

myTEAM TRIUMPH Resolution Challenge

2K, 5K, 10K walk/run

Jan 1, 2024

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!

Be somebody's Hero!

Registration Fee

\$30 prior to race day

\$40 race day

Kids 13 & under run free!



Children under 10
sponsored by Procter
and Gamble!
Children 10-13
sponsored by Havco!



Packet Pick-Up

December 31

Arena Park
Noon – 4 pm

Race Day

Starting at 8:30 am

Race Place awards!
1st – 3rd place age group awards
for the 5K and 10K.

www.myteamt Triumph-mo.org

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.



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, (search "Resolution,") or mail registration to PO Box 121, Jackson MO 63755



Name _____ Male Female Age on 1/1/24 _____

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