



# Seventh Annual The Fast & The Furriest® 5K Race, 10K Race & 1-Mile Dog Walk



## To Benefit Rochester's Animals Most In Need

### Register now! [www.vsas.org](http://www.vsas.org)

- Date:** Saturday, June 8th, 2013
- Time:** 7:00 am Road Race Registration  
8:00 am 10K start  
8:15 am 5K start  
9:00 am Walk Registration  
10:30 am Walk Start
- Place:** Rochester Animal Services,  
184 Verona Street, Near Brown Square Park  
Rochester, New York 14608
- Awards:** 5K- Top male/female finishers overall, medals for first in age group.  
10K - Top/male/female finishers overall, top 3 in age group.  
Prizes for top 3 fundraisers and overall team
- Fees:** \$15 for 5K and \$20 for 10K before June 6, 2013  
\$20 for 5K and \$25 for 10K on Race day.  
Free t-shirts for first 400 registered runners.  
Walkers: \$30, includes t-shirt, children 10 and under are free, t-shirt not included
- Activities:** Pet Festival, Pet Contests, Live Music, and Food Vendors.

Please make checks payable to: Verona Street Animal Society,  
P.O. Box 22874 Rochester, NY 14692

Contact: Debra Calandrillo 585-727-2533 or [vsasinc@gmail.com](mailto:vsasinc@gmail.com)

Visit us at [www.vsas.org](http://www.vsas.org) for event details.



**FLEET FEET**  
*Sports*



Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ DOB: \_\_\_\_\_

T-shirt size: S M L XL Age: \_\_\_\_\_ Gender: M  F  Race: 5K  10K  1 Mile Dog Walk

Amount Enclosed: \$15 \_\_\_ \$20 \_\_\_ \$25 \_\_\_ \$30 \_\_\_ I can't participate, but would like to donate \$ \_\_\_\_\_

All race participants must read and sign the following disclaimer: I, the undersigned, wish to participate in The Fast & The Furriest® 10K Race, 5K Race or Dog Walk on June 8, 2013 in Rochester, NY. By my signature, I hereby state that: I am in good physical condition and am properly trained to complete the race/walk, I agree to abide by the decision of an event official as that decision relates to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to: injury and/or death as a result of falls; contact with other participants; the effects of weather, including high heat or humidity; and the conditions of the course, all risks being known and appreciated by me. Having read and understood this waiver and knowing these facts and in consideration of the event organizers having accepted my entry, I and everyone entitled to act on my behalf, knowingly and voluntarily hereby release the Verona Animal Street Society, Rochester Animal Services, the City of Rochester, Yellow Jacket Racing, Fleet Feet Sports, and all other event sponsors from any claims, lawsuits, proceedings or liabilities of any kind arising out of my participation in this event. I also grant the organizers full permission to use any photographs, videotapes, motion pictures, or recordings, or any other record of this event for any other purpose.

Signature of Runner/Walker  
Or Guardian: \_\_\_\_\_



Thomas S. Richards, Mayor  
City of Rochester, NY