

FAST AND THE FURRIEST

5K RUN AND WALK

OCTOBER 7, 2023

ST MARK'S CHURCH

1 PORTER ROAD, EAST LONGMEADOW, MA

A MORNING OF FUN FOR THE WHOLE FAMILY (INCLUDING FURRY FAMILY)

8:30 AM: RUN/WALK START

9:30 AM : BLESSING OF THE ANIMALS

RACE REGISTRATION:

- \$25 EARLY BIRD
- \$30 AFTER SEPTEMBER 23
- CHILDREN 12 AND UNDER ARE FREE
- INCLUDES:
 - SPORTS TOWEL, POST RACE BREAKFAST, AWARD CEREMONY AND LIVE MUSIC
 - DOG TREAT FOR RUNNING BUDDIES
- BRING ANY AND ALL ANIMALS FOR THE BLESSING

RUNSIGNUP.COM/RACE/MA/EASTLONGMEADOW/FASTANDFURRIEST5KRUNAND1MILEWALK

FUNDS RAISED WILL BENEFIT THE MANY COMMUNITY OUTREACH PROGRAMS AT ST. MARK'S EPISCOPAL CHURCH

Human and dog teams are welcome! Just make sure to register your furry friend! All dogs must be on a leash



RACE TIMING BY GREATER SPRINGFIELD HARRIERS/FAST FEET