

WALK & WAG

FOR ONE HEALTH



This race guide will provide you with all the information you need to make your Walk & Wag for One Health 5K, 3K, and One Health Fair experience as FANTASTIC as possible! Some important steps before the race:

Step One: If you haven't already, go like our Face Book page

<http://www.facebook.com/LouisianaOneHealthInAction>

Step Two: Read this whole document. You'll be glad you did!

Schedule of Events

Packet pick-up

SHS 9th Grade Campus (parking lot by gym)
600 Willow Avenue Sulphur, LA

Packet pick-up for the Walk & Wag for One Health 5K & 3K will be held at [SHS 9th Grade Campus](#) (parking lot by gym) on October 31st from 5:30-7:00 pm. You may also pick them up the day of the event, November 1st from 7:30- 9:00 am, but we strongly encourage you to pick up on Friday. **Race start times are: 5K - 8:00 am and 3K - 9:15 am.**

You will receive the following in your packet: T-shirt (if registered before 10/5), race bib, and race swag, AND if you registered your dog, his/her doggie swag too.

You can pick up a race packet for yourself with nothing more than a photo ID. You can also pick up packets for your friends and teammates provided they sign the attached "Packet Pick Up Waiver."

If team members would like to pick up packets for their team, they need to bring a completed "Pick Up Waiver," found at the end of this document. This waiver is required for each individual you are representing. ** We **STRONGLY** encourage you to pick up your packet on Friday. Remember, you can have someone else pick it up for you. You just need to make sure you send them with the signed Pick Up Waiver at the end of this document. If there are no other options, you can pick up your packet on race day. You will need to be there extra early and be prepared to wait in line. Race Day is CRAZY. Good crazy, of course, but still crazy. Be early. We'd hate to see you miss the pre-race fun standing in line trying to get your packet!

Weather

We will do EVERYTHING in our power to hold the Walk & Wag for One Health 5K & 3K event as scheduled. However, excessive heat, wind or rain may cause us to modify or cancel the event. Runner safety is our highest priority. Stay tuned to your email and [LOHA's FaceBook page](#) all race week for updates from us regarding any race related news and weather conditions.

ALERT LEVEL	EVENT CONDITIONS	RECCOMENDED ACTIONS
EXTREME 	Extreme and dangerous conditions exist.	Event will be cancelled. Runners should follow event official posted instructions on our Facebook page.
HIGH 	Potentially dangerous conditions exist. Severe rain, lightening, wind, heat, or cold.	Course may be altered. Start time may be delayed. Runners should slow down and observe course changes. Do not bring your dog.
MODERATE 	Less than ideal conditions.	Start time may be delayed. Runners should slow down and be prepared for worsening conditions. Know your dog! If they are frightened leave them home.
LOW 	Good conditions	All elements of the Walk & Wag for One Health will take place as planned. Runners should have fun, be alert, and enjoy your time!

Race Day Transportation & Parking

Allow plenty of time to get to the race as parking is limited on site. There is parking on the Ruth St entrance to the Grove, but additional parking is located across Cypress St next to the courthouse. Please consider carpooling. Street closures on the course will start to take effect at 5:30am, so plan your travel accordingly.

Packing List	
*Jacket if cool	*Sunglasses
*Dog Leash/Harness	*Camera/Cell phone
*Cash / PayPal / Venmo for Swag, Food, etc	*Sunscreen
*Rabies Vaccination Proof	*Towel

**If your dog is registered for the event, he/she will receive a collapsible dog water bowl to use during the event. If you are bringing your dog to the event but you did not register for the 5K or 3K, there will be collapsible water bowls for purchase. **



RACE MORNING

7:30am Arrive at The Grove (1211 Ruth St, Sulphur, LA) to park and get prepped by stretching, laughing, and meeting new friends.

7:50am- Official welcome

7:55am- Prayer and Pledge

8:00am- 5K runners will start their run.

8:45am- 5K Finish Line Festival & Awards. Grab some fruit and water, enjoy hugs from your friends, and stop by the photo booth to snap a celebratory picture to show off and raise awareness of One Health.

9:10am- Warm Up for 3K for participants and their dogs.

9:15am – 10:00- 3K fun run participants without dogs will start their run/walk. The next wave (with dogs) will advance to the start line and leave about 2 minutes later. When you are finished make your way to the Finish Line Festival. Grab some fruit and water, enjoy hugs from your friends, and stop by the photo booth to snap a celebratory picture to show off and raise awareness of One Health. Don't forget to stop by the "Good Dog" booth to grab your dog a treat!

9:00am- 11:30- One Health Fair- Stick around after the 5K & 3K to celebrate One Health Day with us at the One Health Fair! Take a stroll around the **Education Zone** sponsored by SWLA health advocates to learn more about One Health and One Health topics. Take a short quiz and submit it for door prizes! **Kid Zone-** get your face painted, receive a balloon animal or two, enjoy hands on activities, and check out the popup library exhibit. Then head over to the **Dog Zone-** check out the dogs available for adoption, get your picture taken at the "Smooch Your Pooch" photo booth, enter the "Best Dog Trick" and/or "Best Dog Costume" contests, and be sure to pick up a treat at the "Good Dog" Booth! Don't forget to check out the items at the Silent Auction and make your bids! So many great things have been generously donated to raise money for The Bartonella Project at NC State University under the direction of [Dr Ed Breitschwerdt!](#)

10:30am-11:30am- BBQ for Bartonella- Prepared by Mrs. Carolyn and sponsored by The Hut and Sonic! Enjoy lunch with us- it's for a GREAT cause: Bartonella Research!! A BBQ hotlink, chips, dessert, and a drink will be sold for \$10. All proceeds will go toward Bartonella Research at NCSU's Intracellular Pathogen Lab. Donated by The Hut and Sonic!

11:15am- Last Call for bids at the Silent Auction

11:20am- Door Prizes | Silent Auction Winners Announced | Raffle Drawings

11:30am- Smiling goodbyes and hugs! Make a date to meet someone at Sulphur's Dog Park in the future!! The rest of the day is yours. Look for your new friends and family around town. They won't be hard to spot with their Walk & Wag for One Health shirts and swag! Take pictures and tag them using #OneHealthDay, #WalkandWagForOneHealth, and #LOHA to help us raise awareness and show your support!

Starting Line

5K Runners will gather at the starting line together. Each runner will have a bib that contains a chip and times will be recorded by Race Pace Multisport, LLC. 5K runners, feel free to have a cool down walking the 3K with everyone and their dogs for free! Two races for the price of one!



3K Runners will gather at the starting line in waves. A wave will leave approximately every five minutes. Gather according to running speed. Rabbits at the front and turtles at the back. Runners with no dog will be first. Remember the event is not timed so there is no reason to go CRAZY jockeying for position. Take your time and enjoy the Run/Walk experience with your friends and family.

**** PLEASE make sure your bib number is attached and visible on the front of your shirt. This is how you will be identified as a Runner at the start/finish line. Teams may run in a group or separately, it is completely up to your discretion.****

Water Stations

Along the run route, there will be 2 water stations each with water for you and your dog. As you make your way through the water station you will be given water by our volunteers. You may share your bottle of water with your dog if he/she is thirsty. Please use the collapsible water bowl your dog received in your packet.

Please do not stop at the water station, stopping at the water station will create a bottleneck and problems for runners behind you. You may stop along the side of the road after you pick up your water to give your dog a drink if needed.

The Walk & Wag for One Health Finish Line Festival

Runners will finish back at The Grove at Heritage Square. Remember, you must be visibly wearing your race bib number so you can enter the post-race festival and help yourself to the post-race food and water. Only "5K & 3K Participants" are allowed in the finish area. Friends and family are welcome to meet up with athletes under the pavilion.

The Walk & Wag for One Health Swag Store:

The Walk & Wag for One Health Swag Store will be set up at the festival to purchase swag and race t shirts. See prices below:

- Walk & Wag for One Health shirts- \$25
- Walk & Wag for One Health bandanas- \$7
- One Health Stickers- \$1
- PuraVida Custom One Health/Bartonella Awareness Bracelets- \$8
- Eco-friendly Stainless-Steel Straw Set (Bag, cleaning brush, reusable straw)- \$7
- Eco-Friendly Collapsible Dog Water Bowl- \$10
- BBQ for Bartonella (BBQ Hotlinks, Chips, Dessert, & Drink)- \$10

RACE DAY FAQ

Do I need to be some beast mode runner to do this?

Oh my goodness, NO. There are plenty of other great 5k & 3ks out there to test speed and performance. Today is all about celebrating One Health Day with friends and family. Race your heart out in the 5K, but you can run, walk, crawl, or cartwheel the 3K fun run if you wish!

How does a “Team” work compared with a “solo” runner?

Pretty simple, you register as a (2 minimum) unit rather than as an individual. You get to pick a groovy custom team name, run/walk together, and “help” each other get hyped up over the 5K or 3k. There is no “relay” component and team members can finish together as a unit or separately.

Are cameras and phones safe to have at the 3K?

Our race photographer will be there snapping pics at the Dog Zone’s “Smooth Your Pooch” Photo booth at no cost to you, but you are welcome to use your camera or phone as well. Please be mindful of runners/walkers around you along the route. Safest to take pics at the start/finish line.

Is the 3K timed?

The 3K is not a timed event. Runners tend to take their sweet time out there, so we realized no one really cares about their Fun Run speed :) We suggest self-timing for anyone desiring a finish time.

Rules and Safety

We have just a few rules to ensure that everyone has a FANTASTIC experience:

- No alcohol is allowed at the Walk & Wag for One Health.
- If you are running with a stroller, please start at the back of the pack. Be courteous to and aware of other runners.
- If you are participating with small children, please watch and direct them through the race.
- Please follow the directions provided by race officials and volunteers.
- Above all, please be courteous and respectful to everyone around you.
- No glass bottles, containers etc... allowed inside or outside the outdoor venue (parking lots, side-walks, streets, course.)
- This is an outside event, and there is no state mask mandates for outdoors.

Walk & Wag for One Health 3K is open to humans running/walking with or without dogs. To keep everyone (and every dog) safe, special rules apply for those running with a dog.

- We strongly suggest that both the owner and dog train for this event, if you are planning on running.
- Runners should start conditioning themselves and their dog over the four-week period leading up to the race. You should inspect your dog's pads for signs of injury (cuts and wear) and be careful in hot weather (carry water, keep runs short, watch your dog for signs of stress). 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.
- Limit one (1) dog per person. Dogs must be at least 6 months old.
- Only bring dogs that are well-behaved around other dogs and people.
- Proof of rabies vaccination required.** (Current rabies tag on collar is sufficient)
- Female dogs that are in any stage of heat are prohibited.
- No dragging of dogs, they must know how to walk on a leash.
- Dogs must be on leashes at all times** (maximum 6 feet).
- No retractable leashes, which may be hazardous in a crowd. Harnesses are best.
- Keep a short leash at the start to avoid entanglement.
- You must remove any of your dog's waste. Plastic bags will be provided at the "Good Dog" station.
- The race director reserves the right to refuse entry or remove a dog from the course if it might prove hazardous to others

After the Walk & Wag for One Health

You just participated in the craziest 5K and 3k of your life! Congratulations! You deserve a nap, but not quite yet. Make sure your dog has had plenty of water and of course a treat for fantastic behavior!!

Post-Race Coverage

We do not have a contract with any race photography company. We will have a photographer who is donating their time and energy to take general shots of the race and participants, but feel free to take your own pictures as well. We will have a photo booth to take pics at, so make sure to bring your camera/phone. We will be featuring some on our website and Facebook page. Be sure to use the #WalkAndWagforOneHealth and #OneHealthDay hashtags, so we can find you. You can also send us an email with your pics at LouisianaOneHealthInAction@gmail.com. Keep an eye out, and if you don't already, like us at <http://www.facebook.com/louisianaonehealthinaction>

Thank You

Last but definitely not least, we want to thank everyone who has helped to make this event happen. The City of Sulphur, our incredible sponsors, presenters, and the volunteers who will support us at the Packet Pick Up and on Race Day, and especially YOU.

Walk & Wag for One Health 5K & 3K Packet Pick Up Waiver

Walk & Wag for One Health Participant Printed Name

shirt size

team name

I give permission for _____ to pickup my race packet.

Signature of whose packet is being picked up

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