

Loving Paws Adoption Center

Sponsored by  
Pulaski County Humane Society



## 9<sup>th</sup> Annual “Payin for the Spayin” 5K Run/Walk

Saturday, March 2, 2019 10:00 a.m.

Starting Location: Crocker Park, 113 Park Street in Crocker, MO

Race day registration/packet pick up: 9:00 am

**YOUTH** (15 and under): \$15 registration | \$10 Pre-registration

**ADULT** (16 and above): \$25 Registration | \$20 Pre-registration

**FAMILY** (max of 3 runners): \$35 Registration

\*family of runners must register together in order for discount to be valid

\*\*\* **Pets are highly encouraged to run/walk with their owners, but are required to be leashed and up-to-date on all vaccinations and minimal disruption to other runners/walkers/pets**

Awards will be given to all 1<sup>st</sup> and 2<sup>nd</sup> place categories: Male, Female, Child & Canine  
(Additional t-shirts may be available for purchase for \$10 the day of the event)

Pre-registration Deadline: February 28 in person or March 1 online

Register and pay in-person at Loving Paws Adoption Center or at the event

All checks payable to: Pulaski County Humane Society

\*\*\* **No mail in applications accepted**

For more info or questions, please call (573) 774-9266

Print Legible:

Name: \_\_\_\_\_ AGE: \_\_\_\_\_

Gender: \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_ Ph# \_\_\_\_\_

Total Amount Pd \$ \_\_\_\_\_

Complete for family registration only:

2<sup>nd</sup> Runner

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Shirt Size \_\_\_\_\_

3<sup>rd</sup> Runner

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Shirt Size \_\_\_\_\_

Athletes release form: In consideration of my acceptance to this event, by signing below, I assume all risks and hold harmless the sponsors, officials, volunteers, and all persons associated with the Pulaski County Humane Society from any liability, claims, or causes of action of any kind and nature arising out of or relation to my participation in this event. For the safety of all participants: unregistered participants, bicycles, skateboards, roller skates, roller blades, and or headphones are discouraged. Any animals that run must follow the instructions above and must be physically capable of this run and should not interfere with other runners. If you disregard these restrictions, you are assuming liability for any injury, which may occur to yourself or others during this activity. Drink plenty of fluids prior to the race and replenish your fluids at the hydration station along the run route and after the finish line. I also give my permission for the free use of my name and picture in any broadcast, telecast, web-posting, or written account of this event. I further certify that I am properly trained, and physically fit, capable of this event, and acknowledge the dangers of participating in such an event.

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Signature (parent or guardian if under 18)

DATE