



Date: September 16, 2023

When: Fun Run (1K) – 8:30AM

5K – 9:00AM

Pet Contest – 10:00AM

Where: McAlester High School

Packet/Registration:

Fri. 9/15 8AM – 7PM

Sewell Animal Hospital

638 S Main St, McAlester

Race Day: 7:30AM – 8:30AM

Entry Fees: * Circle entry event below *

5K – \$25 (\$35 on race day)

1K – \$20 (\$35 on race day)

Cat Nap – \$25 (donation/shirt too!)

Each \$25 donation/fee = 1 raffle

**** 20qt Pelican Cooler ****

Shirt deadline: August 23rd

All proceeds go to

PAWS of Pittsburg County

(501 c(3) nonprofit organization)

**USATF Sanctioned
USATF Certified Course**



Awards:

Trophies for Overall Male and Female

Trophies for 1st, 2nd, and 3rd per Age Group

Finisher metals for everyone!

Name: _____

City/State/Zip: _____

Sex: M F

Age on Race Day: _____

Email: _____

Phone: _____

Shirt Size: _____

Emergency Contact: _____

Emergency Phone: _____

For More Information:



Dr. Ashley Sewell (918) 423-5100

<http://sewellanimalhospital.com/5k9-mutt-strut.pml>

Make checks payable to “Mutt Strut”

RULES FOR DOGS: Limit one dog per adult. Dogs must have a current rabies vaccination/tag and if you live in the city of McAlester, a current city license. Dogs must be leashed at all times. Dogs must be well-socialized and friendly with people and dogs of all sizes. Handlers are required to clean up after their dog using ‘doggy bags’ and disposing of them. Retractable leashes are not permitted. Dogs in heat are not permitted. Aggressive dogs are not permitted. Event staff reserve the right to refuse entry or remove any dog.

For and in consideration of USA Track & Field, Inc. allowing me to participate in the USA Track & Field sanctioned event described above, I, for myself, and on behalf of any and all family members and minors hereby agree to and make the following contractual representations. I hereby represent that I am at least eighteen years of age or older; I am in good health and in proper physical condition to participate in the Event; and I am not under the influence of any substance which would in any way impair my ability to safely participate in the Event. I understand and acknowledge that participation in road running Events is inherently dangerous and represents an extreme test of a person’s physical and mental limits. I understand and acknowledge the risks associated with participation in the Event, including without limitation, the potential for serious bodily injury, permanent disability, and loss of life; loss of or damage to equipment/property; exposure to extreme conditions; contact with other people, animals or other objects; imperfect course or track conditions; land, water and surface hazards; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers. I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event. I agree to be familiar with and to abide by the Rules and Regulations established for the Event. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc.; the Event Directors, Organizers, Sponsors, Advertisers; the Facility, Venue and Property Owners; Public Entities providing support for the Event; and volunteers. I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it.

Signature
(Parent/Guardian if under 18)

Date

Printed Name