

JOIN THE
PAWS & PALS
& 1 MILE
MUTT STRUT **5K**

"FUR"ST
Annual

For humans & their
furry best friends!



NOVEMBER 10 2019

At James Long Park
4603 James Madison HWY
Haymarket, VA

5K
starts at 9:00

1-Mile Mutt Strutt
starts at 9:30

\$30 Registration
(Until 10/10/2019, then price increases)

**Post race PAWty with food, dog kissing booth,
special guest, vendors, and activities!**

Register Online at:
www.runsignup.com/pawsandpals5k

- Register as a team or individual
- **Sponsorships & Vendor booths** available!
- No retractable leashes, please!
- 2 dogs per human
- For more information or questions,
please contact us at info@pawsandpals5k.com



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FOUNDATION
...HELPING CHILDREN DANCE IN THE RAIN



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Cats Rescue

