

**!!! All dog and cat lovers,  
Join Paws !!!**

## SOLES 4 PAWS 2025

5K WALK/RUN

1K WALK/RUN

WITH DOG/CAT OR SOLO  
OR VIRTUAL 5K RUN/WALK  
WITH PET

SUNDAY NOVEMBER 16, 3PM  
CARTHAGE MUNICIPAL PARK

NET PROCEEDS GO TO  
CARTHAGE HUMANE SOCIETY



ENTRY FEE 1K: \$25 UNTIL 11/14/2025; \$30 ON RACE DAY  
ENTRY FEE 5K WITH OR WITHOUT PET: \$30 UNTIL 11/14/2025;

\$35 ON RACE DAY  
(CUSTOM-DESIGNED QUALITY TECH SHIRT  
OPTIONAL)

\$35 FOR VIRTUAL WALK/RUN  
(INCLUDES SHIRT)



## Race Details

- ✓ Run or walk the 5K or the 1K with or without your dog or cat.  
Non-retractable leashes only;
- ✓ Participants can sign up either for the 5K solo run or for the 5K run-with-dog. Both races will be held concurrently with a few minutes' delay between both to provide safe running conditions for all;  
Electronic bib and timing of the 5K race only;
- ✓ Awards  
5K Solo Run/walk: Finisher awards for all participants, top male and female winners, age group winners; no duplicate awards.  
5K-with-Pet: Finisher awards for all participants, top male and female Handler/Dog teams; dog bandanas to all furry finishers;  
1K run/walk: Finisher awards for all participants, dog bandanas for all furry finishers.
- ✓ Baby joggers/strollers welcome;
- ✓ Drawing among all participants and volunteers for ten \$25 gift certificates at “**The RunAround**” running store;
- ✓ Finish line music and entertainment by “**Resonation**”;
- ✓ Finish line photos by **JV Photography** are available for free download after the race;
- ✓ Dog treats catering by **Howliday Tail Wagon**;
- ✓ 5K will be USATF-certified and qualify for a MO age record or a true PR;
- ✓ Race-tech shirts optional while registering online; guaranteed delivered by race day only if ordered by Nov 9;
- ✓ \$5 discount for JRR members (with member discount code);
- ✓ Advance registration at RunSignup (or scan this QR-code)  
(<https://runsignup.com/Race/MO/Carthage/Soles4Paws5K>)
- ✓ For registration on race day, please complete and bring registration form below to race site;
- ✓ Race direction by Joplin RoadRunners; Volunteers by Carthage Humane Society
- ✓ Check our JRR-webpage and Facebook event page for latest information and questions:  
<https://joplinroadrunners.com/upcoming-race-events>  
[https://www.facebook.com/events/543735424788491/?active\\_tab=discussion](https://www.facebook.com/events/543735424788491/?active_tab=discussion)



# Race-Day Registration Form

PARTICIPANTS FIRST / LAST NAME: \_\_\_\_\_

[if not already a JRR member, please fill out contact info below]

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

BIRTHDATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

EMAIL ADDRESS (in CAPS please): \_\_\_\_\_

GENDER:

MALE

☐

FEMALE

☐

RACE:

1K: \$30

☐

5K Solo: \$35

☐

5K with dog: \$35

☐

Shirts are optional at \$15 for S, M, L and XL, \$20 for 2XL and 3XL (if ordered on race day, shirt will need to be picked up after the race or at one of our future running or race events)

Shirt size (circle your selection):

S

M

L

XL

2XL

3XL

No Shirt

## 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 Race Director, The 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 road 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, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry 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 and bib numbers are non-transferable.

By signing this waiver, 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.

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_