

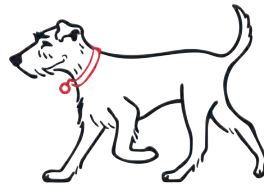


**FORSYTH  
HUMANE  
SOCIETY**

Winston-Salem, NC

Press Release - Date 2022

## **Mutt Strut, the triad's biggest dog walk and 5k, returns to being in-person for 2022**



FORSYTH HUMANE SOCIETY  
**MUTT STRUT**  
WALK & RUN

Forsyth Humane Society's Mutt Strut, presented by Bob King Automotive Group, is a 5k and fun run in Lewisville, NC, on Saturday, May 7. After two virtual races, 2022 will see the return of in-person racing! Mutt Strut is for people of all skill levels, and is more than just running and walking; there will be a costume contest, a variety of vendors, and the gathering of our community's pet parents and animal welfare enthusiasts. Mutt Strut is a fun, active way to be involved in FHS's mission to get Forsyth County's animal save rate to 90% by 2023.

Participants are welcome (and encouraged) to bring leashed, vaccinated, and friendly pets. The previous live and in-person run in 2019 saw many dogs and even some cats among the racers! Both humans and animals are encouraged to wear some festive gear for the Mutt Strut Costume Contest. However, a pet is not a requirement, and more serious runners can instead focus on enjoying the professionally timed course, certified by the USATF. This year's course being a loop through Lewisville beginning in Shallowford Square. There will be prizes for male, female, and non-binary overall winners as well as for the costume contest and top fundraiser.

Though the event is for all skill levels and very much about companionship, anyone worried they may not be fast enough can employ the 7 week training program available on FHS's website. Each week comes with a unique Spotify playlist to put some pep in your step (or paws). For those who perform at their best while in a group, teams of more than five have a discounted registration. So, however you plan on moving, this event is the perfect way to show your love for animals.

The Mutt Strut's racers, sponsors, and fund raisers are ultimately a part of FHS's life saving programs, adoptions, fosters, and more that go towards keeping Forsyth County's save rate as high as possible. Every registration or donation adds up towards supplying medical care, food, and staffing for the many animals that come in to the county's only open admission shelter. This event would not be possible without the community and sponsors like: Bob King Automotive Group, Jane Hanes, Adrienne Amos Livengood, North Point the Superstore, John Hoemann and Howard Upchurch, and many more!

Registration closes on May 3rd, though day-of registrations will be available. To register, donate, become a sponsor, or for more info, go to [www.forsythhumane.org/muttstrut](http://www.forsythhumane.org/muttstrut) For more information, contact Kristen Williams [kwilliams@forsythhumane.org](mailto:kwilliams@forsythhumane.org)

#### About Forsyth Humane Society

Forsyth Humane Society has promoted and provided for the humane treatment of cats and dogs in Forsyth County, North Carolina, since 1941. FHS has grown over the years and now serves as the leading nonprofit organization in the Triad, providing information on animal resources, pet food assistance, and operating as Forsyth County's only open admission animal shelter. FHS has set a goal of reaching a 90% save rate of shelter dogs and cats in Forsyth County by 2023.

FHS believes that animal companionship enriches people's lives, building character and teaching compassion. FHS's goals to enrich human lives and save animal lives will be achieved through education, outreach, foster care, adoptions, and caring for animals that come through our doors.

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# #SAVEFURSYTH