



Humane Society of Monroe County's Mutt and Me

5k & 1 Mile Fun Walk/Run

When: Sunday, September 26, 2010

11 am – competitive 5k

12 pm – fun walk/run

***DOGS NOT REQUIRED FOR PARTICIPATION**

Location: American Legion Park – 375 East Locust Street

Columbia, IL 62236

Entry Fee: \$20.00 – early entry (before 9/18)

\$25.00 – late/race day entry (after 9/18)

\$7.50 – children under 10

Donations are accepted. Dogs N/C

Packet Pickup: 9/24 & 9/25 9am-4pm.

Harres Home Furnishings & Appliance

900 Admiral Weinel Boulevard, Columbia, IL 62236

Race day @ Legion 9:30 am

Shirts: *Only guaranteed with early registration*

Awards: All participants receive a finisher's ribbon.

Competitive 5k only

Trophy to top male and female humans and dogs.

Nice medals to top 3 men and women in age groups:

12 & under, 13-19, 20-29, 30-39, 40-49 and 50 & up.

Costume prizes for dogs!

Mail entry form to: Humane Society of Monroe County

P.O. Box 164

Waterloo, IL 62298



*Race timed professionally by Toolen's Running Start

Results will be posted at www.runningstartsports.com

Special Guest walker, KSDK's Jennifer Blome will join us along with her HSMC adopted dog, Clyde! All proceeds go to the Humane Society of Monroe County. Mutt and Me Walk takes place just before the Columbia Festifall and is within easy walking distance of the festivities. The course is an out and back that heads down beautiful Centerville Road and has a downhill finish. Bring the family and after the race, enjoy great food, ice cold drinks, handmade jewelry, arts, crafts, seasonal and home decor, wine tasting, a kid's area with pumpkin/face painting and games and live music by Smash Band! Festifall is from 1-6 pm at Metter Memorial Park.

Rules & Conditions: - **Dogs not required for participation**

- Only 1 dog per participant

- Collars and leashes (max 6ft.) required for all dogs at all times

- Questions? Alice Imhof (618) 939-1324 or aimhof@htc.net

Name: _____ Phone (evenings): _____

Address: _____ Age (As of September 26, 2010) _____

City/State/Zip: _____ E-Mail Address: _____

Circle Gender: Male Female

In addition to my entry fee, I will be collecting pledges for HSMC.

Yes ___ No ___ (pledge sheet can be found @ www.hsomc.org)

Circle T-Shirt Size: **Youth:** Medium / Large **Adult:** Small / Medium / Large / X Large / XX Large

Circle Event: 5k Fun Walk/Run Mile Fun Walk/Run

Dog's name (if applicable): _____

Waiver of Liability: In consideration of your accepting this entry, I understand, I the undersigned, intending to be legally bound, hereby for myself, my heirs and administrators, waive and release any and all claims for damage, demands, actions against the City of Columbia, the Monroe County Humane Society, their affiliates, subsidiaries, officials, representatives, employees, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run. Further, I grant full permission for the free use of my name and/or any photographs, videotapes, motion picture recordings, or any other record of this event for legitimate purposes.

Participant Signature: _____ Date: _____

(If participant is under 18, parent or legal guardian signature is required)