

**GLOW  
DOG GLOW**  
— 5K —

**JUNE 13, 2026**  
DICKSON, TENNESSEE



**ATHLETE**  
**GUIDE**

# Hello, Glowers!

**Welcome to the first Glow Dog Glow 5K & Meow Mile benefiting the Humane Society of Dickson County.**

We're excited to spend race night with runners, walkers, families, volunteers, and plenty of dogs, all glowing for a cause that means a lot to our community.

This guide has the details you need for race night, including where to park, when to arrive, packet pickup, course information, awards, pets, strollers, and safety reminders.

Glow sticks will be included in your packet, but bring more if you have it. Necklaces, bracelets, light-up leashes, reflective gear, blinking shoes, the whole thing. The more you glow, the better.

The Meow Mile starts at 7:30 PM, and the 5K starts at 7:45 PM. The 5K starts at dusk on purpose so we can enjoy the glow-run feel while still getting everyone started safely.

Since this is our first year, the 5K is not chip timed and the course is not certified. A race clock will be available at the finish line.

Thank you for helping us kick off this new tradition. Let's light up race night for the animals!

## Chief

**Official Humane Society of Dickson County Mascot**

(And the Glow Dog Glow Team)



## EVENT OVERVIEW

- **Date:** Saturday, June 13, 2026
- **Event Location:** Humane Society of Dickson County, 311 Tennsco Dr, Dickson, TN 37055
- **Participant Parking:** Tennsco Corporate Office parking lot, 201 Tennsco Drive, Dickson, TN 37055, Sewing Parts Online (Warehouse), 220 Tennsco Dr, Dickson, TN 37055
- **Meow Mile:** Begins at 7:30 PM. This route is approximately 1.5 miles.
- **Glow Dog Glow 5K:** Begins between 7:45 and 8 PM, at dusk, for the visibility and safety of Meow Mile participants.
- **Virtual Option:** Glow From Home Virtual 5K is available for anyone who cannot join us in person.
- **Race Day Packet Pickup and On-Site Registration:** 6:00 PM to 7:15 PM at the Humane Society of Dickson County.
- **Timing:** This year is not chip timed and the course is not certified. A race clock will be available at the finish.
- **Restrooms:** Portable restrooms will be located outside the Humane Society near the employee entrance.
- **Beneficiary:** Humane Society of Dickson County

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## SCHEDULE OF EVENTS

This schedule covers the parts of the evening that matter to you as a participant. Setup, staging, and volunteer-only timing are handled behind the scenes.

- **6:00 PM:** Race day packet pickup and on-site registration open at the Humane Society.
- **7:10 PM:** Last call for packet pickup and registration. Please do not wait until the last minute.
- **7:15 PM:** Packet pickup and registration close so the event can start on time.
- **7:25 PM:** Opening ceremony begins with the posting of the flag, the National Anthem, an opening prayer, and race announcements. Meow Mile participants begin lining up.
- **7:30 PM:** Meow Mile begins.
- **Approximately 7:35 PM:** 5K participants move into the start area. Faster runners toward the front, walkers and strollers behind them, and dogs toward the back.
- **Approximately 7:45 PM:** Line-up begins for Glow Dog Glow 5K.
- **Approximately 7:45 PM:** Glow Dog Glow 5K begins.
- **Approximately 8:15 PM:** Awards for top finishers, once the finish line team confirms results. Finish line water, snacks, medals, photos, and Kona Ice.



## PACKET PICKUP

Picking up your packet early makes race night easier. Both early pickup and race day pickup are at the Humane Society of Dickson County, 311 Tennsco Dr, Dickson, TN 37055.

### Early Packet Pickup

- **Thursday, June 11:** 10:00 AM to 5:00 PM
- **Friday, June 12:** 10:00 AM to 5:00 PM

### Race Day Packet Pickup

- **Saturday, June 13:** 6:00 PM to 7:15 PM

Your packet includes your race bib, your event shirt if you registered before the free shirt cutoff date, glow sticks, and any available materials from our sponsors and community partners. The free T-shirt cutoff date is May 24, 2026.

### Important Packet Pickup Notes

- Someone else may pick up your packet for you if they have your registration confirmation, printed or digital.
- Check your bib before you leave the table and make sure the number matches your registration.
- Wear your bib on the front of your shirt or outer layer so volunteers can clearly see it on race night.
- **Bringing a stroller or wagon?** You must sign a stroller waiver and wear a red wristband.
- **Bringing a dog?** You must sign a pet waiver and wear a green wristband. Every dog handler needs a green wristband. Your dog does not need to be registered.
- Official Glow Dog Glow pet bandanas may be available for purchase for 20 dollars and will be available in two sizes while supplies last.

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## Glow Gear and Visibility

Glow sticks are included in your packet, but do not stop there. The more you glow, the easier it is for volunteers, law enforcement, drivers near the course, and other participants to see you. Pile it on and make yourself glow as much as you can.

- Add glow necklaces, bracelets, clip lights, glow paint, light-up accessories, reflective gear, or light-colored clothing. Bright is the goal.
- Make sure anything you wear is secure and will not fall onto the course and become a hazard for the runners behind you.
- If your dog wears glow gear, make sure it is comfortable, safe, and cannot be chewed off or become a choking or tripping hazard.
- Skip anything with loose strings, dragging pieces, or harsh flashing lights that could startle dogs or other participants.



## COURSE DETAILS

### Glow Dog Glow 5K

The 5K starts and finishes at the Humane Society of Dickson County and winds through the nearby Industrial Park area. It is a flat evening route with room for runners, walkers, families, and dogs to enjoy the glow-run atmosphere while staying close to the shelter campus.

This year the 5K is not chip timed and the course is not certified. A race clock will be available at the finish line, so you can see your approximate finish time as you cross. If you want an exact personal time, carry a watch or use a running app on your phone.

### Meow Mile

The Meow Mile is the shorter option for participants who want the glow-run experience without the full 5K. In true cat fashion, the Meow Mile does what it wants and comes in at about 1.5 miles.

### Water Station

Several water stations will be located throughout the course. One will be outside of the Martin Brower Distribution Center on Printwood Dr and at Tennsco Community Center parking lot. Water will also be available near the finish area.

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### Parking and Arrival

- Participant parking is at the Tennsco Corporate Office parking lot, 201 Tennsco Drive, Dickson, TN 37055 or Sewing Parts Online (Warehouse), 220 Tennsco Dr, Dickson, TN 37055.

Plan to arrive with enough time to park, pick up your packet if you need to, use the restroom, get your glow gear on, and walk to the start area without feeling rushed.

- **Arriving for packet pickup or race day registration:** plan for 6:00 PM to 6:45 PM.
- **Already have your packet:** arrive no later than 7:15 PM.
- Follow all posted signage and volunteer directions when you park.
- Do not park on the race route, and do not block driveways, business entrances, emergency access, cones, barricades, or volunteer staging areas.
- Use the Tennsco Corporate Office lot unless event staff directs you somewhere else. Do not assume every lot near the shelter is open for parking.
- Because this is an evening event, use extra caution when walking through parking areas and crossing any traffic areas. Keep an eye on children and dogs.

### Restrooms

Portable restrooms will be located outside the Humane Society near the employee entrance.



## RULES AND SAFETY GUIDELINES

These rules keep runners, walkers, dogs, volunteers, and spectators safe. Please read them before race night.

### Bib Placement

Secure your bib to the front of your shirt or outer layer where it is clearly visible. Even though the event is not chip timed, a visible bib lets volunteers identify registered participants to ensure runners are on the correct course.

### No Bib Switching

Please use the bib assigned to you. Bibs tell event staff who is registered and which event you are running. If you need to fix a registration issue, visit packet pickup before it closes at 7:15 PM.

### Start Line Lineup

Listen carefully to the instructions provided by the event emcees. The start moves quickly, and an organized start is a safe start.

- Meow Mile participants line up first at 7:25 PM and start at 7:30 PM.
- 5K participants, please stay behind the safety barricades to the side of the start line to ensure Meow Mile participants have cleared the start area. We encourage you to cheer on those participants!
- Once all Meow Mile runners have crossed the start line, 5k participants can enter the start line area.
- Faster runners line up near the front of the 5K start.
- Casual runners and walkers line up behind the faster runners.
- Strollers and wagons line up behind the walkers.
- Participants with dogs line up toward the back and give themselves extra space.
- The 5k start time is subject to change by a few minutes based on the pace of Meow Mile participants to ensure everyone's safety and avoid collisions. We appreciate everyone's patience and understanding. The event emcees will clearly communicate when to make your way to the start area.

### Children in Strollers or Wagons


Children who stay in a stroller or wagon do not need a bib, but they must remain seated for the entire event. **Any child who will run or walk on the course needs to be registered.**

Anyone with a stroller or wagon must sign a stroller waiver and wear a red wristband. The red wristband tells volunteers the waiver is done.



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## Dogs at the Event

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Glow Dog Glow is a dog-friendly event, and every handler is responsible for keeping their dog safe, calm, and under control. Your dog does not need to be registered, but every handler must sign a pet waiver and wear a green wristband.

- Every dog handler needs a green wristband. If more than one person will handle the dog during the event, each handler needs to check in and complete the waiver.
- Dogs must be leashed at all times.
- Fixed leashes only. Retractable leashes are not allowed on the course.
- Dogs should be comfortable around crowds, other dogs, runners, walkers, noise, music, glow gear, and evening activity.
- One dog per handler is strongly recommended for safety.
- Bring poop bags and clean up after your dog.
- If your dog becomes stressed, reactive, overheated, or hard to control, step to the side and ask a volunteer for help. Do not force an animal to participate if it is uncomfortable.

## Wheelchairs and Mobility Devices

The course is wheelchair accessible, and all are welcome. Because this is an evening road event with dogs, strollers, runners, walkers, cones, barricades, and changing light, we ask everyone to use their best judgment. If you have questions about the route or where to line up, contact the event team before race day or ask a volunteer when you arrive.

## Headphones

Headphones are allowed, but please use them responsibly. You need to be able to hear course marshals, volunteers, traffic direction, dogs near you, and everything happening around you.


## Course Marshals

Course marshals are volunteers stationed along the route to point you the right way, watch for hazards, cheer you on, and keep the course safe. They will be wearing safety yellow vests. Please follow directions from course marshals, event staff, and law enforcement. Anyone creating a safety concern may be asked to leave the course or the event area.

- Please make note of the directional arrows on the course, as the Meow Mile and 5k go in different directions.
- Marshals that are located at the key points on the course where the routes converge, or split, will have lightsabers indicating the direction of the proper course.
  - **Red Lightsabers indicate the 5K**
  - **Blue Lightsabers indicate the Meow Mile**

## Emergency Services

If you see an emergency, notify the nearest course marshal right away. If there is no immediate response or the situation is urgent, call 911 and give clear details about your location on the course.

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## Weather

Glow Dog Glow is planned as a rain or shine event. If severe weather or unsafe conditions come up, updates will be shared through the event website, email, and social media as available. If there is a sudden weather emergency, we ask that participants take proper shelter immediately and wait for instructions from law enforcement or other emergency services.

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## FINISH LINE SAFETY AND POST-RACE ACTIVITIES

After you cross the finish line, keep moving through the finish area so other runners and walkers can finish safely.

- **For Meow Mile Participants:** Please note that this course forms a loop; there will be a temporary finish line at the Humane Society parking lot, as the 5K starting line-up will have begun. Please make your way to the other side of the barricade and cheer on the 5k runners as they begin their race. You will have approximately 12 minutes to take pictures, receive your finisher medal, and celebrate your completion of the route.
- **For Glow Dog Glow 5K Participants:** Upon completion of your 5K route, please clear the finish line area as quickly as possible, and be aware of other runners finishing quickly behind you.

Once you are clear, enjoy the post-race area with friends, family, fellow glow runners, and your dog if you brought one.

- Finisher medals are handed out at the finish line to registered participants wearing a bib.
  - Water will be available at the finish area.
  - Simple snacks such as bananas and oranges will be available while supplies last.
  - **Kona Ice is free** to any participant wearing a race bib, courtesy of Kona Ice of West Dickson and Hickman County.
  - Take photos, thank a volunteer, and enjoy the first Glow Dog Glow evening together.
  - There will also be a large dog play group of adoptable pets in the Dog Park. **Please do not let your personal pet in the dog park.** If you are thinking about making an addition to your family, take this as an opportunity to make a new friend.
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## Awards and Timing

Glow Dog Glow is not chip timed this year, and the course is not certified, so there are no official chip-timed results for 2026. A race clock at the finish line will show your approximate time as you cross. Award placements are based on the finish line team confirming the top overall finishers.



### 5K Awards

- 1st Place Overall Male
- 2nd Place Overall Male
- 1st Place Overall Female
- 2nd Place Overall Female

### Meow Mile Awards

- 1st Place Overall Male
- 1st Place Overall Female

There are no age group awards this year. If you want a personal record of your run or walk, carry a watch or use a running app.

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## Why This Run Matters

Glow Dog Glow supports the Humane Society of Dickson County, a safe haven for homeless animals right here at home. HSDC takes in animals who need shelter and care, works to educate the community about spay and neuter, and adopts out more than 1,000 pets every year. Second chances are the whole point.




Every registration, donation, sponsorship, volunteer hour, and share helps make that work possible. When you show up to run, walk, and glow, you are helping an animal find its way to a home. Thank you for being part of it.

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## Thank You to Our Volunteers

Glow Dog Glow runs on volunteers, plain and simple. Our course marshals stand out in the dark to keep everyone pointed the right way. Our packet pickup crew answers the same questions a hundred times over and still smiles. Our finish line team hands out medals and water, and our setup and breakdown crews handle the heavy lifting that most people never see. Add in our cheer crew, food volunteers, and the folks working quietly behind the scenes, and you have the whole reason this night happens at all.

To everyone giving up a Saturday evening to make this event safe, organized, and fun, thank you. The animals at the Humane Society of Dickson County are better off because you showed up, and so are we.





## THANK YOU TO OUR SPONSORS

We are thankful for the sponsors who are helping make our first Glow Dog Glow possible. Your support keeps this event running and helps the Humane Society of Dickson County continue caring for the animals who need it most.

### Platinum Sponsors

- Tensco
- Parker Peery Properties
- The Jackson Foundation

### Gold Sponsors

- Martin Brower
- Southpoint Risk
- The Correll Foundation
- City of Dickson Police Department
- Dickson County Sheriff's Office
- Town of Burns Police
- Greenwood Resources
- Jones Bros Towing & Trucking
- Hope Center Ministries
- WKRN News 2

### Silver Sponsors

- Norman Well Drilling
- Daltilo
- Back Alley BBQ
- Your Vibes Entertainment
- Face Painting & Balloon Fun by Devona
- Kona Ice of West Dickson/Hickman County
- Love\_Letters 615

### Bronze Sponsors

- First Federal Bank
- Clarksville Running Club
- Ignite Broadband
- State Representative Jody Barrett
- Specialty Electric Company
- Avenue Realty Group
- Boardable 615





## FREQUENTLY ASKED QUESTIONS

### General Questions

#### **Is the event rain or shine?**

Yes. Glow Dog Glow is planned as a rain or shine event. If severe weather or unsafe conditions affect the event, updates will be shared through the event website, email, and social media as available.

#### **Can I bring spectators?**

Yes. Spectators are welcome in safe areas near the start and finish and along approved viewing areas. Please keep the course clear for runners, walkers, dogs, volunteers, and emergency access.

#### **What should I bring on race night?**

Bring your race bib if you picked it up early, comfortable shoes, weather-appropriate clothing, plenty of glow gear, water for yourself and your dog, poop bags, and anything your dog needs to stay comfortable. Glow sticks come in your packet, but bring more glow of your own.

#### **Where are the restrooms?**

Portable restrooms will be located outside the Humane Society near the employee entrance.

#### **Where do I park?**

Participant parking is at the Tennsco Corporate Office parking lot, 201 Tennsco Drive, Dickson, TN 37055, or Sewing Parts Online (Warehouse), 220 Tennsco Dr, Dickson, TN 37055. Follow all signs and volunteer directions when you arrive.

### Registration and Packet Pickup

#### **Can someone else pick up my packet for me?**

Yes, as long as they have your registration confirmation, printed or digital.

#### **What if I miss early packet pickup?**

You can pick up your packet on race day at the Humane Society from 6:00 PM to 7:15 PM. Pickup and registration close at 7:15 PM so the event can start on time.

#### **Can I register on race night?**

Race day registration is available online through 7:15 PM, unless the event sells out or registration closes earlier. QR codes may be posted on site to help you register. Please arrive early if you still need to register or pick up a packet.

#### **What if I lose or forget my bib on race night?**

Visit the race day packet pickup table before it closes at 7:15 PM, unless the event sells out or registration closes at 7:15 PM, so the event can start on time. Please do not wait until the last minute.





**What if I missed the T-Shirt deadline can I still purchase a shirt?**

Shirts will be available to purchase for 20 dollars at pre-race packet pick up and race day packet pick up, while supplies last.

**Are refunds available?**

No. Refunds are not available for this race.

**Course Details**

**Is the 5K or Meow Mile chip timed?**

No. The 2026 Glow Dog Glow 5K and the Meow Mile are not chip timed and are not currently certified. A race clock for each event will be available at the finish, but if you want an exact personal time, carry a watch or use a running app.

**Will there be official results?**

No. Because the race is not chip timed and is not currently certified, there will not be official results for the 2026 event. The focus this year is on a safe, fun, well-run evening with a plan to move toward certified timing in the future.

**How are the award winners decided?**

The finish line team confirms the top overall finishers as they cross. Awards go to the 1<sup>st</sup> and 2<sup>nd</sup> place overall male and female in the 5K and the 1<sup>st</sup> overall male and female in the Meow Mile.

**Is the Meow Mile actually one mile?**

No. The Meow Mile is approximately 1.5 miles.

**Where is the water station?**

At the Tennsco Community Center parking lot and the Martin Brower Distribution Center parking. Water will also be available near the finish area.

**Is the course wheelchair accessible?**

Yes. The course is wheelchair accessible, and all are welcome. Because this is an evening road event with dogs, strollers, runners, walkers, cones, barricades, and changing lights, please use your best judgment and reach out before race day if you have questions about the route.

**Can I ride a bike, bring a skateboard, or wear roller skates on the race course?**

No, for all runners' safety, no recreational equipment will be allowed on the course. Only strollers, wagons, and accessible devices are allowed.





## Pets

### **What kind of pets are allowed?**

This is a dog-friendly event. For safety, dogs must be leashed and under control at all times. Any other animal should be approved by event leadership before race day.

### **Do I need to register my dog?**

No. Your dog does not need to be registered. You do need to sign a pet waiver, and every dog handler must wear a green wristband.

### **What do I need to bring for my dog?**

A fixed leash, poop bags, and any comfort items your dog may need. Make sure your dog is comfortable around crowds, other dogs, runners, walkers, music, glow gear, and evening activity.

### **Are retractable leashes allowed?**

No. Retractable leashes are not allowed on the course. Please use a fixed leash.

### **What if my dog becomes stressed or reactive?**

Step to the side and give your dog space. Ask a volunteer for help if you need it. Safety matters more than finishing the route.

### **Does my dog receive a finisher medal?**

At this time, finisher medal supplies are limited to only those who are registered and have a bib assigned to them, but feel free to put your own medal around their neck for an adorable picture.

## Strollers, Wagons, and Accessibility

### **Are strollers and wagons allowed?**

Yes. Children who stay in a stroller or wagon do not need a bib but must remain seated the whole event. Any child running or walking the course needs to be registered.

### **Do I need a waiver for a stroller or wagon?**

Yes. Anyone with a stroller or wagon must sign a stroller waiver and wear a red wristband.

### **Does my registered baby receive a finisher medal?**

At this time, finisher medal supplies are limited to only those who are registered and have a bib assigned to them, but feel free to put your own medal around their neck for an adorable picture.

## Safety and Rules

### **What do I do if I notice an emergency during the event?**

Notify the nearest course marshal right away. If you need more help or there is no immediate response, call 911 and provide details.

### **Are headphones allowed?**

Yes, but please use them responsibly and stay aware of your surroundings.





### **Can I walk instead of run?**

Yes. Glow Dog Glow is open to runners and walkers of all experience levels.

### **Do I get Kona Ice?**

Yes. Kona Ice is free to any participant wearing a race bib.

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### **Contact Information**

- **Event Email:** glowdogglow5k@gmail.com
- **Location:** Humane Society of Dickson County, 311 Tensco Dr, Dickson, TN 37055
- **Race Website:** <https://runsignup.com/Race/TN/Dickson/hscd>
- **Humane Society Website:** humansocietyofdickson.com
- **Facebook:** Humane Society of Dickson County

Thank you for being part of Glow Dog Glow. Together, we are building a fun race-night tradition that supports the animals in our community.