

5K Glow Run/Walk

- 100% of Proceeds to benefit the
 - Jefferson City Animal Shelter
 - Animal Enrichment Supplies
 - FJCAS Low Cost Spay & Neuter Program

Saturday, September 9, 2017
 Jefferson City Animal Shelter
 2308 Hyde Park Rd.

Rain or shine!

Route is nice & flat on the Greenway!
 Flashlights are recommended -
 Some parts of the route are dark

Basic Rules:

- All Participants must sign injury/illness waiver.
- All dogs entered must have current rabies vaccination.
- All dogs must be leashed at all times.
- All dogs must compete on a leash no longer than 6 feet.
- Female dogs in heat will not be allowed to compete.
- At the discretion of the race veterinarian, dogs whose behavior is unruly or might prove hazardous to other participants, dogs, or spectators, may be requested to leave.
- Individuals may run with more than one dog.
- This event is safe for the canine runner that has been properly trained. In the case of an animal emergency, veterinary aid will be available. However, you are responsible for the pre-conditioning of your pet and for veterinary care above and beyond simple first aid.

For more information, call JCAS at 634-6429
 or visit www.friendsofjcas.org



7:00 pm Registration
 & Party Music!

8:00 pm 5K Run/Walk

Registration Information:
 T shirts guaranteed only if
 registration received before Aug. 28.
 Cost is \$25 for 5K with t-shirt or
 \$20 without t-shirt

Checks can be made payable to:
 Friends of JCAS.

Forms can be mailed to:
 Friends of JCAS, PO Box 105932,
 Jefferson City, MO, 65110
 or dropped off at the Animal Shelter.
 Race day registrants will be allowed, but
 T shirts and goodie bags will be limited.

Sponsor a Luminary for \$5.00!

A message with your name will be written
 on the luminary and placed on the greenway.

Prizes!

- Prizes will be given to the Overall
 First Place Female & Male Finishers.
- Prize for the First Place Dog Finisher.
- Prizes for Best Human Costume
 and Best Dog Costume.

Runner/Walker Information (Please print)

First Name _____ Last Name _____
 Address _____ Apt _____
 City, State _____ ZIP _____
 Phone _____
 Male/Female (circle one)
 (circle one) Walker - Runner
 Email address (in case of last minute changes)

Do you plan to bring your dog? _____
 Total enclosed (\$25 or \$20 for 5K) _____

T shirt size (circle) S M L XL XXL
 Youth (specify size) _____

Sponsor a Luminary for \$5.00
 Message: _____

Checks can be made payable to: **Friends of JCAS**
 Forms can be mailed to:
Friends of JCAS, PO Box 105932, Jefferson City, MO, 65110
 or dropped off at the Animal Shelter.

Waiver (must be signed)

WAIVER: In consideration of the Jefferson City Animal Shelter (JCAS), Friends of the JCAS (FJCAS), and the City of Jefferson, permitting me to participate in the Fast and Furry 5K Run, 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 JCAS, FJCAS, the City of Jefferson, 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 and their animals, 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. I know that running a road race with my dog is a potentially hazardous activity. I have read and understand the rules for this event, and will not bring an animal to the event without a current rabies vaccination.

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