



# Run With the Dogs



## 5K and 1Mile Fun Run / Dog Strut

The dogs and handlers of the Panhandle Supersonics Flyball Team invite you to join us for a 5K trail run on Sat. Jan. 2, 2010. Race begins at 8:00 a.m. Any well-behaved dog on a lead is welcome to join their human companion as we run with the dogs on the beautiful trails at the Escambia County Equestrian Center, 7750 Mobile Hwy. in Pensacola, FL. There will also be a 1 mile Fun Run / Doggie Strut for those who would like to try a shorter distance, slower pace, or show off their doggie wardrobe.

### Entry Fees (non-refundable)

**Early registration is \$15.00** for you and your dog. Running with multiple dogs is discouraged, so pick your fastest hound! Two well-behaved dogs are the limit. Early registration closes one week prior to the event and must be post-marked no later than Dec. 24<sup>th</sup>. Late or day of event is **\$20.00**. All early registrants will receive a goody bag for human /canine participants.

### Awards

\*Overall male and female

\*Three deep for male and female age groups: 1-7, 8-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

**Packet pick-up** will be the morning of the race beginning at 7:00 a.m. Please register and pick up your packet **before** 7:30 a.m. on race day.

**For more info**, or to download an entry form, go to: [www.panhandlesupersonics.com](http://www.panhandlesupersonics.com) **Email:** [alicegerold@aol.com](mailto:alicegerold@aol.com) ; **Phone for info:** 850.479.7320

**Make checks payable to:** Panhandle Supersonics **Mail entries to:** T Thames / 8414 Harbour Sq Dr / Pensacola FL 32514

~~~~~cut here & mail~~~~~ cut here & mail ~~~~~ cut here & mail ~~~~~

Name \_\_\_\_\_ ( ) M ( ) F Age: \_\_\_\_\_ Birth Date: \_\_\_/\_\_\_/\_\_\_\_\_ I plan to participate in the ( ) 5Km or ( ) 1 Mile Fun Run / Dog Strut

I know that running a trail race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any respect of any participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, included but not limited to falls, contact with other participants or their dogs, the effects of the weather, including cold, heat and humidity, and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, and headsets are not allowed in the race and will abide by this guideline. I understand that a course marshal has the right to determine if a dog is aggressive and that I will be asked to leave if my dog isn't under control at all times. 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 Panhandle Supersonics, any city, county, state, and national government entity responsible for areas used in conjunction with this event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, video graphic or electronic record of this event for legitimate purposes. By my signature I also attest that any dog brought to the premises or entered into the race will have current rabies vaccinations and be in healthy running condition. I have read the above release and understand that I am entering the 2010 Run with the Dogs 5K Trail Run or 1 Mile Fun Run at my own risk.

Waiver (must be signed by a human participant) Signature: \_\_\_\_\_ (must be of legal age or legal guardian) Date: \_\_\_\_\_

Email: \_\_\_\_\_ Address \_\_\_\_\_ Phone: \_\_\_\_\_