



Benefit Walk/Run for Feline Lovers, Runners, and their Friends

Friday, August 14
stepping off at 6 pm
from Sherwood High School

There's a new event coming to the Portland-metro area this summer:

The CATnip Friday 5k & Mouse Miler

The CATnip Friday 5k & Mouse Miler is creating a lot of buzz among cat lovers and runners. Participants will run, jog and walk along a scenic route through Sherwood, enjoying the beauty of a woodland trail and Stella Olsen Park. The event ends at Sherwood High School with food, music, and prizes.

This 5k is unlike others in town. **This course will be USATF certified**, so it will appeal to serious runners who like to run accurate courses. The Mouse Miler is a timed street mile that will take place after the 5k.

The CATnip Friday 5k offers:

- Chance for serious runners to run a USATF certified course
- Timed street mile after the 5k (free with registration)
- Opportunity to participate in the only run/walk benefiting cats and CAT
- A fun family event
- Takes place on a balmy August Friday evening – when no other run/walks are happening
- Course is ideal for runners, joggers, and walkers of any age
- Registration is only \$20 per runner/walker
- Gather \$100 in pledges and get your commemorative event t-shirt
- Raffle drawings and prizes



You don't have to sweat to purr!