



The 37th Judicial Court Appointed Special Advocates (“CASA”) for Children and Wages Brewing Company invite you to the:

Blue Dress/Dress Blue Run-Walk to “Wipe Out Child Abuse and Neglect”



5K Walk/Run or 1 Mile Fun Run/Walk, May 30, 2020 10:00 AM at Wages Brewing Company

Event (Circle One): 5K Walk/Run 1 Mile Fun Walk/Run
Your Full Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Age on Race Day: _____
Phone Number: _____ Email Address: _____

5K run or walk: \$15 Adults (>13 years old); \$10 Children 5-12. 1-mile fun run/walk: \$5.00; Children under 5 Free. Bring your friends! FABULOUS PRIZES! Return completed registration form and check/money order/cash to: 37th Judicial CASA, c/o 5K, 101 Washington Ave. West Plains, MO 65775. Please pre-register by May 28th, 2020, or day of the race by 9 a.m.

Participant/Volunteer Waiver for Race Registration

I know that running or volunteering for a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained and, by my signature, I certify that I am medically able to perform in this event and that I am in good health while being properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules/etiquette of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Blue Dress or Dress Blue Run and 5K Walk and the 1 mile run and walk, the city of West Plains, MO, 37th Judicial CASA organization, all event sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree to indemnify any entity held liable for some act or incident caused by me. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent/Guardian Signature if under 18): _____
Date: _____

Big Shout Out to our Wonderful Sponsors!!!



All participants and volunteers must sign this waiver to be admitted to the race.

5K Rules/Etiquette

Whether you're new to 5k or are a seasoned racer, there are some unwritten rules of 5k racing that every runner should know. From firing snot rockets to diving for a drinks table, here's your guide to 5k race etiquette so that you don't incur the wrath of your fellow competitors:

NO: bicycles, skateboards, roller skates or roller blades, animals, and personal music players allowed in the race. No deviation from the marked path.

Before the start

If possible, pre-register for the race, even if they take entries on the day. This will help to prevent long queues of agitated runners and will relieve the pressure on the race organizers, the vast majority of whom are volunteers. Ensure that you arrive at the race venue in plenty of time so that you're not rushing to the start. You should aim to be at the start around 10 minutes before the scheduled start time, although you will need to allow longer for larger races.

Race number

You should pin your race number onto your front so that it can be clearly seen by the race officials. Ladies, even if you're wearing a crop top, don't fold your number in any way as this could lead to disqualification. As tempting as it may be, (especially if they are faster than you!) don't use another runner's number without the permission of the race director. You really won't make yourself too popular if you run under the wrong name because it means race organizers won't have your correct details in case of an emergency. Plus you could also cause confusion with both the timing and results systems.

Start line etiquette

Most race starts are seeded, with the faster runners positioned at the front of the field to ensure a safer and smoother start for all. Be realistic and honest with where you stand on the start line so that you don't impede the runners behind you. Don't try and push to the front if you're not going to be towards the front at the finish!

Don't be a 'hero'!

There are certainly no prizes for the fastest runner away from the start line and nobody likes a 'hero' in the first 200m of the race! An over-zealous start can often result in you slowing down in dramatic and painful style later in the race, where you could potentially hold up other runners. Remember that your pacing misjudgment could ultimately affect other runners too, as well as ruining your own race.

Obey the officials

Obey the race officials' instructions at all times. They are there for your safety. When you are working really hard, it's easy to become impatient and snappy but remember that nearly all race marshals give up their time on a voluntary basis and without them, the race wouldn't take place.

Be mindful of other runners

This is particularly important if you are running on a lapped course or in a race with a mass field. If you are running with friends or club mates then don't run any more than two abreast unless the road is very wide. If you do, you will impede runners who are trying to overtake you.

Drinks station decorum

If your 5k race has drinks stations in route then avoid the urge to dive for the table to snatch a drink because you could easily cut other runners up, causing an accident. The race organizers will have done their calculations and there will be more than enough to drink for everyone. If possible, try to position yourself on the right side of the road to pick up a drink before you arrive at the table. Before you discard your cup or bottle be sure to check around you and throw it to the side of the course. Nobody wants a face full of sports drink or to roll their ankle on a bottle!

Unplug your music

You may train with tunes but it's best to unplug your iPod or MP3 player when racing. Due to safety reasons, headphones and earbuds are not allowed. You need to be aware of what's going on around you and with your headphones on you may not be able to hear traffic, race marshals or fellow runners.

Sociable spitting!

As runners there are times when we have to do things that would be considered socially unacceptable in any other context, such as spitting and firing snot from your nose! Sometimes you just have to do these things in a race and whilst nobody can begrudge you, just be sure to ensure that you are courteous to other runners when you do. If possible move to the side of the road to expel your spit ball or snot rocket or try to wait until there are no other runners in close proximity.

Finish line formalities

Despite the euphoria that you may feel as you cross the finish line, try to avoid stopping suddenly. Keep moving forward along the finishing funnel so that you don't cause a jam. The space you leave behind you needs to be there so that other runners who are finishing have somewhere to go.