



ARCADE

POUNDING FOR PAWS 5K Run/Walk

Saturday, April 27, 2019 8 a.m.

LOCATION: Arcade City Park: Parking at Beyond Words Baptist Church at 231 Arcade Park Street. For any questions, contact Randy Williams at randywms5350@bellsouth.net or (706) 308-7109.

REGISTRATION: Cost is \$20 and 1 bag of dog or cat food prior to 4/20/2019, and is \$25 plus 1 bag of dog or cat food afterwards until race day. Registration will be available on race day and at runnersfit.com/poundingforpaws or mail registration form to: **Pounding for Paws**, PO Box 417, Jefferson, GA 30549. Checks should be made payable to **Pounding for Paws 5K**. Registration opens at 7 a.m. on race day. Bags of food will be dropped off and collected in the parking area. *(1 bag of food/family).

T-Shirts: T-shirts are guaranteed to all pre-registered participants prior to 4/20/2019 and as supplies last on race day. Refreshments will be provided. Well behaved dogs are welcomed.

AWARDS: Overall M/F, Masters M/F, Grand Masters M/F, Senior Grand Masters M/F and top three M/F runners in 5 year age groups beginning at 10 and under through 85 and over.

Name _____ DOB _____ Age on day of race _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____ Phone _____

T-Shirt Size: Adult: S M L XL XXL Child: S M L (circle one) Gender: M F; 5K or Phantom Runner

Waiver: I hereby release the hosts, sponsors, volunteers, and officials of the City of Arcade, the Jackson County Humane Society and Runners Fit from all claims of injury or damages resulting in my participation in said event. I realize this is a strenuous event and I am in proper physical condition to participate.

Signature (under 18, parent or guardian) _____ Date _____

