



**Get The Covid pounds off you and your dog
Obesity is hard on a dog,
Fido and owner fitness walk/run sponsored by SCKC Join 50,000
virtual runners worldwide**

Do a 5 K or 3 K run, walk, or crawl
Work at your own pace,
One day or many days

If you attend Fido Fitness at Stone City Kennel Club on Fridays, a 3K is 19 times around the ring, 5K is 27 times. Keep track of your runs and submit when completed.

Give us a picture of you and your dog with the medal for Facebook and the virtual runners page. A group shot would be great.

\$20 members and \$25 non-members
Profit goes to building fund

Completion will earn you a great Medal



Give this registration with payment to Lorrie Bartlett and report to her when you complete the run and she will give you your medal. Any questions please direct to Lorree,, e-mail is: felidae10@comcast.net

Name _____

Dogs Name _____

Member \$20 _____ Non Member \$25 _____