2023 Dog Jog/Fun Walk Instructions

The 2023 Los Alamos Dog Jog is coordinated by the Los Alamos Dog Obedience Club, Pajarito K9 Search and Rescue, and the Atomic City Roadrunners as a fundraising benefit for the Friends of Shelter and Companion Animals. The Dog Jog is open to all participants with or without a dog and at any pace. We offer a 3.1 mile competitive run <u>or</u> a 2 mile non-competitive fun walk/run.

Saturday, April 29, 2023 at Rover Park
Rover Blvd., White Rock, NM

Race check-in at 8:00-8:40 a.m.
3.1-mile race starts at 9:00 a.m.
2-mile fun walk/run at 9:01 a.m.

ROVER PARK ROCKS!

Entry fees per family: $20 first adult or child 12 years or older **($25 after April 7, 2023**); $15 each additional adult or child 12 years or older; $5 each child 11 years and under (child-sized T-shirts with $5 registration).

Directions: From Hwy. 502, take State Route 4 to White Rock, turn left onto Rover Blvd. (at the traffic light), continue to Rover Park.

Race check-in and T-shirt and informational packet pick-up time will be from 8:00-8:40 a.m. on April 30, 2023 at Rover Park. Race day registration will have the entry fees as stated above, but T-shirts may need to be mailed. One informational packet will be provided per family if requested; all entrants will receive a T-shirt (colored shirts for adults, white for children) unless "none" is requested. Special goodies will be awarded for shelter and rescue dogs.

Prizes will be awarded to first through third place winners for female and male runners with dogs in the 3.1-mile competitive run. Other awards and prizes will be given for dogs over 10 years and other (fun!) categories. Call 660-1648 with any questions.

All dogs must be on a 6 foot or shorter leash at all times. Please do not feed your dog for 90 minutes before or after the Dog Jog to help prevent bloat (twisting of stomach, a potentially fatal problem). Also, no bicycles, roller blades, or skateboards as many dogs react unpredictably around these methods of transportation. Wheelchairs and baby strollers are welcome. Children under the age of 13 must be accompanied by an adult, although the adult does not have to register. You do not need to have a dog to join in the fun!

2023 Dog Jog/Fun Walk Entry Form **Available T-shirt sizes are (adult) S M L XL XXL or "none", (child) CS CM CL or "none"; Long-sleeved t-shirts are available in adult sizes for an additional $10 per shirt and are available ONLY if ordered before April 7, 2023**

Please print information and choices:

Name—one per line	Gender (m or f)	T-shirt size	Long sleeves? (add $10)	Course Length (2 or 3.1)

If you are bringing a dog or dogs:

Dog name—one per line	Dog's age	Shelter or Rescue (y/n)

Do you want information packet (y/n)? ____

Address: _____

Phone: _____ **Email:** _____

Do you want to receive email notification of the Dog Jog next year? (y/n) _____

Payment Information

Single registration (1 adult)	_____	($20; $25 after April 10)
Household registration (2 adults in same household)	_____	($35; $40 after April 10)
Long-sleeved adult t-shirt (extra $10 each)	_____	($10 each, NA after April 10)
Family registration (1 adult and 1 child in same household)	_____	($25; $28 after April 10)
Each additional adult in same household	_____	($15)
Each additional child in same household	_____	($5)
Extra donation to help homeless pets	_____	(every $ helps)
Total	_____	

Checks payable to: **Friends of the Shelter** Pre-registration (discount as stated) due: April 7, 2023

Send completed registration form and checks to: Los Alamos Dog Jog, 155 S. Monte Rey Dr., Los Alamos, NM 87547

LIABILITY WAIVER: A waiver needs to be signed for each participant: In consideration of my participation in the Los Alamos Dog Jog, my dog is a minimum of 16 weeks old, licensed, and current on all vaccinations. I agree to clean up after my dog, obey all traffic laws, exercise safety precautions, avoid littering, and respect the property of others. I attest to my own and my dog's physical capabilities, and I realize that there are risks associated with competing in this event. I accept full responsibility for any injury or accident to myself or to my dog. I understand that since this event involves many people and dogs, I will have my dog under control at all times. I also waive any and all claims for myself against the County of Los Alamos, as well as the officials and the sponsors of this event. I hereby give race officials permission to obtain any medical aid required for myself or my dog during this event.

Signature (required for all participants) _____ (Parent or guardian must sign if under 18)