



FOR IMMEDIATE RELEASE

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Hand in Paw to Host Mutt Strut In-Person After 2-Year Hiatus

Presented by Blue Pearl Specialty + Emergency Pet Hospital and Veterinary Eye Care in Memory of Christopher Nelms

Birmingham, AL: Hand in Paw is excited to announce that Mutt Strut will take place in-person for the first time since 2019! To celebrate Mutt Strut’s return, Hand in Paw is hosting the 12th Annual Dog-Friendly 5k and 1 Mile Fun Run at a brand-new location with new and improved race routes! All dog lovers and running enthusiasts are invited to join Hand in Paw on Saturday, April 23, 2022 at Homewood Central Park for a day full of families, fun and fur!

Mutt Strut is hosted by Hand in Paw’s Junior Board and supports the Animal-Assisted Therapy nonprofit. Hand in Paw’s professionally trained teams of animals and handlers provide comfort and joy in more than 60 medical centers, schools and human service agencies free of charge. Money raised at this event makes it possible for Hand in Paw to continue to positively impact the lives of countless people dealing with emotional and physical life challenges across North Central Alabama and Tuscaloosa.

Registration for the 5k costs \$30, while the fun run is \$25. Included in the race registration is a race t-shirt and doggie bandana, entry into award categories, and a chance to visit with local vendors and breakfast food trucks in the Vendor Village. Hand in Paw even offers a sleep-in option for \$15 if runners can’t join the festivities but still want to show their support and score some swag.

Brittany Filby, Hand in Paw’s Communications Director, states, “Mutt Strut was cancelled in 2020 and held virtually in 2021 due to COVID-19, so we are extremely excited and grateful to host this year’s dog-friendly 5k and fun run in-person at Homewood Central Park. The Hand in Paw staff is working hard to bring lots of excitement and newness to the race, including revamping the event branding, hosting the race at a new location, and coordinating with Magic City Disco for amazing pre-race entertainment!”

The Awards Ceremony will be held onsite after the race at 10:45am and participants can enjoy music, vendors and delicious food trucks!

To register and to learn more about Mutt Strut, please visit www.handinpaw.org/muttstrut.

To become a vendor at Mutt Strut or to make a donation, contact Taylor Wynn at taylor@handinpaw.org.

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ABOUT HAND IN PAW

With a mission to improve human health & well-being, Hand in Paw is Alabama’s premier Animal-Assisted Therapy provider and a national leader in this growing field. Hand in Paw’s professionally-trained volunteer handler and animal Therapy Teams help improve people’s day to day lives in several medical centers, schools, and human service organizations throughout North Central Alabama and Tuscaloosa. Our volunteer teams make thousands of beneficial visits through community events and participating facilities each year, helping countless children with special needs, at-risk youth, struggling students, and people with chronic and terminal illnesses. At no time has Hand in Paw charged for its services. For more information, visit www.handinpaw.org.