



20th Annual

Frog Hop 5K

And Tadpole 1 Mile Fun Run **At** Sandy Creek Nature Center

Sunday, February 10, 2019
2 p.m.-Fun Run 2:30 p.m. - 5K

Get Your Peachtree Qualifier!




An AJC Peachtree Road Race
Qualifying Event
USATF Certified Course GA17022DJ

Awards: Awards for overall male/female, overall male/female masters and top three in 15 age groups. Recognitions for kids in the Fun Run.

Course: Both races are on the paved North Oconee Greenway, starting at Sandy Creek Nature Center. The race is part of the Run and See Georgia series.

Directions: Sandy Creek Nature Center, 205 Old Commerce Road. Entrance to Nature Center is one mile north of the Athens Perimeter, just off Route 441.

Entry Fees: Entry fees post-marked or paid in person before Jan. 30: \$20 per person (either event), \$60 family of four rate, \$17 for “no-shirt” option. All entries received after Jan. 30 or on race day are \$25 per person and cannot be guaranteed a t-shirt.

Goodies: Early entrants will receive a unique short-sleeved t-shirt (and while supplies last to late registrants) snacks, bananas and other goodies.

Information: Please call Katie at Sandy Creek Nature Center, (706) 613-3615



2019 Frog Hop Entry Form

Please return form (one entrant per form) and check to Frog Hop 5K, c/o Sandy Creek Nature Center, 205 Old Commerce Road, Athens, GA 30607. Entry fees postmarked or paid in person **before Jan. 30:** \$20 per person (either event), \$60 Family-of-4 rate, \$17 for “no-shirt” option. **All entries received after Jan. 30 or on race day are \$25 per person and not guaranteed a t-shirt.**

Name: _____

Age: _____ DOB: _____ Sex: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

e-mail address: _____

Event: 5K Tadpole Fun Run

Size: Child Small Child Med No Shirt Option (\$17, by Jan. 30 only)

Adult Small Adult Med Adult Lg Adult XL Adult XXL (please add \$2)

(same as Child Large)

WAIVER:
 I hereby release the hosts, sponsors, and officials of the 20th Annual Frog Hop 5K and Tadpole 1 Mile Fun Run from all claims of injury or damages resulting from my participation in said events. This is a strenuous event, which requires proper physical conditioning, and I certify that I am in proper physical condition to participate.
 I also give permission for use of my name and/or picture in any media and/or other account of this event. Race is rain or shine. If canceled, all monies are considered a donation to Sandy Creek Nature Center.

Date

Signature (Parent or guardian if under 18)