



Sunday October 4, 2009

Join us! For the first

Quincy Animal Shelter Cause 4 Paws

5 K Run and 1 Mile Dog Walk

10 a.m. —Squantum Point Park, Marina Bay,
Quincy MA

Course: Flat and scenic loop through Marina Bay and Squantum.

Entry Fee: \$20 by September 26, 2009
\$25 on race day from 8:00 to 9:00 a.m. Bring three cans of dog food and receive \$1 off entry fee

Online: www.quincyanimalshelter.org/events.html

Amenities: Great fun for the whole family, including the dogs! Food and prizes. All participants will receive a commemorative race T-shirt.

Dog race: a separate one-mile dog and human walk will take place during the 5 k run and walk

Awards: Top three overall male and female road race finishers and age groups: 40-49, 50-59, 60-69, 70+,

Directions: From 93 South: Exit #12. Right off exit, over Neponset Bridge, follow signs for Quincy, Marina Bay. From 93 North: Exit #11A, turn right at light, over bridge, follow signs for Marina Bay.

Professionally timed and USATF Sanctioned.

Join us during the most beautiful time of the year in New England when the fall foliage is at its peak. The run begins at beautiful Squantum Point Park and proceeds through picturesque Squantum. Or bring your 4 footed best friend for a one-mile romp through the Marina Bay Area. Both events will end back at the Park.

We welcome all dogs that enjoy the company of other dogs. Please be sure your dog is leashed, licensed, in good physical condition and up to date on all vaccinations. Please leave cats and small animals safely and comfortably at home.

Your participation will benefit the cats and dogs of the Quincy Animal Shelter. All proceeds will be used to provide care for the Shelter Dogs and Cats. The Shelter is a registered 501(c) 3, non-profit corporation. Donations are tax deductible to the extent of the law.





**Mail-In Registration Form
Cause 4 Paws Race and Walk
October 4, 2009**

**Complete the entry form below and mail to: Cause 4 Paws 5k Run and Walk,
P.O. Box 890238, Weymouth, MA 02189**

Make checks payable to the Quincy Animal Shelter. Please mention Road Race on your check.

You can also register on-line at www.quincyanimalshelter.org/events.html

Entry Fee: \$20 by September 26, 2009; \$25 on race day from 8:00 to 9:00 a.m. Bring three cans of dog food and receive \$1 off entry fee

Please print clearly and make sure to sign below

Name			
Address			
City, State, Zip			
Daytime Phone			
Date of Birth			
Email			
Age on race day			
Circle your gender	M	F	
Select your event	<input type="checkbox"/> 5K run/walk	<input type="checkbox"/> 1-mile dog walk	
Circle t-shirt size	S	M	L XL

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf waive and release the event and all sponsors their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

Signature

Date

Parent's Signature if under 18