



# 7th Annual CORNERSTONE RESCUE MISSION 5K RUN/WALK

SATURDAY SEPT. 21, 2019

REGISTRATION - 8AM  
RACE STARTS - 9AM

Starting at **FOUNDERS PARK**

Pre Registration - \$20 | Race Day - \$25  
Kids (0-12) - Free | Youth T-shirt - \$10  
Register by 9-3-19 to guarantee a T-shirt.

Register at The Runner's Shop or  
Cornerstone Admin Office (401 11th St)

For more information contact Deb  
at: 605-718-8712 or dberg@cornerstonemission.org

Mail registration forms to:  
PO Box 2188 Rapid City, SD 57709

**Run for the  
Homeless**



Name: \_\_\_\_\_ T-Shirt Size: Mens M L XL 2XL  
Womens S M L XL Youth S M L

*In consideration of your accepting this entry, heirs, next of kin, spouse and assigns, do hereby waive and release any and all rights and claims of damages, or losses against the organizers or sponsor of this event. I have read this document. I understand it is a release of all claims. I understand I assume all risk inherent in my participation in this event. I voluntarily sign my name evidencing my acceptance of all the above provisions.*

Sign: \_\_\_\_\_ Date: \_\_\_\_\_