



FOR IMMEDIATE RELEASE

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CONTACT:

Brittany Filby, Director of Communications
205.322.5144x160 brittany@handinpaw.org



Earth Day is Going to the Dogs at Hand in Paw's Mutt Strut

Presented by BluePearl Specialty + Emergency Pet Hospital in memory of Christopher Nelms

Birmingham, AL: Hand in Paw's 13th Annual Mutt Strut: Dog-Friendly 5k and 1 Mile Fun Run presented by BluePearl Specialty + Emergency Pet Hospital will take place at Homewood Central Park on Earth Day, April 22nd, 2023! All dog lovers and running enthusiasts are invited to join Hand in Paw for a day in the great outdoors full of exciting races, contests, and vendors – all while supporting a wonderful cause!

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 at local 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.

Brittany Filby, Hand in Paw's Communications Director, states, "Going for a walk or run with your furry friend is a great way to get outdoors and appreciate our beautiful world, so we thought hosting Mutt Strut on Earth Day was a great idea! Attendees are encouraged to get into the Earth Day spirit by wearing on-theme costumes, bringing refillable water bottles to the race to reduce plastic waste, and carpooling to the event to reduce carbon emissions! We will also have recycling stations and a local flower truck at the race for more Earth-friendly fun."

Registration for the 5k costs \$30, while the fun run is \$25. Included in the race registration is a race t-shirt and matching doggie bandana, entry into award categories, and a chance to visit with local vendors and food trucks in the Mutt Strut 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. To add even more excitement to the day, Hand in Paw will have free face painting and a gigantic bubble blowing station for the kiddos! Plus, attendees can look forward to a fun dance performance by local disco group, Magic City Disco.

Mutt Strut registration and Vendor Village opens at 7:30am with the races starting at 9am. The Awards Ceremony will be held onsite after the race at 10:30am and participants can enjoy music, vendors and delicious food trucks!

To register online 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.

Mutt Strut would not be possible without our Gold sponsors: VP Funds, ABC 33/40, and Synovus

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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.