



un pour tous
Home Run Runs - Races at Home

Sunday - Sunday - October 12-19, 2014-
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 must be at least 3.1 miles. The distance for the 10.4K must be at least 6.448 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 multiple times and get your own private PR or choose three different courses. Perhaps put out cones and a banner at your finish line. Run the races in any order.

When: The races will be at anytime you wish as long as they are run Oct 12-19,2014. We extended the time frame this year. We are getting older.

Awards: Give yourself something nice when you finish. Invite the neighbors over to applaud your effort. Invite the press. Set out bananas, cookies, and sports drinks at the finish line. Do be sure post photos on Facebook. Points submitted to Clover Glove, Black Bag and Run & See Grand Prix series. Run all 3 and get 3X BB points, quadruple CG and Run/See points. 1 cotton T-shirt per runner.

Placing and process: Preregister, complete 1-3 races & submit certified times by mail delivery, hand delivery or email to Roger Keel rkeel@mindspring.com **no later than Wed. 10/22** to be eligible for placing & points. Results will be posted at Running in the USA and several other places. The information sent to Rkeel@mindspring.com should include: Name of race (there are three of them), Name, Age, Gender, Clock Time, Location. Understand we know how fast many of you are.

Fees: PREREGISTRATION ONLY- \$20 pre-registration for one race, \$34 for two races, \$44 for three races (postmarked or delivered no later than October 11). 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/anywhere-ga/running/home-run-runs-athos-porthos-aramis-2014>**

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