

2013 Trails for Tails 5K-9 Trail Run/Walk

DATE & TIME: Saturday, May 11th, 2013 5K (3.1-mile) run/walk begins at 9 a.m. Registration begins at 8 a.m. Runners begin at 9 a.m. and Walkers begin at 9:30 a.m. (approx.) Rain or shine.

ENTRY FEE: \$15 in advance (non-refundable), \$20 day of race or \$15 day of race with a bag of dog food. (Kids 12 and under) **FREE**

INFORMATION: Amanda Bailey, Gallia Academy High School, 740-446-3212 weekdays 8-2:30 p.m.

E-mail: amanda.bailey@gc.k12.oh.us

Website: chow4pals.weebly.com

PLEASE FILL-IN ALL FIELDS

_____ *Male/Female*
Full Name (circle one)

_____ *RUN/WALK*
Address (circle one)

City, State, Zip

_____/_____/_____
Phone Date of Birth Age on Race Day

Email address (for results and future race news)

T-SHIRT SIZE: _____ **SHIRTS NOT GUARANTEED.**

Waiver: In consideration of acceptance this entry to the Trails for Tails 5K-9, I waive all claims for myself, my heirs and assigns against **The Gallipolis City School District, The Gallia-Vinton ESC ASSET Program, Organizers or Sponsors** from injury or illness which may result from my participation. I attest and verify that I have full knowledge of the risks involved with this event, that I am physically fit and sufficiently trained to participate and that I have read the above statement. I understand that my signature confirms its full acceptance.

Signature Date

Parent/Guardian signature if under 18 years old

Dog name (if entered) - Must be minimum ONE YEAR OF AGE, PROPERLY LICENSED AND VACCINATED.

MAIL ENTRIES AND FEES TO: PLEASE MAKE CHECKS PAYABLE TO:

Trails for Tails 5K-9 Run/Walk  Gallia County
 Animal Shelter
2855 Centenary Road
Gallipolis, Ohio 45631



THANKS TO OUR SPONSORS



Post 4464



RoadID
It's Who I Am.



All Proceeds Benefit The
Gallia County Animal Shelter

GALLIA ACADEMY HIGH SCHOOL
A.S.S.E.T. PROGRAM
PRESENTS

5K-9 Trail Run and Dog Walk
Saturday
May 11th, 2013
Race Begins 9a.m. Runners
9:30a.m. Walkers



Dogs Welcome!

Awards!

Top Dawg Award!

Gallia Academy High School
Cross Country Trail
2855 Centenary Road
Gallipolis, Ohio 45631
Saturday, May 11, 2013
Registration/Package Pickup 8 a.m.
Race Begins at 9 a.m.

The Mission of the Trails for Tails 5K-9
Run/Walk is to provide assistance for
the Gallia County Animal Shelter.

Awards/ Dog Information



Runners and Walkers Awards will be given to the overall top- three male and female runners and walkers, and to the top runners and walkers in the following age groups: 19-under; 20-29; 30-39; 40-49; 50-59; 60-over.

Top Dawg Award Given to the first dog and master team to complete the entire course. Dogs must complete under their own power (i.e. no carrying) and under no threat or duress.

Can I really bring my dog? Dogs love to run and besides why should humans have all of the fun? Well-behaved “friends” are welcome as participants or spectators, but remember YOU are responsible for your pet’s conduct. Please make sure your dog is capable of running this event beforehand. No puppies please and only one dog per person! Dogs must remain leashed and start at the rear of the “pack.” Common sense and courtesy should prevail; clean up after your pet.



For the safety of all, NO female dogs in ANY stage of heat are allowed at the Trails for Tails 5K-9 as either runners or spectators.

Owners may be asked to remove unruly or aggressive dogs. Adjustable leashes must be locked at 4-foot in length.

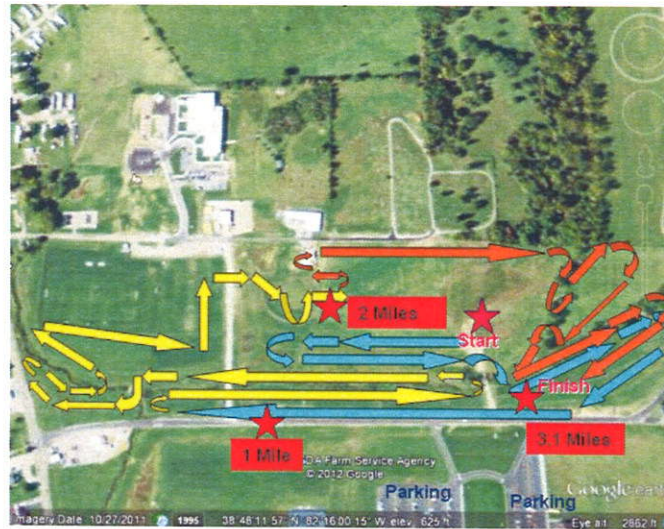


Course Information

The Trail for Tails 5K (3.1 miles) off-road course utilizes the GAHS Cross-Country Trail. Participants will go up and down hills, along trails and through the woods before reaching the finish line.

Participants should anticipate getting wet, dirty or muddy during this event. Do not bother the wildlife. Water and aid stops will be available at the mile markers.

The Cross Country Course overlaps so we will begin the Runners at 9:00a.m. Once the runners have finished the walkers and anyone walking their dog will begin at approximately 9:30-9:45 a.m.



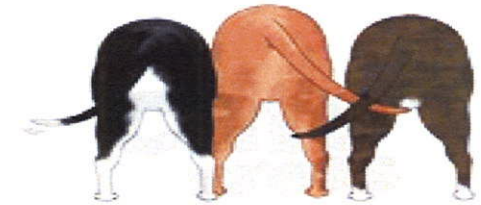
General Information



What to expect : This is a trail event so anticipate hills, dirt, grass, leaves, mud, stream crossings and other natural obstacles. There is no asphalt or concrete and very little gravel. The key is to have a good time and enjoy running in a natural environment.

What should I wear? Keep in mind that whatever you wear may get dirty, muddy or wet; old running shoes and old clothing are highly recommended. Cross Country spikes are OK

What if it rains? Awesome! Prepare for mud, dirt, and getting wet. This is a rain or shine event.



GALLIA ACADEMY HIGH SCHOOL A.S.S.E.T. PROGRAM

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