

UN POUR TOUS
Home Run Runs - Races at Home
 October 4 - October 8, 2021
(Athos 5k, Porthos 5k, and Aramis 10.14k Run)
Keel and Ryles CG Races



Where: The two 5K's and the 10.14K may be run anywhere. The 5K races must be at least 3.1 miles. The distance for the 10.14K must be at least 6.3 miles. Races must be run the entire distance per race in a single run. Perhaps put out cones and a banner at your finish line.

When: Anytime you wish as long as they are run October 4 - 8 and finish times submitted no later than dark:30 on October 8th.

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 Georgia Grand Prix series. 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 using this LINK: <https://forms.gle/no1dyJ6dHySq4vUm9> **no later than dark:30 on Friday 10/8** to be eligible for placing & points. 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, AthensGA30602. Contact: Boryles@gmail.com or 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 10.14K ____,

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)** _____