



RMHC
of the Four States



10TH
ANNUAL
10

PRESENTED BY

TAMKO
BUILDING PRODUCTS LLC

5K, KIDS 800M AND 1 MILE WALK FOR THE HOUSE
SEPTEMBER 24TH, 2022



EVENT WILL FEATURE APPROPRIATE COVID-19 SAFETY PROTOCOLS FOR SOCIAL DISTANCING AND/OR MASK WEARING WHEN APPLICABLE AND IS CONTINGENT UPON CDC GUIDELINES AT THE TIME OF THE EVENT.



Register Online at
rmhjoplin.org



PRESENTING SPONSOR
TAMKO
BUILDING PRODUCTS LLC

FREEMAN
Health System

SNC²
SNC SQUARED
TECHNOLOGY GROUP

Mercy
IT





BIG RED SHOE

5K, KIDS 800M AND 1 MILE WALK FOR THE HOUSE

SEPTEMBER 24TH, 2022

PRESENTING SPONSOR
TAMKO
BUILDING PRODUCTS LLC



Ronald McDonald
House Charities®
of the Four States

REGISTRATION

RACE DAY REGISTRATION STARTS @ 6:30 AM | KIDS 800M (TIMED) STARTS @ 8:00 AM

5K STARTS @ 8:20 AM | 1 MILE WALK FOR THE HOUSE STARTS @ 8:25 AM

ENTRY FEES

- 5K \$35 (shirt and finisher medal included)
- Kids 800m \$20 (shirt and finisher medal included)
- 1 Mile Walk for the House \$25 (shirt included)

*Shirts guaranteed only to participants who register by September 10

Refer 5 people, get \$15 back on your registration!

PACKET PICKUP

Ronald McDonald House of the Four States

3402 S. Jackson 417-624-2273

Friday, September 23rd 3:00 pm – 6:00 pm

Race Day 6:30 am – 7:30 am

AWARDS

Top Overall Male and Female

Top Male and Female Finishers in each age group (9 and under, 10-12, 13-16, 16-19, and every 10 years from 20 to 70+)

SIGN UP

• **DISTANCE:** ☐ 5K ☐ KIDS 800M ☐ 1 MILE WALK FOR THE HOUSE

NAME AGE DOB

EMAIL PHONE

ADDRESS

CITY STATE ZIP

• **SELECT SHIRT SIZE (IF INCLUDED WITH ENTRY FEE)** ADULT SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL ☐ XXL | YOUTH SHIRT SIZE ☐ S ☐ M ☐ L

PAYMENT INFORMATION

☐ CASH ☐ CHECK

I am unable to race, but enclosed is my donation of \$



MAIL ENTRY WITH PAYMENT TO:

Ronald McDonald House
c/o Big Red Shoe
PO Box 2688
Joplin, MO 64803

REGISTRATION 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, RunSignup.com, 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.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

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 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.

Waiver Signature (Parent/Guardian if under 18)