

To: cinnis@newsobserver.com

Subject: The Fast and the Furriest 5k

INDEPENDENT ANIMAL RESCUE ANNOUNCES ANNUAL ‘THE FAST AND THE FURRIEST’ 5K

Offers Virtual and 1 Mile Options As well

DURHAM, N.C., April 17, 2024 – Independent Animal Rescue will host its annual ‘The Fast and the Furriest’ 5k on May 11 at Gold Park in Hillsborough, NC. IAR is a non-profit group in the Triangle region of North Carolina that works to provide homes for hundreds of unwanted cats and dogs each year.

The 5k portion of the event will begin at 9:30 a.m. and the 1 mile walk will begin shortly after at 9:45 a.m. Virtual Participants can begin participating as early as May 4.

The 5k aims to raise \$40,000 for IAR’s general fund. The general fund is used to fund medical care for cats and dogs in its foster program, maintenance of its facility, toys, food and other supplies to keep the animals happy and healthy. For more information about IAR’s general fund, you can click [here](#).

For the first time, the event will offer an in-person option. Beginning in 2021, the event was only held virtually due to Covid-19 restrictions. After not being held in 2023, the event is back and better than ever, featuring local vendors, sponsors and many adoptable puppies.

Registration for the event will close on May 10 at 5:00 p.m. for both the virtual and in-person options. Participants can register for the in-person option [here](#) and the virtual option [here](#). For participants under 18, the cost of registration is \$25. For those over 18, the cost of registration is \$35.

Visit IAR’s [The Fast and The Furriest](#) page for more information about the event.

About Independent Animal Rescue

Independent Animal Rescue, located in Durham, North Carolina, is a nonprofit organization that rescues and provides homes for abandoned and abused cats and dogs in the Triangle. Founded in 1995, the organization offers free spay and neuter services, adoption resources and various volunteer opportunities for those in the surrounding communities. In 2023, IAR spayed and neutered thousands of animals through partnerships with local veterinarians and found homes for over 400 animals. In the future, IAR plans to continue to increase awareness of its services and programs through the continued efforts of volunteers and donations. For more information, contact IAR at info@animalrescue.net or visit its [website](#).

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For more information: <https://animalrescue.net>