



## THE FAST & THE FURRIEST® PARTICIPANT GUIDE

Saturday, June 6, 2026

10K starts at 8AM | 5K starts at 8:15AM | ½ Mile Kids Race starts at 9:30AM | Dog Walk starts at 10:00AM

### PACKET PICK UP DATES & LOCATION:

#### Dates:

Friday, June 5th from 10am – 6pm

- **Location:** Fleet Feet the Armory located at [155 Culver Rd #110, Rochester, NY 14620](#)

Saturday, June 6<sup>th</sup> from 7am – 9:30am for the 5K, 10K & kids race and 8:30 – 10:00am for the dog walk

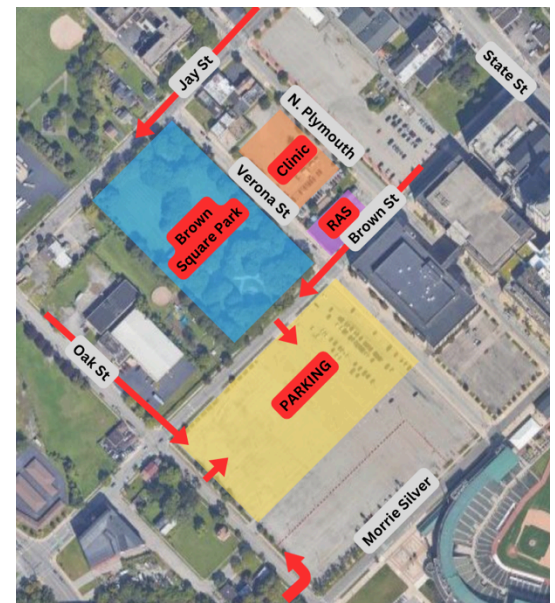
- **Location:** In Brown Square Park - race morning - [251 Verona St, Rochester, NY 14608](#)

**\*\* Please try and pick up your race packet prior to race morning. Only the 5K & 10K participants will get a timing bib! Kid's race will get a bib but it is not timed.**

**Anyone in the dog walk will just get a t-shirt and not a bib\*\***

### EVENT PARKING:

Participants are to park in the Kodak D Parking lot on event day. **The Kodak Lot can be best accessed from Oak St or Morrie Silver Way. There are TWO access points into the lot (see map).** The lot is accessible via Brown St but Brown St will be closed during the races from 7:45am – 10:00am.



### FAQ:

Q: Can I pick up someone else's bib?

A: Yes, you may pick up other's bib

Q: Can I switch my giveaway size?

A: No, shirts were ordered based off the size you indicated during your registration. You may stop back after the race to see what sizes we have left and potentially swap.

Q: Can I run with my dog?

A: Running your pet the distance you signed up for it up to the owner's discretion on if your pet is capable in competing. Participating with your pet is your liability and please be cautious of other runners.

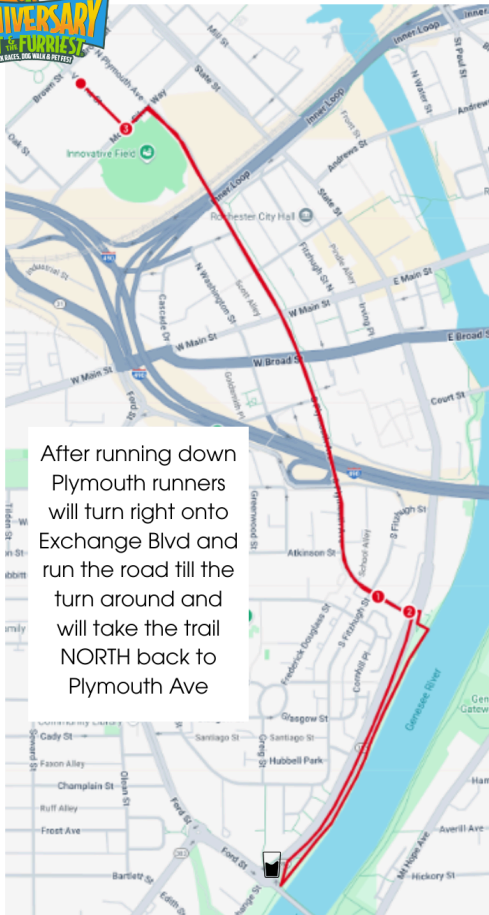
### EVENT DAY TIPS:

- Give yourself enough time
- Don't forget your bib!
- Hydrate
- Have fun

## COURSE ROUTES:



### 5K Route



After running down Plymouth runners will turn right onto Exchange Blvd and run the road till the turn around and will take the trail NORTH back to Plymouth Ave



### 10K Route



#### CHANGE IN ROUTE!

Stay on Exchange Blvd and take a left to go over the Ford St. Bridge and turn right onto Wilson. Participants will stay on Wilson until the turn around and then get on the river trail to Dinosaur BBQ and then city roads to the finish

#### NOTE: 5K & 10K SPLIT

The split will take place on Exchange Blvd as you approach Ford St. The **10K** will continue straight on Exchange to Ford St and turn left onto the bridge. The **5K** will turn off of Exchange and onto the trail right after the water stop and will head NORTH on the trail back to Plymouth St.

#### 10K ROUTE TURNAROUND

When you on Wilson St and are heading towards the University of Rochester Campus you will stay on the southbound side of the road (closest to the river) and will turn around ON THE ROAD at the cone and then run back to the turn on to the trail.





## 1 Mile Dog Walk



## 1/2 Mile Kids Run



A closer look at all routes can be accessed [HERE!](#)

Follow the directional signs and listen to the road marshals on course!

### WATER STOPS:

**5K route:** There is one water stop located on Exchange Blvd before the 5K & 10K split around mile 1.5

**10K route:** There are two water stops on the 10K. The first stop is the same as the 5K water stop. The second is located on the Genesee River Trail on the east side of the river just past the Ford St bridge a little after 4 miles

### EVENT DAY TIMELINE:

- 7:00AM- 5K, 10K & Kids Race Registration Opens
- 8:00AM - 10K Race Start on Verona St.
- 8:15AM - 5K Race Start on Verona St.
- 8:30AM - Dog Walk Registration Opens and the Pet Festival Begins
- 9:00AM - Shelter Opens, Vaccine Clinic presented by Thrive Pet Healthcare Opens and Raffles Begin
- 9:30AM - ½ Mile Kids Race Begins
- 9:00AM - Adoptable Pet Showcase
- 10:00AM - Dog Walk Begins
- 11:00AM - Pet Contests presented by Pet Supplies Plus at Stage
- 12:00PM -Raffle Ends and Winners Announced
- 1:00PM - Vaccine Clinic presented by Thrive Pet Healthcare Closes & Pet Festival Ends

### RACE AWARDS:

There will be no award ceremony for the 5K and 10K, but awards can be picked up at the registration table when results become available. Winners will receive a gift card to use at Fleet Feet.

#### 5K & 10K Awards Given To:

- Overall Top Three Male and Female Finishers
- Overall Male and Female in the Masters division
- 1<sup>st</sup> Place in each Age Group
  - Age Groups include: 19 & under, 20 – 29, 30 - 39, 40 – 49, 50 – 59, 60 – 69, 70 & over.

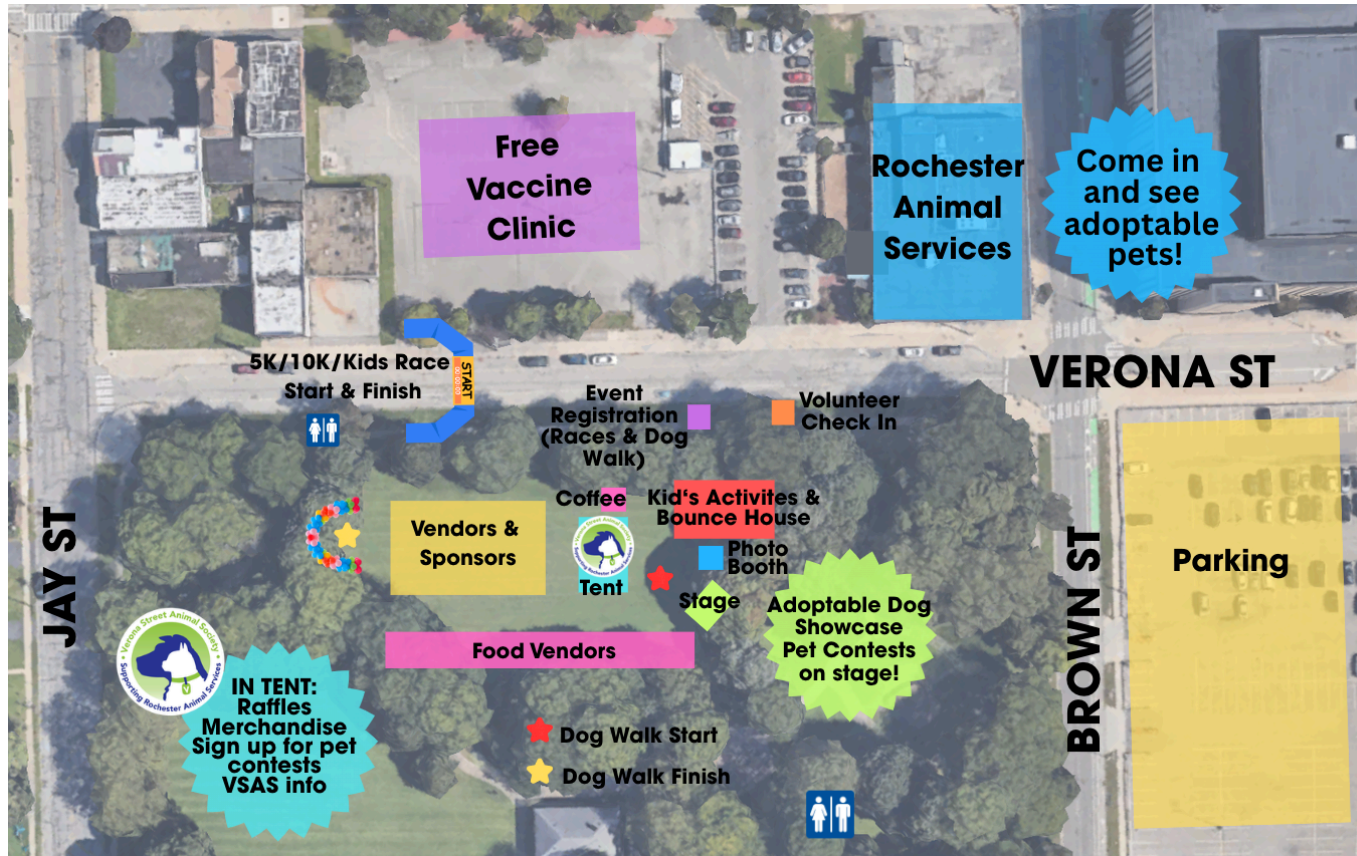
**If you are not present to pick up your award, you have until June 28th to stop into Fleet Feet the Armory location to claim your prize.**

## VIRTUAL PARTICIPANTS:

Please make sure to enter your virtual time once you have completed the event. You have until the end of the day on June 7 to submit your time. Here is the link with information on how to submit results >> [Click here](#).

\*\*If you choose to have your items shipped to you, they will be shipped out at the end of this week.

## RACE DAY & FESTIVAL MAP



- **Packet Pick Up/Race Day Registration** – in Brown Square Park near Volunteer Check In
  - 7am – 9:30am for the 5K, 10K & kids race and 8:30 – 10:00am for the dog walk
- **5K, 10K & Kids Race Start & Finish Line** – On Verona St. between Jay St and Brown St.
- **Awards** – there will be no formal award presentation. Awards can be picked up at the registration tent, once results are in.
- **Vaccine Clinic presented by Thrive Pet Healthcare** – Opens at 9am in the parking lot across the street from park
- **Dog Walk Start Line** – in Brown Square Park in front of the stage (red star on map)
- **Adoptable Pet Showcase** – at the Stage. Begins at 9:00AM. See what pets are available for adoption.
- **Pet Contests presented by Pet Supplies Plus** – at the Stage. Begins at 11:00AM – more information on the various contests offered below
- **Bathrooms** – in the Southwest corner of the park and on Verona St near the start line
- **VSAS Tent** - includes information on adoptions, merchandise, raffles, pet contest sign ups

## VACCINE CLINIC Presented By THRIVE PET HEALTHCARE:

**FREE** vaccine clinic, which includes rabies and DAPP vaccines and microchipping, will take place in the parking lot just North of the shelter from 9am to 1pm or while supplies last. This clinic is first come, first serve with no appointments necessary or available. This clinic is for dogs. One dog per person. All dogs must be leashed and previous rabies paperwork should be provided. **If you have a dog that needs to be vaccinated, take advantage of this awesome opportunity!!**

## PET CONTESTS Presented By PET SUPPLIES PLUS

Enter your pet in one of the many pet contests that will kick off at 11:00am. Your dog could win a basket of great prizes from Pet Supplies Plus. The categories this year are:

- Best Trick
- Best Dress/Costume
- Look A Like (owner and pet)
- Fluffiest
- Hot Dog Eating



## ADOPTABLE PET SHOWCASE:

See which pets are available for adoption during the Adoptable Pet Showcase taking place at 9:00am at the Main Stage. Bring home your new companion on Saturday!

## VSAS MERCHANDISE:

Support VSAS by sporting your own VSAS gear! Hoodies, long and short sleeve t-shirts, tank tops, hats, car decals and water bottles will be available for purchase in the big tent.

## RAFFLES:

Enter the raffles for a chance to win some great prize baskets from our partners! Here is just a couple of the prizes up for raffle. The raffle ends at 12:00pm and then the winners will be announced!

**Stop by the big tent to see all the great prizes! All funds raised go towards supporting shelter pets in need.**

## VENDORS & FOOD TRUCKS:

The list of participating vendors can be found on the <https://www.vsas.org/the-fast-the-furriest> website. Monster Hots, Shakin' Smiles, ScoopUp Creamery, Luigi's Coffee and Terry's Tips & Beef will be in attendance!

## THANK YOU SPONSORS!

### VACCINATION CLINIC



### BIG DOG



### PARTICIPANT T-SHIRT



### CHAMPION



### RACE



### PET CONTEST



### FOREVER HOME



### MEDIA PARTNER



### WORKING DOG



### SHELTER FRIEND

