

2026

Cape Girardeau Road Runners Club &
Missouri Running Company present the

RESOLUTION RUN

5k & 10k

January 1, 2026 | 10:00 AM

Arena Park 4H Building Cape Girardeau, MO

Registration

5K: \$30 through December 29, then \$35
10K: \$40 through December 29, then \$45
Online registration closes 12/29/25 at midnight.

Packet Pickup

December 31 at Missouri
Running Company
10 AM - 2 PM
Race Day starting at 8:30 AM

1 Mile Kids Fun Run!

No registration required; kids will be awarded a finisher ribbon.

All proceeds benefit myTEAM TRIUMPH. Learn more about mTT at www.myteamttriumph-mo.org.

Registration forms can be dropped off at Missouri Running Company in Cape Girardeau or mailed to PO Box 2325, Cape Girardeau, MO 63702. Make checks payable to Cape Girardeau Road Runners.

Name: _____ Male Female Age on 1/1/26: _____

Email address: _____ Circle one: 5K 10K

Address: _____ City/State/Zip: _____

Are you a member of the Cape Road Runners Club? YES NO (\$3 discount on registration)

Sweatshirt Size - Circle One (5K/10K only) Guaranteed if registered by 12/16/25:

Youth: S (6-8) M(10-12) L(14-16) Adult: S M L XL XXL XXXL

Liability Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather including heat, humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Missouri Running Company, the Cape Girardeau Road Runners Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Children under 18 must have parental signature to participate. CANCELLATION POLICY The safety of our participants is our highest priority. Races will be held rain, snow, or shine and will not be cancelled except for cases of severe weather or unsafe road/trail conditions. Less threatening conditions may cause alterations of the course or post event activities to ensure participant, volunteer, and community safety. We are a nonprofit organization and all net proceeds are used to further the Cape Girardeau Road Runner's mission in the community. As such, no refunds or credits will be given in the case of cancellation due to weather..

Signature of participant or parent/guardian if under 18 years of age _____ Date _____

Printed Name of Participant: _____

REGISTER ONLINE →

