



## ARCADE ENCORE

### POUNDING FOR PAWS 5K Run/Walk

Benefiting the Humane Society of Jackson County

**Saturday, April 29, 2017 8 a.m.**

**LOCATION:** Arcade City Park: Parking at Abundant Life Church at 231 Arcade Park Street. For any questions, contact Randy Williams at [randywms5350@bellsouth.net](mailto:randywms5350@bellsouth.net) or (706) 308-7109.

**REGISTRATION:** Cost is \$20 prior to 4/15/2017 and is \$25 afterwards until race day. Registration will be available on race day and at [runnersfit.com/poundingforpaws](http://runnersfit.com/poundingforpaws) or mail registration form to: **Pounding for Paws**, PO Box 417, Jefferson, GA 30549. Checks should be made payable to **Pounding for Paws 5K**. Registration opens at 7 a.m. on race day.

**T-Shirts:** T-shirts are guaranteed to all pre-registered participants prior to 4/22/2017 and as supplies last on race day. Refreshments will be provided.

**AWARDS:** Overall M/F, Masters M/F, Grand Masters M/F, Senior Grand Masters M/F and top three M/F runners in 5 year age groups beginning at 10 and under through 75 and over.

Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

T-Shirt Size: S M L XL XXL (circle one) Gender: M F

**Waiver:** I hereby release the hosts, sponsors, volunteers, and officials of the City of Arcade, the Jackson County Humane Society and Runners Fit from all claims of injury or damages resulting in my participation in said event. I realize this is a strenuous event and I am in proper physical condition to participate.

**Signature (under 18, parent or guardian)** \_\_\_\_\_ **Date** \_\_\_\_\_

