

**August 20, 2022**

**9:00 am**

**North County Park  
Cape Girardeau, MO**

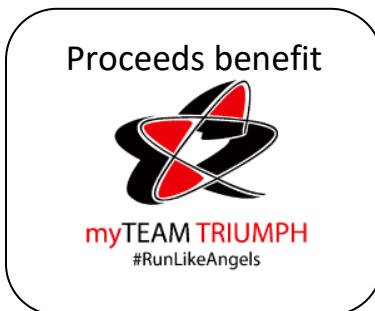


Short kayak in the North County Park lake, then ~2 mile run course around park roads. Bring your kayak and life jacket and join the fun! Participate individually or as a team.

Yak 'n Run t-shirt to all participants registered by August 8. Follow the Yak 'n Run FaceBook page for updates!

**\$25 per person prior to event  
\$35 event day**

*Rain or shine! No refunds.*



**Awards to**

**1st – 3rd place in 10-year individual age groups.**

**1st place in co-ed, male and female teams.**

**Overall male, female and team awards.**

Register online at [raceentry.com](http://raceentry.com) or mail payment to PO Box 121, Jackson MO 63755. Registration forms can be dropped off at Missouri Running Company. Make checks payable to myTEAM Triumph.

.....  
Individual Participant or Team Kayaker

Name \_\_\_\_\_ Male Female Age on 8/20/2022 \_\_\_\_\_

Email address: \_\_\_\_\_ Phone: \_\_\_\_\_

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

T-shirt: (Unisex)     X-Small     Small     Medium     Lg     XLg     XXLg

Team Number:

Name \_\_\_\_\_ Male Female Age on 8/20/2022 \_\_\_\_\_

Email address: \_\_\_\_\_ Phone: \_\_\_\_\_

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

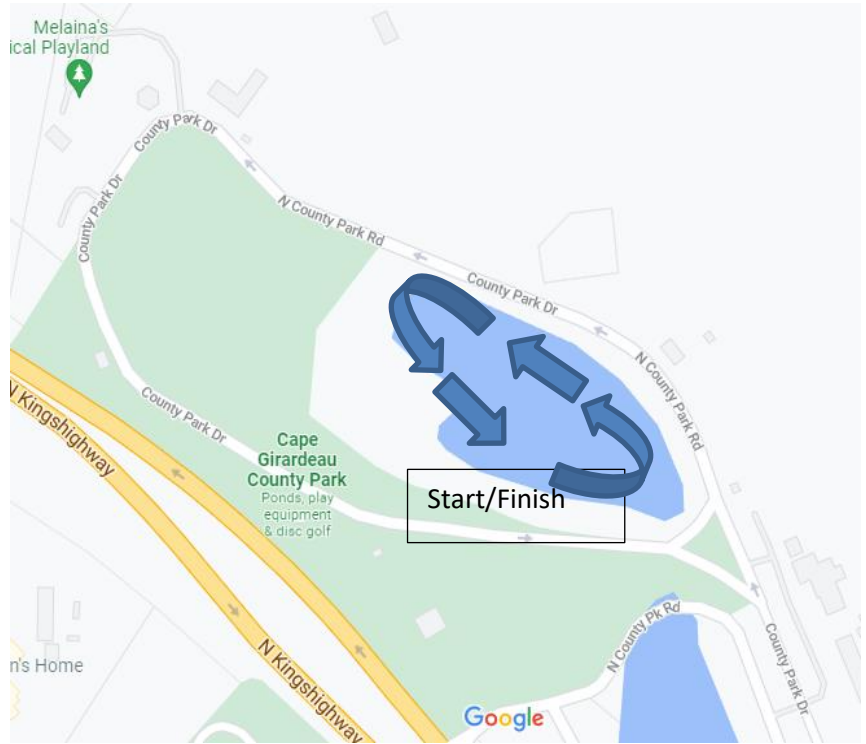
T-shirt: (Unisex)     X-Small     Small     Medium     Lg     XLg     XXLg

**Life Jackets required**

In consideration of acceptance of entry, all participants automatically release the sponsors, officials, volunteers, and anyone connected with the myTEAM Triumph Yak 'n Run from any and all claims of injury or damage resulting from participating in the Yak 'n Run. 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



<https://www.mapmyrun.com/routes/view/5009482246/>

