



# 2010 Los Alamos Dog Jog Instructions

The 2010 Los Alamos Dog Jog is coordinated by the Los Alamos Dog Obedience Club, Mountain Canine Corps, and the Atomic City Roadrunners as a fund raising benefit for the Friends of the Shelter. 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 or 2 mile non-competitive fun walk/run.

**Saturday, April 17, 2010**

**Note start time!**

Race check-in at 8:00-8:40 a.m.

3.1-mile race start at 9:00 a.m.

2-mile fun walk/run at 9:01 am

Chamisa School, White Rock, NM

Entry fees per family: \$15 per adult or child 12 years or older (**\$20 for first adult after March 26th**)

\$5 each 1<sup>st</sup> and 2<sup>nd</sup> child 11 years and under, additional children 11 years and under are free (adult-sized T-shirts are not available with \$5 or free registration)

**Reduced Fee Microchip Clinic: ACLA and Ridgeview vets will be implanting microchips for cats and dogs from 9:00 – 10:30 a.m. for only \$20; no preregistration required**

Directions: From Hwy. 502, take State Route 4 to White Rock, turn left onto Rover Blvd. (at the traffic light), turn left onto Meadow Lane, Chamisa School is on the right at 301 Meadow Lane.

Race check-in and T-shirt and informational packet pick-up time will be from 8:00-8:40 a.m. April 17<sup>th</sup> at Chamisa School. Race day registration will have the same 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. Prizes will be given 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 at the finish line for dogs over 10 years, etc. Call 672-2089 with any questions.

Please, 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.



# 2010 Dog Jog Entry Form

**Entry Fee per family: Each adult and child 12 years and older \$15 (\$20 for first adult after March 26th). 1<sup>st</sup> and 2<sup>nd</sup> child 11 years and younger \$5 each, additional children 11 years and younger free (adult-sized t-shirt not available with \$5 or free registration).**

Available T-shirt sizes are (adult) S M L XL XXL, (child) CS CM CL, or "none"

You are NOT required to have a dog to participate.

Please print information and circle choices where appropriate:

Name—one per line	Gender (m or f)	T-shirt size	Dog's Name	Dog's Age	Shelter or Rescue (y/n)?	Microchip clinic (y/n)?
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

Total Entry Fee: \$ \_\_\_\_\_ Extra FOS Donation? \$ \_\_\_\_\_ Microchip \$ \_\_\_\_\_ Total Amount Paid \$ \_\_\_\_\_

Course Length (circle): 2 mile fun run/walk [or] 3.1 mile run [or] just the t-shirt, no course

Contact Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Do you want an informational packet (y/n)? \_\_\_\_\_

Checks payable to: Friends of the Shelter Los Alamos Dog Jog  
Pre-registration (discount per instructions) due: March 26, 2010

Send completed registration form and checks to: 105 N. Monte Rey Dr., Los Alamos, NM 87544

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)