

# ARK & TENT



Uniting people & animals...through travel

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## GO DOG, GO! *And Take Me With You...Races for People and their Pets*

**By Jeannine Clark**

In dozens of cities across America, it's not unusual to see people training for competitive races alongside a running buddy - except in some instances, that buddy is a dog. As any fitness guru will tell you, living a healthy lifestyle includes regular exercise; so is it any wonder that some people have discovered a way to keep fit *and* include their pets?

But what about races you can run in with your pet? In a twist on the usual humans-only footrace, two- and four-legged runners can compete in races ranging from 5K's to entire 26-mile marathons. Here's an alphabetical sampling of some of dog/owner races where runners (or walkers) can compete with their pets to win prizes, and support local charities in the process:



The **K9 CANCER WALK** benefits The Morris Animal Foundation (MAP). Established in 1948, the organization is dedicated to funding animal health research that protects, treats and cures companion animals, horses and wildlife. Its 2nd Annual K9 Cancer Walk will be held in Elk Grove, CA on April 24, 2010. More event details can be found at: [www.morrisanimalfoundation.org/about-maf/events](http://www.morrisanimalfoundation.org/about-maf/events). (You'll also find details about their Race for Hope 5K Mutt Strut at the same web address.)

**DOG RUN DOG** is a great source for upcoming races all across the country. A 5K/10K happens this spring in St. Petersburg, FL on March 6, 2010. The course is run on the trails and beaches of Fort De Soto Recreation Area, which was named America's Top Beach in 2008. The course is flat, and the Race Start/Finish line is near North Beach. To register for this race, go to: [www.dogrun.com/race-locations/030709-st-petersburg.html](http://www.dogrun.com/race-locations/030709-st-petersburg.html). For other events sponsored by Dog Run Dog, go to: [www.dogrundog.com/race-locations/index.html](http://www.dogrundog.com/race-locations/index.html).

**THE FROSTBITE 5K RUN WITH THE DOGS** is a run/walk held in Athens, GA, which took place on January 6, 2010 and benefited the Decatur Bulldog Athletic Booster Club. This fun 5K runs through both business and residential districts, and awards are given in several different categories. For details about next year's race, checkout their website at: [www.rungeorgia.com/runwiththedogs.html](http://www.rungeorgia.com/runwiththedogs.html).

**HAIR OF THE DOG 5K & PET EXPO** happens May 23, 2010 at Silver Decoy Winery in Robbinsville, NJ. Proceeds benefit the pets of the Tri-State Weimaraner Rescue and Res-Q-Pets Animal Rescue! All age-appropriate registered runners receive a wineglass (the race is, after all, held at a winery) for a free tasting afterward, plus a goody-bag packed with goodies. For more information and/or to register for this year's race, go to: [www.hairofthedog5k.com](http://www.hairofthedog5k.com).



The **OREGON HUMANE SOCIETY DOGGIE DASH**, voted Portland's favorite pet event two years in a row by readers of *Spot Magazine*, the Oregon Humane Society's Doggie Dash happens on May 15, 2010 at Tom McCall Waterfront Park in downtown Portland. Expect to find a fun run/walk event for people with or without their dogs; blocks-long pet festival with contests, vendors, music; and a pancake breakfast for all runners and walkers. On-line registration opened February 23, 2010. To find out more, call (503) 416-7082 or go to: [www.oregonhumane.org/doggiedash](http://www.oregonhumane.org/doggiedash).

**PAWS FOR PARKINSON'S** is a race specifically geared towards raising money for the research and increased awareness of Parkinson's disease. The San Diego, CA race will be held on April 17, 2010 at NTC Park at Liberty Station (in Point Loma), and this year they've added the option to bring your dog along: on leash. All dogs who participate will receive a "Paws for Parkinson's" tee-shirt. Go online to: [www.parkinsonswalksd.com](http://www.parkinsonswalksd.com) or phone (858) 273-6763 for more information.

**RACE FOR THE RESCUES** offers the option of a 5K run/walk or a one-mile kid's race to raise funds for seven Non-profit, 501c3 Rescue Groups including A Dog's Life Rescue, Animal Alliance, Best Friends Animal Society, Four-Legged Friends Foundation, Molly's Mutts and Meows, The Rescue Train & Stray Cat Alliance. Last year's race was on October 4th, and included several celebrity hosts including Dancing with the Stars' Carrie Ann Inaba. Check their website for upcoming race dates: <http://www.racefortherescues.org>.

The **11th Annual SEATTLE'S FURRY 5K** will be held in Seward Park on June 20, 2010 where you can expect to see approximately 2,800 runners and over 1,500 dogs turn out to raise money for the Help the Animals Fund which provides veterinary care and supplies for sick, injured or abused shelter animals. To participate in this year's race, check the event website for details: <http://www.furry5k.com>.

*Photo credits: iStockphoto.com*

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