



Putting Paws in Motion

Tails & Trails

5K+ Trail Run & *and 10K* 1 mile Fun Walk *5k is Grand Prix!*

Walkers & Families Especially Welcome!



Date: May 2nd, 2009



Time: 8:30 AM, Registration starts at 7:30 AM

Place: Tallahassee Animal Service Center
1125 Easterwood Drive, next to Tom Brown Park



Awards: Overall M/F, Masters, Standard Age Groups

Fee: \$12.00 if received by April 30
\$15.00 race day
\$8.00 No t-shirt option
Please make checks payable to ASF



Donations Graciously Accepted
(Cash, pet food, toys, and old linens)



contact: Kate MacFall (850-508-1001)

*We request that participants leave their pets at home in order to highlight our Shelter's furry friends.
For more information visit <http://TallyASF.org>*



A fundraising event benefiting the Animal Shelter Foundation, Inc., the non-profit supporting the Animal Service Center at Tom Brown Park



Please detach and mail to: Tails & Trails, Peg Griffin, 856 North Forest Drive, Tallahassee, FL 32303, peggriff@nettally.com

Name: _____ Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____ DOB: _____

T-Shirt size: S M L XL Age: _____ Gender: M F Race: 1 mile Fun Walk 5K+ 10K
Youth: S M L Race switches by advance notice only

Amount enclosed: \$12.00 \$15.00 \$8.00 I can't make it but I would like to donate \$_____

Where did you learn about Tails & Trails? _____



Signature of entrant, or parent or legal guardian if under 18 years old



I hereby release the Gulf Winds Track Club, ASF, Tallahassee Animal Service Center, and any other persons involved, from any and all damages or injuries incurred out of participation in the 2009 ASF 5K, 10k Run and 1 mile Fun Walk, and further state that I have trained for and am physically competent to run 5K, 10k or walk 1 mile.