

Registration Form-Dog Day Fun Run 2012 NCSU CVM SCAVMA

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.** In addition, a dog whose behavior is unruly or might prove hazardous to other participants, dogs or spectators will be asked to leave the walk. Dog Day Fun Run may be canceled due to weather conditions.

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 overall male and female winner of the race will receive gift certificates. There will also be a prize for the top male and female runner under 18 years of age. All pre-registered participants will receive an imprinted water bottle.

Registration for the 5-k and 2 Mile Walk

Race location: NCSU University Club

Race Date: April 1, 2012

5-k – 12:00 pm (dogs allowed)

2-mile walk – 1:30 pm (dogs allowed)

Water will be provided for you and your pet. A veterinarian will be available. **Entry forms must be received by Monday, March 26th, 2011 for pre-registration. A water bottle will be guaranteed for pre-registrants only. Email: jmheitzm@ncsu.edu if you have any questions. Registration will begin at 11:00 am.**

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, 4700 Hillsborough St, Raleigh, NC, 27606. c/o Jason Heitzman.

I plan to participate in the:

_____ 5K _____ 2 Mile _____ Both

Note that the 5 K will start promptly at **12: 00 p.m.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age _____

Email _____

Circle one: M F

Are you bringing a dog? ____ 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 Race 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 Race. 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

Fees

Pre-registration Due 3/26/12

5K (\$20.00) \$ _____

2 Mile (\$10.00)

Late-registration at Dog Day Race

5K (\$25.00) \$ _____

2 Mile (\$15.00)

Please make checks payable to SCAVMA