



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



Sunday –Sunday -October 9-16, 2016-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 run them. 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 any time you wish as long as they are run October 9-16.

**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 to 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. Your location of run will be listed on the back of the shirt.

**Placing and process:** Preregister, complete 1-3 races & submit certified times by mail delivery, hand delivery or email to Roger Keel [rkeel@mindspring.com](mailto:rkeel@mindspring.com) **no later than Monday 10/17** 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](mailto: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 8). 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](mailto:Boryles@gmail.com) or Roger Keel [rkeel@mindspring.com](mailto:rkeel@mindspring.com) Online: <http://www.active.com/anywhere-ga/running/home-run-runs-athos-porthos-aramis-2016>

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*