



**When:** Saturday, April 1, 2023 at 10:00am

**Where:** Eagle Ridge Christian School  
4210 State Highway K, Cape Girardeau, MO.

This year's theme at Eagle Ridge is **"Building for the Future"** and they wanted to focus on local needs in the surrounding region. Their three-fold purpose this year is: to raise funds for their school (The money raised will go towards our school's operating budget. This will help cover the deficit caused by inflation, technology upgrades, and unexpected maintenance and repairs). 2) to contribute to the Cape Girardeau Police Department and 3) to donate to the Cape Girardeau Fire Department. **While the students are helping their school, they will be donating a portion of their net income to our Cape Girardeau's Police and Fire Departments.** Their fundraiser this year will culminate into a celebratory **Cross Country 5K Run/ Prayer Walk and Family Day** on **Saturday, April 1 at 10:00am. The run/walk will be from 10:00am-11:00am and Family Day from 11:00am-2:00pm.** Hope you can join us!

**ERCS families who raise a minimum of \$300 will receive FREE ENTRY to participate in the run/walk.**

<b>Cross Country 5K Run (timed) (all ages) Includes short sleeved t-shirt</b>	<b>1 Mile Prayer Walk (on same trail) (not timed) (all ages) Includes short sleeved t-shirt</b>
\$20 - Through March 15	\$20 - Through March 15
\$30 - March 16 - April 1	\$30 - March 16 - April 1
<b>START TIME: 10 AM</b>	<b>START TIME: 10 AM</b>

**Packet Pick Up:** Friday, March 31, 8:30am-5:30pm at Eagle Ridge  
**Race Day Registration:** Saturday, April 1, 8:45am-9:45am at Eagle Ridge



## Building for the Future

### Cross Country 5K Run/1 Mile Prayer Walk Registration Form

While the students are helping their school, they will be donating a portion of their net income to Cape Girardeau's Police and Fire Departments. Their fundraiser this year will culminate into a celebratory **Cross Country 5K/1 Mile Prayer Walk and Family Day** on **Saturday, April 1st at 10:00am**. Hope you can join us!

Name \_\_\_\_\_ Male or Female \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ T-shirt Size \_\_\_\_\_

Distance: (please check one)      Cross Country 5K (timed) \_\_\_\_\_

Prayer Walk (1 mile on same trail - not timed) \_\_\_\_\_

Were you invited by an ERCS family? If so, who? \_\_\_\_\_

Emergency Contact and Phone \_\_\_\_\_

Fees:

	<b><i>Through March 15</i></b>	<b><i>March 16 - April 1</i></b>
Cross Country 5K (timed)	\$20	\$30
1 Mile Prayer Walk	\$20	\$30

**Payment** - Please make all checks payable to **Eagle Ridge Christian School**. Registration can be mailed to Attn: Sarah Davis - Eagle Ridge Christian School, 4210 State Hwy K, Cape Girardeau, MO 63701 or dropped off at the school office Monday-Friday 8:30am-5:30pm.

**5K Awards** - Awards will be given to the top three male and top three female finishers in each age group. The Prayer Walk will not have awards.

***Age Groups - 12 and under; 13-19; 20-34; 35-49; 50 +***

***Cape Girardeau Road Runners will be timing this race.***

***Please read through and sign the Waiver/Release form on the following page.***

**Indemnity and Release Form**

I, the undersigned, wish to voluntarily participate in the Building for the Future Cross Country 5K/Prayer Walk.

In consideration for being permitted to participate in the Building for the Future Cross Country 5K/Prayer Walk, in the city of Cape Girardeau, the state of Missouri, and country of the United States, beginning the 1st day of April, 2023, I, the undersigned, fully recognizing the dangers and hazards inherent in the Building for the Future Cross Country 5K/Prayer Walk, and any related transportation, including personal injury, property damage, or wrongful death, as well as the unknown dangers and hazards which may arise in the course of my participation in the Building for the Future Cross Country 5K/Prayer Walk, do hereby voluntarily:

Agree, for myself, my heirs and my personal representative, to defend, hold harmless, indemnify, release and forever discharge, to the broadest extent allowed by law, Eagle Ridge Christian School, Rock of Cape and/or Christian Faith Fellowship, the board, the Event Director, employees, staff, agents, sponsors, insurers, successors, and all volunteers, from and against any and all claims, demands, actions, or causes of action on account of any damage to real or personal property or any personal injury or death that may result from my participation in the above Building for the Future Cross Country 5K/Prayer Walk.

I have read this release, I understand it fully, I understand that it is legally binding, and I understand that, among other things, I am agreeing to indemnify Eagle Ridge Christian School, Rock of Cape and/or Christian Faith Fellowship, for injuries, damages or losses I may cause and giving up rights to sue Eagle Ridge Christian School, Rock of Cape and/or Christian Faith Fellowship for injuries, damages or losses I may incur.

I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

**Printed Name (Participant)** \_\_\_\_\_

**Signature of Participant** \_\_\_\_\_

**Parent or Guardian's Signature (if under 18 years old)** \_\_\_\_\_

**Date** \_\_\_\_\_