

# Fast and the Furriest

5K Run and 1 Mile Walk (with your dog!)



## Event Information

Sunday, April 25, 2010

Tower Grove Park – Sons of Rest Pavilion

Start Time – 9:00 a.m.

(registration center opens at 7:45 a.m. on race day)

**5K Run/Walk** Accurate course measurement and DAG computerized timing services provided by Fleet Feet Sports.

**1-Mile Walk** Enjoy a nice stroll, with or without your dog, through beautiful Tower Grove Park.

**Packet pick-up:** Saturday, April 24 from 12:00 p.m. to 4:00 p.m. at the APA (1705 S. Hanley Road in Brentwood), or at the event, beginning at 7:45 a.m.

Awards will be given to the first, second and third place male and female 5K participants in the following categories: Under 20, 20-29, 30-39, 40-49, and 50+. Overall 5K first place winners will be awarded as well.

The event will take place rain or shine! **For more information, call (314) 645-4610 x.112 or visit [www.apamo.org](http://www.apamo.org).**

## 1 Your Information

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Age on race day \_\_\_\_\_  Male  Female

E-mail Address \_\_\_\_\_ Do you plan to bring your dog? \_\_\_\_\_

How did you hear about this event?  Website  Newsletter  E-mail  Friend/Family  APA Visit  Other \_\_\_\_\_

## 2 Choose Your Event

5K Run/Walk

1-Mile Walk

Well-behaved dogs on leash are welcome. Those participating in the 5K with a dog or stroller must start at the back.

## 3 Entry Fee & Shirt Size

**\$25** – Pre-registration (through Thursday, April 22 at 5:00 p.m.)

**\$30** – Registration (after April 22 at 5:00 p.m., through day of event)

First 400 registered participants receive an event T-shirt and other goodies.

Check T-Shirt size\*:  S  M  L  XL

\*Shirt sizes are not guaranteed.

Online registration powered by *Active.com*.

Proceeds from this event will benefit the Animal Protective Association of Missouri. Registration form and payment must be received by **5:00 p.m. on Thursday, April 22, 2010** to avoid fee increase.

Registration packets can be picked up at the APA on Saturday, April 24, 2010 from 12:00 p.m. to 4:00 p.m., or at the event.

## 4 Payment

**Credit Card**

Please charge \$ \_\_\_\_\_ to  Mastercard  Visa  Discover

Name as it appears on card \_\_\_\_\_

Card # \_\_\_\_\_ Expiration date \_\_\_\_\_

**Check**

My check for \$ \_\_\_\_\_ is enclosed and made payable to the APA of Missouri.

**Donation**

I cannot attend the APA's Fast and Furriest event, but please accept my donation of \$ \_\_\_\_\_.

**MAIL YOUR REGISTRATION TO:**

APA of Missouri – Fast and Furriest

1705 S. Hanley Road, Brentwood, MO 63144

**OR FAX YOUR REGISTRATION TO: 314-645-3292**

WAIVER: In consideration of the Animal Protective Association of Missouri (hereafter referred to as the APA of MO), permitting me to participate in the Fast and Furriest 5K Run and 1 Mile Walk, I intend to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the APA of MO, the City of St. Louis, Tower Grove Park and Fleet Feet Sports or any sponsor or contributor to this event and their representative, successors, and assigns for any and all claims or liability of any kind arising out of my training for and/or participation in this event. I agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risks associated with running and/or walking in the event, including but not limited to falls, contact with other participants, the effects of the weather and the conditions of the course. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I acknowledge that the entry fee paid is non-refundable and non-transferable. I hereby grant permission to any and all of the aforementioned parties to use photos, videos, recordings or any other records of myself, my family and/or my animal companion.

**Signature** (signature of parent or guardian if participant is under 18 years old) \_\_\_\_\_