



RUN LIKE THE WIND

SATURDAY DECEMBER 3, 2011
**The Canine Center for Training
and Behavior, Oak Hill**

8:00 am 5K "Run like the wind" with or without dog
9:00 am 5K "Walk like the breeze" (run if you must) with or without dog
10:00 am KIDS K (no dogs please)
10:30 am Distance runs/relays (3, 6, 12, 24 hours) BEGIN
Plan on arriving at least 15 minutes before your event but allow more time if you plan on picking up your packet on Run Day.

Packet Pickup & Registration:

HELP us stay Green, bring your own bag! Check or cash only.

Friday Dec 2nd 11:30am-6pm Hill Country Running Company
215 South Lamar Blvd Austin, TX 78704

Saturday Dec 3rd: On site packet pickup and registration begins at 7:15am

Parking: On site at The Canine Center for Training and Behavior. 6901 Old Bee Caves Rd Austin Tx. Overflow parking across Old Bee Caves Road at Oak Hill Body and Paint. Carpool if possible to ease congestion, plenty of bike space.

Didn't sign up in time to guarantee your t-shirt? Come early for first come, first serve T's

ADDITIONAL INFORMATION

- **AUCTION:** A Silent/Blind Auction will run from 8am-noon. The highest bid at the end of the day is contacted to come claim their prize so you need not be present when the bidding closes.
- **YOGA:** (with or without your dog) by Becky Davis; warm-up & cool downs at 8:40am, 9am, 9:30am and 10am...plus a FULL hour yoga class at 10:30am.
- **TIMING:** Chip timing for 5K Run and Distance Runs. Check in before your allotted run to the chip allocation table

- **DOGS:** Well behaved dogs (on 6 foot or shorter leash and with current vaccinations) are welcome and encouraged at all events. No pinch, choke or electronic collars, no flex leashes allowed. For the safety of everyone, please keep dogs under control and ASK before allowing dogs to meet. Canine Massage by Sandy Rice, CCMT 8-11am
- **AWARDS:** 1st, 2nd and 3rd will be given in each event
- **AID STATION:** Located at the Start/Finish area every 1K. Stocked with Water, Sports Drinks and typical Ultra Fare. Hot and Cold food will be available for Distance Runners throughout the run. **You will receive a water bottle for your run use to reduce the need for garbage producing paper cups.**
- **DROP BAGS** for Distance Runners: Located next to Aid Station for personal clothing, nutritional needs etc. Clearly mark each bag with your name and bib number. The more visible, the easier it will be volunteers to assist you.
- **WEATHER:** This is Texas, be prepared for anything. If the weather is unsafe at the start of your event, we will delay the start. If the weather causes the event to be canceled, no refunds will be given.
- **T-SHIRTS:** If you registered BY NOV 18, your t-shirt is guaranteed. Otherwise, show up early to packet pickup for first come-first serve while quantities last. Additional Organic Cotton T-shirts may be purchased while quantities last. \$15 cash or check. Previous years available in select sizes for \$5 cash or check
- All proceeds benefit the Schrodi Training Fund, overseen by Animal Trustees of Austin, 501(c)3 tax-exempt, non-profit animal welfare organization. Monies raised helps owners who can't afford the cost of training to be able to train and keep their dogs.