



5K 10K

7th Annual "Run Fur Their Lives" 5K/10K and "Strut Your Mutt" Walk

Virginia Creeper Trail, Abingdon Trail Head

300 Green Spring Road, Abingdon, VA

Sunday October 6, 2019

Registration/Packet Pick-Up from 12:00pm - 1:30pm / Race Time: 2:00pm

Run Registration Fees:

\$20.00 until September 24th

\$25.00 after September 24th

Walk Registration Fees:

\$20.00 until September 24th

\$25.00 after September 24th

Free 5 and younger

Registration:

Make checks payable to: HTAR

Mail this form to:

Happy Tails Animal Rescue

P.O. Box 95

Abingdon, VA 24212

For more information contact:

Amanda Carrico at 423-967-4892 or

happytailsofwashcova@yahoo.com

Male & Female Awards for 5K and 10K:

Top Overall

Top Masters (40+), Top Grandmasters (50+)

Age Groups (Top 3)

Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Only pre-registered by September 11th are guaranteed t-shirts

Headphones are permitted on the course - Strollers are permitted on the course - Friendly dogs are welcome

Additional donations may be made to HTAR which is a 501(c)(3) organization

HTAR 5K/10K RUN & WALK

LAST NAME _____ FIRST NAME _____

SEX _____ DATE OF BIRTH ____/____/____ AGE ON RACEDAY _____

EMAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE(____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME & PHONE #) _____

CHECK BOX FOR PET PARTICIPATION TEAM/PET NAME _____

Race (please circle one) 5K Race 10K Race Strut Your Mutt Walk

****CIRCLE SHIRT SIZE: XS, SM, MD, LG, XL, XXL, XXXL****

I acknowledge that my dog is friendly, current on all vaccinations, able to provide proof of such vaccinations and that my children under the age of twelve will be supervised by an adult.

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THE EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. I FURTHER UNDERSTAND THAT FEES ARE NON-REFUNDABLE DUE TO INCELEMENT WEATHER AND WILL NOT HOLD WE RUN EVENTS OR HTAR LIABLE.

SIGNATURE: _____ DATE: ____/____/____

(Parent signature if under the age of 18)