



The 4's Races

Four 4Ks for 4-H

"Home Run" Runs--Two "Come Home" Runs

August 16-21, 2021



WHEN/WHERE: Run the Home Run runs (Quafolium 4K and Fourward 4K) as virtual races any time and between August 16-20. Submit times no later than dark thirty on 8/21 using this [LINK](https://forms.gle/RrYDT8idF3Rq62EbA): <https://forms.gle/RrYDT8idF3Rq62EbA>

The Come Home runs (IHTR 4K and Lucky 4K) **must be run in person** at Rock Eagle on Saturday, August 21. IHTR 4K at 7:44 am. The Lucky 4K will begin at 8:34 am.

AWARDS/ SHIRTS All preregistered -runners running two or more races will receive a T-shirt. Runners completing all four races receive a Clover Medallion. Overall (cumulative times of the four races) Overall and Master Winners will receive a unique four-leaf clover item. Race day shirts- as long as they last. Points in Clover Glove, Black Bag, and Run & See GA.

REGISTRATION: 1 race \$14.44 (NO SHIRT) / 2 races \$24.44/ 3 races \$34.44/ 4 races \$44.00. Registration is available at active.com. Race Day Registration will begin one hour before start on race day.

SUPPORT 4-H: Proceeds from the races will benefit Georgia 4-H, supporting scholarships, programs, and projects for Georgia's youth. The Georgia 4-H Foundation is a 501(c)3 charitable organization. We appreciate Teresa Dove and Heather Sloan sponsoring these races.

CONTACT: Roger Keel at rkeel@mindspring.com

Checks payable to Georgia 4-H Foundation. Mail to 4-H, Clover Glove, Hoke Smith Annex, UGA, Athens, GA 30602.

Check all that apply Quafolium 4k HR, Fourward 4k HR, IHTR 4k, Lucky 4K 1 race.

\$14.44 (No Shirt), 2 races: \$24.44, 3 races: \$34.44, 4 Races \$44.00

Name: _____ Gender: _____ Age (on Race Day) _____ Shirt Size _____

Address: _____ Phone: _____ Email: _____

Emergency Contact: _____

In consideration of being allowed to participate, I, intending to be legally bound for myself, my heirs, executors, and administrators do hereby release and discharge from any and all, liability for injuries, illness and damages I may suffer arising out of or resulting from my participation in or traveling to or from this event the following: The Fours Races. I also hereby release all property owners and persons connected to this event. I further attest that I am physically fit and have sufficiently trained for this event. I understand that my fee is nonrefundable. I hereby certify that I am eighteen (18) years of age, or that I have the consent of my parent/guardian as attested by their signature below.

Signature _____ Date _____