

# UN POUR TOUS

*Home Run Runs- Races at Home*

October 1 - October 6, 2019

**(Athos 5k, Porthos 5k, and Aramis 10.16k Run)**

*Keel and RylesCG Races*



**Where:** The two 5K's and the 10.16K races may be run anywhere. The 5K races must be at least 3.1 miles. The distance for the 10.16K must be at least 6.3 miles. Races must be run the entire distance per race in a single run. Treadmills are not allowed. Perhaps put out cones and a banner at your finish line.

**When:** Anytime you wish as long as they are run October 1-6 and finish times submitted no later than October 9.

**Awards:** Give yourself something nice when you finish. Invite friends, neighbors over to applaud your effort. Invite the press. Play the music from Rocky. Set out bananas, cookies, and sports drinks at the finish line. Post photos on social media. Points awarded in Clover Glove, Black Bag and Run & See Grand Prix series. Run all 3 races and get 3X BB points, quadruple CG and Run/See points. One T-shirt per runner. Your location of run will be listed on the back of the shirt.



**Process:** Preregister, complete 1-3 races & submit times by mail delivery, hand delivery, or email to Roger Keel. Email: [rkeel@mindspring.com](mailto:rkeel@mindspring.com) **no later than Wed. 10/9** to be eligible for placing & points. Results will be posted in 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. Be careful to measure and record correctly. **The OCGRC will review times for accuracy.**

**Fees:** PREREGISTRATION ONLY- \$24 for one race, \$34 for two races, \$44 for three races (postmarked or delivered no later than September 21). Proceeds go to the Georgia 4-H Foundation, a charitable 501(c)3 organization. **Mail form & check payable to the Georgia 4-H Foundation: Clover Glove, Georgia 4-H, Hoke Smith Annex, UGA, Athens GA 30602. Contact: [Boryles@gmail.com](mailto:Boryles@gmail.com) or [rkeel@mindspring.com](mailto:rkeel@mindspring.com) Online at active.com**

Name \_\_\_\_\_ Age on race day \_\_\_\_\_ Gender \_\_\_\_\_ Phone \_\_\_\_\_

Check amount \_\_\_ \$24, \_\_\_ \$34, \_\_\_ \$44. Address \_\_\_\_\_

Town & State for listing on shirt \_\_\_\_\_ Email \_\_\_\_\_ Shirt Size \_\_\_\_\_

Race(s) Athos 5K \_\_\_\_\_, Porthos 5K \_\_\_\_\_, Aramis 10.16K \_\_\_\_\_

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) \_\_\_\_\_