When: Oct. 30-Nov. 5, 2020
(registration closes on Oct. 30)

Where: Any place you enjoy spending time

How you can participate:
*** run * walk *row * swim * bike**
*** treadmill * from your couch *etc.**

Note: Medals and t-shirts will be mailed by mid-November

Cost: * $10--registration and bib emailed to you
*** $20--registration and bib emailed, and the medal is mailed to you (shipping is included)**
*** $40--registration and bib emailed, your medal and t-shirt mailed to you (shipping is included)**

Love a Golden Rescue Virtual 5K

Once you're registered, you will receive an email with your bib (you can customize it), info on submitting your time (not required) and a request for photos after run.

To register online: http://www.loveagolden.com/run

Mail: Entry form(s) and checks payable to LAGR to LAGR PO Box 27621, St Louis, MO 63146
Please send one registration form per person

Last Name .....,..... First Name.....

Address.....

City/State/Zip.....

E mail:..... Phone Number.....

Category:

Registration with bib	**$10.00**	_____
Registration, bib and medal	**$20.00**	_____
Registration, bib, medal and t shirt	**$40.00**	_____

T shirt Size (circle one) S M L XL XXL

Questions? Please email info@run4rescuedretrievers.com