

Helping Strays *Presents*

Come for the run or walk, stay for the food, drinks and fun dog contests and activities!



13th Annual Mutt & Me 5K Walk Run

• **Run time: 7:30 am Registration opens for 5K, 8:30 am 5K Run starts**

• **Walk time: 9:00 am Registration opens for Walk, 10:00 am Walk starts**

Saturday, May 11, 2019

**Event held/starts at the Centennial Pavilion,
in Bolm-Schuhkraft Park in Columbia IL**

5K Course: Starting at Bolm-Schuhkraft Park **Entry fees: \$30 per Adult or \$20 per Youth (Ages 6-12)**

Dogs are optional for the 5K or Fun Walk. Dogs who attend must be leashed and up to dates on vaccines. Runners and walkers can pick up T-shirts, race number and packets on May 10, 2019 from 4:00-6:00 pm in the Helping Strays lobby. 5K pick ups are on race day at 7:30 am, walkers beginning at 9:00 am. Limited edition T-shirts guaranteed for runners and walkers if registered by April 27, 2019. Walk up registrations welcome, but shirts might not be available.

Call Helping Strays (618)939-PETZ (7389) or email mutt.and.me@helpingstrays.org Register on-line at helpingstrays.org