



!!! Start the year by making good on your NewYear's resolutions !!!

FROSTY 4 TRAIL RUN

SATURDAY JANUARY 17, 11AM

**MORSE PARK – HIGHGROUNDS BIKE TRAILHEAD
BASEBALL PARKING LOT, NEOSHO, MO**

NET PROCEEDS GO TO HOPE KITCHEN NEOSHO

ENTRY FEE:

UNTIL 1/15/2025: \$35 (\$20 FOR -14YRS) – SHIRT OPTIONAL

VIRTUAL RUN: \$50 - INCLUDES SHIRT

\$5 OFF FOR JOPLIN ROADRUNNER 2026 MEMBERS

ON RACE DAY: \$40 (NO DISCOUNTS ON RACE DAY)

Finisher's award for all participants. Awards for top male and female, top age group winners

Award ceremony upon arrival of final participant.

Event shirt optional while registering online. Race day delivery guaranteed if ordered by Jan 11.

Water, snacks, hot drinks and delicious deserts available at the finish line from our favorite Neosho vendor, A-Ray!!!

Start of the race at 11am from the baseball parking lot. Open to all ages, but younger runners may need adult company.

Trail running is different from road running. Count on running slower and be aware of your footing. Trail paths are visible and easy to follow, but have occasional rocks, debris, leaves, hills and maybe snow. Trails are unique in every season, with gorgeous surroundings, a different challenge than road running and a great achievement when completed.

The HighGrounds RoughRider and HomeStead trails are unique in the area and a treasure for walker, biker and runner alike.

Advance registration at RunSignup (scan code)

(<https://runsignup.com/Race/MO/Neosho/JoplinRoadrunnersFrostyTrail5K>)

or in-person on race day with attached registration.

Race direction by Joplin RoadRunners.

Check our Facebook event page for latest updates and questions.



Race Day Registration Form – Frosty4 Trail Run

☐ Runners/Walkers under 14 - \$20

☐ All other runners - \$40

Name:

Additional info if not already a JRR member:

DOB:

Cell Phone#:

Email address (in CAPS please):

City of Residence

RACE WAIVER

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, Joplin Roadrunners, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. 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 a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, photographic or electronic recording of this event for legitimate purposes.

This event follows our standard running policy: **All entry fees are non-refundable.** We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. **I understand that my entry fee is nonrefundable, but bib numbers ARE transferable if communicated to the race director by 1/16 end-of-day.**

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 release and waiver including the no refund policy.

Signed: (parent if under 18)