**Registration Form-Dog Day Fun Run 2019**

Dogs must be on a leash (6ft. max) at all times. All dogs must have a current rabies inoculation. Puppies six months of age or younger, or female dogs in any stage of heat, will not be allowed to participate. Veterinarians and veterinary students have the authority to remove a contestant at any time for any medical reason or rule violation. A dog or spectator whose behavior is unruly or might prove hazardous to other participants will be asked to leave the walk. Dog Day Fun Run may be canceled due to weather.

We urge you to consult with your veterinarian before registering for this race. He/she may advise you not to participate due to your pet’s health status. When beginning an exercise program for you and your dog, check with your physician and your pet’s veterinarian. Your veterinarian can propose an exercise schedule tailored to your dog’s specific needs. We offer the following suggestions.

Small dogs mature faster than large dogs and can begin an exercise program beginning at about 8 months of age. Large dogs should be at least one year old. Giant Breeds should be at least a year and a half old. Walking is sufficient exercise for most dogs. After a regular walking program has been established, your dog’s endurance will build up and longer walks and shorter runs can be added more safely. Always start runs with a warm up walk. Begin training with your dog by alternating running and walking every 2 minutes for 20 minutes. Gradually build up to running at an easy pace three times a week for 20 minutes. Cool down by walking an additional 5 minutes. Watch for signs of weariness such as lagging or excessive panting.

Conditioning your dog helps to maintain good health. PLEASE REMEMBER THAT THE 2-MILE WALK IS STRICTLY FOR FUN AND NOT FOR COMPETITION. Runners who drag their dogs or who do not allow their dogs to stop for water will be disqualified.

**Prizes**: The first and second place male and female winners of the race will receive prizes. There will also be a prize for the top runner under 18 years of age and the top male and female veterinary students.

**Registration for the 5-k and 2 Mile Walk**

**Race location:** North Carolina Museum of Art

2110 Blue Ridge Rd, Raleigh, NC 27607

**Race Date and Time:** April 7, 2019 at 2:00 pm

Water will be provided for you and your pet. A veterinarian will be available.

**Mail-in entry forms must be received by March 30st, 2019 for pre-registration.**

**Email: scavma\_class\_reps@ncsu.edu with any questions. Registration will begin at 1:00 pm.**

Please fill out this form and sign the waiver. If you are under 18, have your parent or legal guardian sign it for you. Each person participating in this event, including children in baby joggers and backpacks, must have his/her own form. Please send to NC State College of Veterinary Medicine, 1060 William Moore Drive, Raleigh, NC, 27607. c/o Melanie Runkle.

I plan to participate in the: \_\_\_\_\_ 5K \_\_\_\_\_\_ 2 Mile

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_T-shirt size .

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle one: Male Female Prefer not to Answer

Are you bringing a dog ($5 in addition to registration fee)? \_\_\_\_ Yes \_\_\_\_ No

Race volunteers, veterinarians and veterinary students have the authority to remove a contestant for any reason or rule violation. I understand that running may be hazardous. I will not hold North Carolina State University or the College of Veterinary Medicine or any other group associated with the Dog Day Fun Run responsible for injuries sustained by me or, if applicable, my dog, while traveling to or from, or participating in this event. I certify that I am physically fit and sufficiently trained for this race. If I am participating in this race with my dog, I certify that I have consulted with my dog’s veterinarian and that he/she has not discouraged my dog’s participation in this event. I am not aware of any physiological condition, such as heart, lung, etc., that precludes my dog from entering the Dog Day Fun Run. Furthermore, I certify that my dog is physically fit and sufficiently trained for this event.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ Signature of Entrant (Parent or Guardian if under 18) Date

 **Pre-registration (due 2/28/19)**

5K ($35.00) 2 Mile ($25.00)

**Late-registration (3/1/19-4/7/19)**

5K ($40.00) 2 Mile ($30.00)

Please make checks payable to SAVMA at NCSU. Credit card payments possible at www.runnc.com