**Kids 13 & under run free!**

Race Place awards!

1<sup>st</sup> – 3<sup>rd</sup> place age group awards  
for the 5K and 10K.



Children 13 and under  
sponsored by Havco and  
Procter and Gamble!

[www.myteamt Triumph-mo.org](http://www.myteamt Triumph-mo.org)

**Packet Pick-Up**

**December 31**

Arena Park  
Noon – 4 pm

**Race Day**

Starting at 8:30 am

*Snow, rain or shine! No refunds.*

All proceeds from this event will benefit myTEAM TRIUMPH, an athletic ride-along program which matches endurance athletes with children and adults with disabilities who would not otherwise be able to participate in 5K's to triathlons. Learn more about mTT at [www.myteamt Triumph-mo.org](http://www.myteamt Triumph-mo.org).



myTEAM TRIUMPH  
#RunLikeAngels

Registration forms can be dropped off at HealthPoint Fitness in Jackson or at Missouri Running Company in Cape Girardeau.  
Make checks payable to myTEAM TRIUMPH (mTT).

Online registration available at [raceentry.com](http://raceentry.com), (search "Resolution,")  
or mail registration to PO Box 121, Jackson MO 63755



Name \_\_\_\_\_ Male Female Age on 1/1/25 \_\_\_\_\_

Email address: \_\_\_\_\_ Circle One: 2K 5K 10K Virtual

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Are you a member of the Cape Road Runners? Yes No (\$3 discount on registration)

Shirt Size: Youth: Small (6-8) Medium (10-12) Large (14-16)

Women's: Small Medium Large XLarge

Men's: Small Medium Large XLarge XXXLarge

In consideration of acceptance of entry, all participants automatically release the sponsors, officials, volunteers and anyone connected with the myTEAM TRIUMPH Resolution 2K, 5K, 10K from any and all claims of injury or damage resulting from participating in the myTEAM TRIUMPH Resolution 2K, 5K, 10K. I further state that I am in proper physical condition to participate in this event. In addition all participants give permission to organizers to use any and all photography or video that may be recorded during this event. Children under 18 must have parental signature to participate.

\_\_\_\_\_  
Signature of participant or parent/guardian if under 18 years of age

\_\_\_\_\_  
Date