

Cause for Paws 5K
And One Mile Fun Walk
Saturday, April 16 2016

Benefiting PORTSMOUTH HUMANE SOCIETY

Race Director: Linda Long(lindalumps@aol.com)

Registration: North Landing Park Portsmouth VA
7:45-8:45 AM

Race begins 9AM. Walk Begins 10 AM.

Entry FEE. \$25.00 through April 1st. \$30.00 April 1-15. Day of Race \$35.00

Awards: 19 and under top 3 finishers. 20-75 5 year age groups top 3 finishers male and female.

No rain date and no refunds--t-shirts to pre-registered runners--day of race registrants not guaranteed t-shirt.

Mail entries to: Cause for Paws. C/o PORTSMOUTH HUMANE 4022 Seaboard court Portsmouth VA 23701--Checks Payable to Portsmouth Humane Society. Or Online registration at TidewaterStriders.com or RACEIT.com

Walkers please MAIL registration or online at PORTSMOUTHHUMANESOCIETY.org

Name _____ Age _____

Gender M. F. Phone _____

Address. Street _____

City /State/ Zip. _____

Email _____

I understand that running a race is a potentially hazardous event. I should not enter unless medically ready. Race not intended for skateboards, bikes, baby strollers, head phones. Weather and road conditions may increase risks and this is known and understood by me. I release Portsmouth Humane Society from any liability from my voluntary participation in this race.

Signature _____ Date _____

Parent if under 18 _____

Shirt Size adult men's Tshirts. S M L XL XXL