



un pour tous **Home Run Runs- Races at Home**

Mon-Friday --October 14-18, 2013-ANYTIME YOU WISH
3 Races (Athos 5k, Porthos 5k, and Aramis 10.4k Run)



Where: The two 5k and the one 10.4K Races may be run anywhere you wish to. The distance for each 5k race is at least 3.1 miles. The distance for the 10.4K is at least 6 1/3 mile. You must run the entire distance per race in a single run just as if you were at an event. 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. Run the races in any order you wish.

When: The races will be at anytime you wish as long as they are run Oct 14-18,2013.

Awards: Give yourself something nice when you finish. Maybe even invite the neighbors over to applaud your effort. Invite the press. 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 Grand Prix series. All 3 races equal triple BB points, quadruple CG and Run/See points. 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 **no later than Wed. 10/23/13** 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 (this has been a point of confusion in other races recently), Clock Time, Location of Race. Understand we know how fast most of you are on your fastest day.

Fees: PREREGISTRATION ONLY- \$20 pre-registration for one race, \$34 for two races, \$44 for three races (postmarked or delivered no later than October 14). 55-65 year old males use the same fee-this time. Proceeds will go to the Georgia 4-H Foundation, a charitable 501(c)3 organization. **Mail Form & Check payable to Georgia 4-H Foundation: Clover Glove, Georgia 4-H, Hoke Smith Annex, UGA, Athens GA 30602. Contact: Bo Ryles Boryles@gmail.com or Roger Keel rkeel@mindspring.com Online:** http://www.active.com/event_detail.cfm?event_id=2112601

Name_____Age on race day __Gender__ Race(s) _ Athos 5K, _ Porthos 5K, _ Aramis 10.4k

Check amount __ \$20, __\$34, __\$44. 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 CG Race