

!!! All dog and cat lovers, unite !!!



SOLES 4 PAWS

5K WALK/RUN

1M WALK/RUN

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

SUNDAY NOVEMBER 17, 3PM

CARTHAGE MUNICIPAL PARK

NET PROCEEDS GO TO
CARTHAGE HUMANE SOCIETY

ENTRY FEE 5K: \$25 UNTIL 11/14/2024; \$30 ON RACE DAY
(SELECT WHETHER YOU PLAN TO RUN SOLO OR WITH YOUR PET)

ENTRY FEE 1MILE: \$20 (\$25 ON RACE DAY)

\$25 FOR VIRTUAL WALK/RUN

CUSTOM-DESIGNED QUALITY TECH SHIRT OPTIONAL



Race Details

- ✓ Run or walk the 5K or the 1M 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 minimum delay between both to provide safe running conditions for all;
Electronic bib and timing of the 5K race.;
- ✓ 5K Run/walk: Finisher awards for all participants.
Awards to Solo top male and female winners, to age group winners and to top-3 Handler/Dog teams;
Dog bandanas to all furry finishers;
No duplicate awards;
- ✓ 1M run/walk: 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 if ordered by Nov 5;
- ✓ \$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 print out and bring registration form below;
- ✓ Race direction by Joplin RoadRunners;
- ✓ 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



Race-Day Registration Form

PARTICIPANTS FIRST / LAST NAME: _____

BIRTHDATE: ____ / ____ / ____

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

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: (_____) _____

EMAIL ADDRESS (in CAPS please): _____

GENDER:

MALE

FEMALE

RACE:

1M: \$25

5K Solo: \$30

5K with dog: \$30

Shirts are optional at \$15 for S, M, L and XL, \$20 for 2XL and 3XL (shirt will need to be picked up after the race)

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 _____