



# La Home Run Runs-5K races at Home

Mon-Friday --October 15-19, 2012-ANYTIME YOU WISH

3 Races (Lashley Run, Latimer Run, and La Raeanne Run)



**Where:** The 5k Races may be run anywhere you wish to. The distance for each race is at least 3.1 miles. You must run the entire 3.1 miles in a single run just as if you were at an event. We surely do not anticipate anyone arguing about the distance on these. If you feel compelled to be challenged, run uphill. Treadmills are not allowed. There are three races available. Use the same course three times and get your own private PR or choose three different courses. Perhaps put some cones and a banner at your finish line.

**When:** The races will be at anytime you wish as long as they are run Oct 15-19,2012. I think Roger is going to run them back to back to back.

**Awards:** Give yourself something nice when you finish. Maybe even invite the neighbors over to applaud your effort. Invite the press. Get a DJ. Set out bananas, cookies, and sports drinks at the finish line. Post photos on Facebook. Points submitted to Clover Glove, Black Bag and Run & See series. We will provide 1 cotton T-shirt per runner.

**Placing and process:** Preregister, complete 1-3 5k races & submit certified times by mail delivery, hand delivery or email to Roger Keel [rkeel@mindspring.com](mailto:rkeel@mindspring.com) **no later than Wed. 10/24/12** to be eligible for placing & points. Results will be posted at Running in the USA and several other places. The information sent to Roger should include: Name of race (there are three of them), Your Name, Age, Gender, Clock Time, Location of Race. Understand we know how fast most of you are on your fastest day. (Ron's & Bill's times from the "12 Days" are still under review.)

**Fees:** PREREGISTRATION ONLY- \$17 pre-registration for one race, \$30 for two races, \$40 for three races(postmarked or delivered no later than October 12). 50-59 year old males use the same fee-this time. Proceeds will go to the Georgia 4-H Foundation, a charitable 501c3 organization. **Mail Form & Check payable to Georgia 4-H Foundation: Home Run Run, Georgia 4-H, Hoke Smith Annex, UGA, Athens GA 30602. Contact: Bo Ryles [BoRyles@gmail.com](mailto:BoRyles@gmail.com) or Roger Keel [rkeel@mindspring.com](mailto:rkeel@mindspring.com) Register online at Active.com [http://www.active.com/event\\_detail.cfm?event\\_id=2051552](http://www.active.com/event_detail.cfm?event_id=2051552)**

Name \_\_\_\_\_ Age on race day \_\_ Gender\_\_ Race(s) \_Lashley, \_ Latimer, \_ La Quizzical Raeanne

Check amount \_\_ \$17, \_\_ \$30, \_\_ \$40. Address \_\_\_\_\_

**Town for listing on shirt** \_\_\_\_\_ **Email** \_\_\_\_\_ **Shirt Size** \_\_\_\_\_ **Phone** \_\_\_\_\_

In consideration for your accepting this entry- I, the undersigned, intend to be legally bound, hereby, for myself, my heirs, executors, and administrators waive & release any and all rights and claims for damages that I may have against Georgia 4-H, UGA, sponsors, officials, workers, representatives for any and all injuries suffered by me in this event.

**SIGNATURE:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **(Under 18, Parent/Guardian)** \_\_\_\_\_

*A Keel and Ryles Race*

*"If there is anything about our race you do not like, do not tell us. We don't care"*