

# Sandy Paws

5K Run And  
1 Mile Pooch Walk  
Sunday, August 28, 2011  
Stone Harbor, NJ



**We've changed the date and hope you can still join us!!!**

The 4th Annual Sandy Paws 5K Race and 1 Mile Pooch Walk will be on the Sunday before Labor Day weekend.

We changed the date from Thanksgiving weekend but the fabulous location and quick flat course remain the same! AND the race still benefits the same two great community organizations – The Stone Harbor Volunteer Fire Company and the Animal Alliance of Cape May County. For more information on these two organizations visit their websites shown below.

The 5K Race is for runners and walkers only. The 1 Mile Pooch Walk is for dogs and walkers and will be on the beach. No dogs are permitted in the 5K run. Trophies will be awarded for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male and female finisher overall and for the 1<sup>st</sup> place male and female finisher in each age group (five year increments) and for the 1<sup>st</sup> finisher male & female in the category Fire/EMS/Police. Awards will be given to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place "Best Dressed" Pooch.  
**\*\*No duplicate awards\*\***

Questions?? E-mail Race Director Judy Davies at: sandypaws5k@yahoo.com

Timing by Racing NJ – results will be posted on [www.racingnj.com](http://www.racingnj.com)

**5K Race Start: 8:00 AM  
1 Mile Pooch Walk Start: 8:05AM**

Pre-Registration and T-Shirt pick up:  
Saturday, August 27, 2011  
5:00-8:00 PM  
Stone Harbor Fire Company  
96<sup>th</sup> Street & Second Avenue

**OR**

Pre-Register by completing the registration form below and along with your check made payable to Stone Harbor Volunteer Fire Company mail to:

Stone Harbor Volunteer Fire Company  
Sandy Paws Run /Walk  
Post Office Box 539  
Stone Harbor, NJ 08247

**OR**

Race Day Registration  
Sunday, August 28, 2011  
6:00-7:45AM  
Stone Harbor Fire Company  
96<sup>th</sup> Street & Second Avenue

**OR**

Register on-line at [www.active.com](http://www.active.com) (an additional fee of \$3.95 will apply for on line registrations)



[stoneharborfire.com](http://stoneharborfire.com)

[animalalliancecmc.org](http://animalalliancecmc.org)

# REGISTRATION FORM

Sandy Paws 5K Run & 1 Mile Pooch Walk

Sunday, August 28, 2011 8:00AM

**First 400 Registrations received are  
GUARANTEED a T-Shirt!!**

Pre-Registration Fees:        \$20 for 5K        \$15 for Pooch Walk  
Race Day Registration Fees: \$25 for 5K        \$15 for Pooch Walk

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

T-Shirt Size (circle one) S M L XL

I want to participate in the (circle one) 5K Pooch Walk

If participating in the 5K how old will you be on race day? \_\_\_\_\_

If participating in the 5K (circle one) Male Female

If participating in the 5K will you be racing in the category Fire/EMS/Police? Yes No

If Yes (circle one) Fire EMS Police

If you participating in the Pooch Walk will you be walking a dog? Yes No

## WAIVER

In consideration of acceptance of this entry, I hereby for myself, my heirs, executors, administrators, and assigns, release and discharge the Stone Harbor Fire Company and the Animal Alliance of Cape May County, the volunteers, staff and sponsors from any and all claims for any injury, harm, loss, or damage of any kind whatsoever to me or my dog which may result from or be connected in any way with my participation or traveling to or from the Sandy Paws 5K Race/Walk event. I further represent that my dog has a current Rabies Vaccine. I hereby consent to and permit emergency treatment in the event of injury or illness while participating in the event. I also give the Stone Harbor Fire Company and the Animal Alliance of Cape May County permission to use my name and any photograph taken of me or my dog during the event in any promotion materials or publications. I certify that I have read this waiver and release and understand its significance.

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

Guardian Signature ( if registrant under 18) \_\_\_\_\_ Date \_\_\_\_\_