

Frog Hop 5k & 1 mile Tadpole Run

Awards: Featuring handmade awards by local artist Debra Drake for the 5K race for the overall male/female, overall male/female masters, and top three in each age group: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

Course: Both courses are within the park and entirely on paved roads. The race is part of the Run and See Georgia series.

Entry Fees: \$15 per person (either event) if postmarked before Feb. 7 or \$20 thereafter. Family rate: \$50 to pre-registered entrants only (Feb. 7 deadline). \$10 for the no-shirt option.

Directions: Sandy Creek Park, 400 Bob Holman Road, is 2.5 miles north of Athens just off U.S 441 North.



and
**One Mile
 Tadpole Fun Run**
Sunday, Feb. 15, 2009

**Fun Run 2 p.m.
 5k 2:30 p.m.**

Goodies: Preregistered entrants will receive a four color, short sleeved T-shirt (and while supplies last to late registrants) delicious Papa John's Pizza, bananas, Coca Cola and other goodies.

Packet pick up and late registration: Early pick-up in the ENSAT center at Sandy Creek Nature Center from 8:30 a.m. – 5:30 pm Saturday, Feb. 14, (NOT at the park). Race day pick up / late registration at the community building at Sandy Creek Park from 1:00 pm -1:45 pm.

Information: Please call Sandy Creek Nature Center at (706) 613-3615, ext. 235 or Will Chamberlin at (706) 769-6593 or gwillc@bellsouth.net.

GARY L. JONES, D.M.D.
 ORTHODONTICS
 for Children and Adults

ATHENS BANNER-HERALD
 ONLINEATHENS.com

WALKERS AND STROLLERS
 ARE WELCOME!



walk * jog * run * stroll * Entry Form * walk * jog * run * stroll

Please return completed form and check to Frog Hop 5K, c/o Sandy Creek Nature Center, 205 Old Commerce Road, Athens, GA 30607 **\$15 per person for either event if postmarked before 2/7/09 and \$20 per person thereafter.** Family rate \$50 for **pre-registered families only** (and we need one form per entrant). \$10 for the no shirt option.

Name: _____ Age: _____ Sex: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Event: 5K Tadpole Fun Run
 Size: Child Small Child Medium No Shirt Option (\$10)
 Adult Small Adult Medium Adult Large Adult XL Adult XXL (please add \$2)



I cannot participate, but would like to support the event in the amount of \$ _____. THANK YOU SO MUCH!

Waiver: I hereby release the hosts, sponsors, and officials of the 11th Annual Frog Hop 5K and Tadpole 1 Mile Fun Run from all claims of injury or damages resulting from my participation in said events. I realize that this is a strenuous event, which requires proper physical conditioning. I hereby 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.

Date: _____ Signature: _____

(Parent or guardian if under 18)