

# run & wag 5k

The  
BUNNY WILLIAMS  
Connecticut Doggie Cup

October 17, 2015



**The race is open to humans: running or walking, with or without dogs. To keep everyone (and every dog) safe, special rules apply for those participating with a dog\* (see below). This is the Connecticut Doggie Cup and the winner will be crowned as the fastest dog/human team in Connecticut!**

**Where:** Cornwall Town Hall, Pine Street, Cornwall, Connecticut.

**When:** Saturday, **October 17, 2015.** 5k Run/Walk at 11:00 AM. The kids 1-Mile Race starts at 10:30 AM.

**Entry Fee:** \$20 until 10/15/2015 (non-refundable), \$25 on race day, \$5 for the kids 1 mile race

**T-shirts:** First 100 registrants will receive an event T-shirt

**Registration:** Online registration via Active.com until Thursday, October 15th. Race day registration and packet pickup from 9:15 am until 10:45 am on the Cornwall Green.

**Course:** Out-and-back 5k (3.1 miles) through Cornwall Valley with stunning views of surrounding mountains during foliage season. This is a relatively flat course so expect a fast time while running through this bucolic New England valley. USATF Certified Course.

**Awards:** The Doggie Cup – The top Dog/Human team finishers for both the male and female runners will be crowned and awarded the custom-made Doggie Cup winner's bowl along with a whole host of other prizes including a \$100 cash prize. Awards to the top finishers in the following doggie divisions.: toy 12lbs and under, small 13-25lbs, medium 26-50lbs, large 51-80lbs, XL large 80+.

Solo Runners – *Top male and female overall will win a \$100 cash prize. Top three overall male and female finishers will receive gift certificates. The top finishers in each division 19-under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 + will receive medals. You must be present to win.*

**Timing and results:** by Greystone Electronics (greystoneracing.net).

**Dog Rules:** *We strongly suggest that both the owner and dog train for this event, if you don't already run. Runners, start conditioning yourselves and your dog for at least a few weeks leading up to the race. You should inspect your dog's pads for signs of injury (cuts and wear) and be careful in warmer weather (carry water, keep runs short, watch your dog for signs of stress). Talk to your veterinarian if you have any concerns. We recommend jogging on trails or other locations where people run with their dogs, to acclimate your dog to running in a pack with distractions.*

**Rules for doing the race with your dog-** Limit one dog per person.

- Dogs must be at least 6 months old and up to date on vaccinations.
- Please only bring dogs that are well-behaved around other dogs and people.
- Dogs should be kept on leashes throughout the event.
- Leashes should be no longer than 6 feet
- Please keep it short at the start to avoid entanglement.
- No retractable leashes, which may be hazardous in a crowd.
- No dogs in heat.
- Runners 16 years and under participate at the discretion of race officials.
- Please clean up after your dog.



Name \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex: M F

Address \_\_\_\_\_ Town/City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Runner  Walker

T-Shirt size if available: S M L XL

<input type="checkbox"/> Dog/Human Team	Dogs Name _____	Division: _____
<small>Toy 12lbs and under, small 13-25lbs, medium 26-50lbs, large 5-80lbs, XL 80+</small>		

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Race Fee: \_\_\_\_\_ + Donation: \_\_\_\_\_ = Amount Enclosed: \$ \_\_\_\_\_

I acknowledge that this is a test of a human/canine physical limits and carries with it the potential for personal injury. I hereby assume the risk for participating in this event. I certify that I and my canine am/are physically fit and sufficiently trained to compete in this event. I agree not to hold responsible any person(s) involved in the organization of this event, as well as The Little Guild, the Town of Cornwall, and Greystone Electronics LLC. I hereby affirm that I am 18 years or older or I have had a legal guardian sign for my participation in this event.

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

Parent or guardian required if participant is under 18.  
 Make your non-refundable entry fee payable to: The Little Guild  
 285 Sharon-Goshen Turnpike, West Cornwall, CT 06796



Race Site: <http://www.littleguild.org/runandwag5k>

"The greatness of a nation can be judged by the way its animals are treated."