

# Memphis Animal Services Hosts Personal Trainers & Running Buddies Dog Adoption Event

*Event at 101 South Main will feature young, active dogs for adoption*

In partnership with the Downtown Commission, Memphis Animal Services will host Personal Trainers & Running Buddies, a dog adoption event, at 101 S. Main St., on Saturday, Jan. 14, from 11 a.m. to 3 p.m.

MAS will have dogs available for adoption at the event who would be an excellent fit for people with an active lifestyle (or those who've made a commitment to achieving an active lifestyle). There will be 10-15 dogs available for adoption who, due to their age, temperament, size, and energy level, would do best in a home where they'll go for regular walks, runs, hikes, or other fun, physically and/or mentally challenging activities.

"We know a lot of people make New Year's resolutions to exercise more or get in shape, and these Personal Trainer & Running Buddy dogs can absolutely help you do that," said Alexis Pugh, administrator of MAS. "[Studies](#) have shown that dog owners are more likely to reach their fitness goals than those who don't own dogs, and you'll really be getting an extra boost if you adopt an active dog who needs daily exercise like runs or walks."

All dog adoptions at the Personal Trainers & Running Buddies event will be \$35 cash-only (nearly half off the regular adoption fee) and will include spay/neuter, microchip, vaccinations, customized ID tag (to be picked up at the shelter), and collar/leash, as well as a goody bag from Hollywood Feed.