

To keep everyone (and every dog) safe, special rules apply for those running with a dog at the "Run for Their Lives" K-9 miler.

We strongly suggest that both the owner and dog train for

this event. Runners, start conditioning yourselves and your dog for at least a few weeks leading up to the race. You should inspect your dog's pads for signs of injury (cuts and wear) and be careful in warmer weather (carry water, keep runs short, watch your dog for signs of stress). Talk to your veterinarian if you have any concerns. We recommend

jogging on trails or other locations where people run with their dogs, to acclimate your dog to running in a pack with distractions.

If you are running/walking with a dog, please agree to abide by these terms:

Limit one dog per person. Dogs must be at least 6 months old and up to date on vaccinations.

- Only bring dogs that are well-behaved around other dogs and people
- Dogs must be kept on a leash at all times.
- Leashes should be no longer than 6 feet; please keep it short at the start to avoid entanglement.
- No retractable leashes - these may be hazardous in a crowd.
- No dogs in heat.
- Clean up after your dog.
- Runners with dogs should begin the race toward the rear of the running pack so as not to interfere with the other race participants that are not running with dogs.