

# Dog day at the Dam



November 3, 2018 -  
 2.3 mile walk/run - 4.8 mile walk/run \* do not need a dog to participate  
 Location: EMBUD Park, San Pablo Reservoir, 7301 San Pablo Dam Rd  
 El Sobrante, CA 94803

### 3-DIFFERENT EVENTS TO CHOOSE FROM:

- 8:30 AM - 4.8 MILE - Runners/Walkers Only
- 8:35 AM - 4.8 MILE - Runners/Walkers with Dogs
- 8:40 AM - 2.3 MILE All Runners/Walkers with and without dogs

**ENTRY FEES:** Pre-Reg / Same Day  
 2.3 Mile Run/Walk Short Course \$40.00 - \$45.00  
 4.8 Mile Run/Walk Long Course \$45.00 - \$50.00

**PRE REGISTRATION:** Must be postmarked by Oct. 27<sup>th</sup> or online @ ACTIVE.COM until November 1<sup>st</sup> 6:00 PM

**SAME DAY REGISTRATION:** Open from 7:00 AM to 8:20 AM only

**DIVISIONS:** Male and Female in 5 year age groups

### AWARDS:

Event	Group	Award
2.3 Mile Walk/Run	All	Finisher Medal
4.8 Mile Run/Walk	Male/Female Overall 49&Under With Dog	Plaque
	Male/Female Overall 50&Over With Dog	Plaque
	Male/Female Overall 49&Under Without Dog	Plaque
	Male/Female Overall 50&Over Without Dog	Plaque
	Male/Female Top 3 in Each Age Group	Medals
	Male/Female Overall Winner With Dog	Top Dog Gift
	All	Finisher Medal

Make Checks P payable to Wolf Pack Events (WPE). Detach and Mail this form to: PO Box 20691. El Sobrante. CA 94820

### Dog Day at the DAM

Event-Circle: 1. Walk/Run Short Course 2. Run/Walk Long Course w/o Dog 3. Run/Walk Long Course w/Dog Fee Paid \$ \_\_\_\_\_

T-Shirt size - Circle One: No Thank You Youth S M L XL XXL

Shirts are guaranteed to all pre-registered runners, race day they will be given out on a "first come first serve" basis

NAME \_\_\_\_\_ AGE (on race day) \_\_\_\_\_ GENDER: M F

(Please Print) Last First

NAME OF DOG \_\_\_\_\_ AGE \_\_\_\_\_ GENDER: M F (List All Dogs)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

E-MAIL \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

### Participants Under 18 must have a Parent or Guardian sign this authorization/release form.

**WAIVER:** This is a legal document, read carefully. I hereby waive and release, indemnify, hold harmless and forever discharge Wolf Pack Events, East Bay Mud, and East Bay Regional Parks District and its agents, employees, officers, volunteers, directors, and organizations affiliated with the race for any and all injuries suffered by me at the race or en-route to and from the race event. I acknowledge that the race courses are on trails and shared by with other park visitors, including: runners, hikers, bikers, and horses. I attest that I am physically fit and sufficiently trained for this competition and a licensed M.D. has verified my physical condition in the last six months. I acknowledge that I have read and understand all of the above. I grant my permission to allow photo and/or other video images of myself to be used for promotional purposes. By signature I also acknowledge that I have read and understand the Dog Rules. If I fail to return the timing chip I agree to a \$30 charge.

### How did you hear about this race?

Active.com  wolfpackevents.com  The Schedule  Mail  Friend/Family

Other \_\_\_\_\_

Further Questions?

Call Lisa Balestreri @ 510-965-3619 or Michael Balestreri @ 415-559-2434 or Call Wolf @ 510-459-0854

[www.wolfpackevents.com](http://www.wolfpackevents.com)

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## Walk & Run Rules



- (1) ALL DOGS MUST BE ON A LEASH AT ALL TIMES  
Refusal to comply with this rule will result in disqualification. RETRACTABLE LEASHES are not allowed, and all leashes may not be longer than 6 feet.
- (2) Rabies, Distemper, and Bordetella vaccinations must be current on race day. Proof of vaccination must be carried with you on race day and must be provided at the request of any Wolf Pack Event Staff.
- (3) Dogs must be one year of age or older to participate.
- (4) Female dogs in heat are requested not to attend and will be removed from the run if present.
- (5) Dog owners are responsible for cleaning up after their dog - even if this must be attended to while out on the course racing. Disposable bags will be readily available.
- (6) The Race Director, and Wolf Pack Events Staff reserve the right to remove a dog from the course if it might prove hazardous to others, or whose physical condition appears compromised before or during the event.
- (7) For safety reasons, baby joggers are not allowed to run with the dogs.
- (8) Aggressive and unruly dogs - or- owners will be disqualified.
- (9) For insurance and liability coverage, race numbers that are worn by entrants who are NOT the original entrants will be disqualified. Please do not trade or swap your number if you cannot walk or run the race.
- (10) There will be some participants walking or running the race without a K-9 companion, so those of you who do have your K-9 with you please be mindful and respectful of everyone.
- (11) By signing the registration waiver you acknowledge that you have read these rules and will abide by them.
- (12) Above all else..... **HAVE FUN !**

For more information contact Lisa at 510-965-3619 or e-mail at: [rnleelee@att.net](mailto:rnleelee@att.net)