

adopt  **PT**
portsmouth humane society

9th Annual

Cause for Paws

5k

Saturday, April 29th
North Landing Park
Olde Towne Portsmouth



5K Run, 9 a.m.
\$25 early registration
\$35 day of the race

1 Mile Walk, 10 a.m.
\$25

www.portsmouthhumanesociety.org

Run or walk with your K-9 buddy!

9th Annual Cause for Paws 5K Run
And One Mile Fun Walk
Saturday April 29 2017

All proceeds benefit PORTSMOUTH HUMANE SOCIETY

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

Registration:North Landing Park. Corner of Crawford PKWY and Water ST. Portsmouth VA
7:45-8:45 AM. Registration tent in gravel parking lot to left of Admirals Landing Parking Bldg

Race begins 9AM. Walk Begins 10 AM.

Entry FEE. \$25.00 through April 1st. \$30.00 April 1-28 Day of Race \$35.00. 1 Mile Walk. \$25.00

Awards: Overall Awards- top 3 finishers male and female. Top 3 Canine Finisher Awards. 19 and under
Top 3 finishers male and female. 20-80 and over. Top 3 finishers in 5 year age groups M and F

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 RACEIT.com

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 , City of Portsmouth and Tidewater Striders from any liability from my voluntary participation in this race.

Signature _____ Date _____

Parent if under18 _____

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