



**Benefiting the Vola Lawson Animal Shelter**

**ENTRY FEE BEFORE OCTOBER 1 (add \$10 after)**

**(✓ Registration Category)**

- Wave 1: \$25 Runners only
- Wave 1: \$20 Children Running\*
- Wave 2: \$30 Runners with dogs \*\*
- Wave 3: \$25 Dog Walk \*\*
- Wave 3: \$15 Children for Walk\*
- Run/Walk Day Volunteer \$10



20 YEARS OF  
EVENT PLANNING EXPERTISE  
AT YOUR FINGERTIPS

\* Children pricing under age 10

\*\* Pricing includes dog bandana

All entrants and volunteers receive 5K T-shirt. Top runners will receive overall and age group awards.

**I want to adopt a dog for the Walk!**

The Vola Lawson Animal Shelter's mission is "to show compassion for all living things, to provide shelter to animals in need, and to promote adoptions, animal welfare, and responsible pet ownership in our community."

4101 Eisenhower Avenue  
Alexandria, VA 22304  
703-838-4774 (phone)  
Monday - Friday 1:00 PM to 8:00 PM  
Saturday & Sunday 12:00 noon to 5:00 PM

**DONATIONS**

Pledge checks must include participant name to receive credit for prizes. Send donation checks to EventNet, 6628 Kelsey Point Circle, Alexandria, VA 22315. Raise \$100+ in donations to receive long sleeve 5K T-shirt and sports watch.

**MAIL ENTRY FORM AND FEE PAYABLE TO EVENTNET (TO REGISTER ONLINE USING CREDIT CARD SEE LINK ABOVE)**

**EventNet**  
**c/o Fast & Furriest 5K**  
**6628 Kelsey Point Circle**  
**Alexandria, VA 22315**

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL

Runners Sex Age

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian if under 18 years of age \_\_\_\_\_ Date \_\_\_\_\_



**OCTOBER 13, 2008**  
**Belle Haven Marina Road**  
**Alexandria, VA**

**To Register Online and pay by credit card go to [www.Active.com](http://www.Active.com) (search "fast and furriest")**

**To Donate Online:**

[www.active.com/donate/LawsonAnimalShelter](http://www.active.com/donate/LawsonAnimalShelter)



**Interested Sponsors:**

Contact Catherine Roper

[EventNetLLC@aol.com](mailto:EventNetLLC@aol.com) or (703)966-7202

Go to [www.MyEventPro.net](http://www.MyEventPro.net) for more information

The course is a flat run on the Mount Vernon Trail from Belle Haven Marina Road over a long wooden bridge past benches and turnaround at footbridge #19 near sign that reads "Warning Do Not Anchor or Dredge". USATF certified course.

**SCHEDULE:**

Thursday and Friday, October 9-10

12noon-7pm Packet, t-shirt and

number pick up located at SunTrust

Mortgage, 1101 Duke Street with free parking behind building.

Pledges can be dropped off when you pick up your shirt and packet.



**RUN/WALK DAY - OCTOBER 13**

- 8am Packet Pickup
- 9am 5K Run (no dogs)
- 9:15am 5K Dog Jog
- 9:30am 5k Dog Walk
- 10:45am Awards Ceremony



All dogs must wear ID tags, be on a leash (no flex leashes permitted), socialize well with other dogs, be current on rabies vaccinations. Strollers/baby joggers are allowed in the Dog Jog but not in the first wave of 5k runners. If you are strolling with your child we ask that you have a friend/family member walk your dog for you.

**WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants and dogs, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 EventNet LLC, RacePacket, its directors, officers, and staff, the city of Alexandria and County of Fairfax and its employees, 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 that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that headsets of any kind, in-line skates, and bicycles are prohibited and that violation of this prohibition will result in disqualification.