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**FOR IMMEDIATE RELEASE**

**Two and Four-Legged Runners Raise Money for the Humane Society of Memphis & Shelby County**

MEMPHIS, Tenn. – (Sept. 19, 2017) The annual Fast and the Furriest 5k run/walk takes place at the Humane Society of Memphis & Shelby Country Oct. 21, 2017, at 9 a.m. The dog-friendly race is presented by Hollywood Feed, with all proceeds benefiting the Humane Society of Memphis & Shelby County.

Participants who do not wish to complete the 3.1-mile run/walk also have the choice in taking part in the one-mile course. This gives the option for persons and dogs with all ability levels to participate.

The race will have a chip start and finish. Two heats will be available; the first for runners with dogs, and the second for runners without. Awards are based on the fastest net/chip time. The Memphis Runners Track Club will provide timing and race results.

Although still in its planning stages, participants can expect an event similar to previous years.

“It will be the same route and all proceeds will benefit us,” said Audrey Chaney, the Humane Society’s spokesperson. “We will have vendors and adoptable pets there. After the run is over, our facility will be open for people to tour.”

The Fast and the Furriest 5K Run and Walk is one of the only dog-friendly races in Memphis. The 3.1-mile course circles the Humane Society, and is flat to accommodate running, walking, and strollers.

Attendees can expect to enjoy post-race fun that includes food, music, and the ability to meet adoptable pets.

For more information, or to sign up, please visit [www.racesonline.com](http://www.racesonline.com) or [www.memphishumane.org](http://www.memphishumane.org).

**About Humane Society of Memphis & Shelby County:**

The Humane Society of Memphis & Shelby County is a 501(c)3 non-profit, that provides shelter and medical care to injured and abused animals. Our primary goal is to provide all rescued animals in our care the training, medical care and socialization needed, prior to being adopted into a home. All funding comes exclusively from private donations.