

Jog with a Frog and 1 Mile Walk in the Park Registration Form

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Email Address _____ Phone Number _____

Male Female

Age on Race Day _____ Date of Birth _____

Emergency Contact Name _____

Emergency Contact Phone Number _____

Jog with a Frog 5K A Walk in the Park 1 Mile

T-Shirt Size

Adult Small Adult Medium Adult Large Adult XL Adult 2 XL

Entry Fee (Check One)

Early Registration: \$25 - 5K Run \$15 - 1 Mile Walk
(Ends August 24th)

Day of Registration: \$30 - 5K Run \$20 - 1 Mile Walk

***Checks can be made out to "Project Hope" and sent to PO Box 2035, Painesville, OH 44077**

You can also register online at <http://bit.ly/JogWithaFrog>

Awards for 5K:

The top 3 male finishers and top 3 female finishers will be awarded.

Awards will also be given to the top finishers in these age groups:

14 and under. 15-19. 20-29. 30-39. 40-49. 50-59. 60-69. 70+

Release and waiver (Please Read and sign)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

Racer Name _____ Signature _____ Date _____

Name of Parent/Guardian _____ Signature _____ Date _____
(if applicable)



AQUA DOC®

Complete registration form on back of this flyer
Or register online at
<http://bit.ly/JogWithaFrog2018>

presents



2018

5K JOG

with a FROG

and a

1 Mile Walk in the Park

Community Event



Cook-out after
the event,
sponsor to be
announced

Live Music!

When: August 25th

Registration opens at 7 a.m.
Race Start Time at 8 a.m.

Where: Kiwanis Park in Painesville

301 Latimore St, Painesville, OH 44077

What: Join us for a 5K race, which will start and end at Kiwanis Park. Walkers can enjoy a nice 1 mile walk in the park itself. Food and entertainment after the race!

Why: This race is to raise awareness and support for Project Hope for the Homeless, the only emergency homeless shelter in Lake County

A Special
Appearance from
a Local Hero

Bubbles n Swirls
Face painting,
glitter tattoos, and
balloon animals!

Contact 440.354.6417 for
additional information about
this event, or visit us at:

www.projecthopeforthehomeless.org

www.facebook.com/ProjectHopefortheHomeless