



# FROG HILL HALF MARATHON/10K AND THE LEAPFROG 5K

Make plans to join us for the 8th Annual LEAPFROG 5K and the FROGHILL HALF Marathon/10k on October 1-2.

The LEAPFROG 5K is on October 1 and starts at 6 p.m. in the Waynesville Park. Both the Half Marathon and 10k start at 8:00 am on Oct. 2 at East Elementary School and end at the Waynesville Park.

Want a BIG challenge? Do the Frog Hill Challenge! Simply run the LEAPFROG 5K on Friday night (6:00 pm at the Waynesville Park) and then the 10k or half the next day and receive an additional medal!!!!

NAME: \_\_\_\_\_ Age on Race Day \_\_\_\_\_

ADDRESS \_\_\_\_\_

RACE DISTANCE: 5K \_\_ 10K \_\_ HALF \_\_ FH 5k/10k Challenge \_\_\_\_\_ 5k/Half Challenge \_\_\_\_\_  
(\$35) (\$45) (\$60) (\$60) (\$75)

SHIRT SIZE: S \_\_ M \_\_ L \_\_ XL \_\_ XXL \_\_

EMAIL ADDRESS \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

RELEASE AND WAIVER OF LIABILITY. YOU HEREBY WAIVE, RELEASE, COVENANT NOT TO SUE AND FOREVER DISCHARGE FROG HILL AND ALL OTHER PERSONS ASSOCIATED WITH THE EVENT, FOR ALL LIABILITIES, CLAIMS, ACTIONS, OR DAMAGES THAT YOU MAY HAVE AGAINST THEM ARISING OUT OF OR IN ANY WAY CONNECTED WITH YOUR REGISTRATION AND/OR PARTICIPATION IN THE EVENT, INCLUDING WITHOUT LIMITATION ANY LIABILITIES, CLAIMS, ACTIONS, OR DAMAGES CAUSED BY NEGLIGENCE OF THE ABOVE PARTIES (INCLUDING ANY NEGLIGENT RESCUE ATTEMPT), THE ACTION OR INACTION OF ANY OF THE ABOVE PARTIES, OR OTHERWISE.

\_\_\_\_\_  
PRINTED NAME SIGNATURE

Presented by the Frog Fitness Group and the Healthy Futures Pulaski County Coalition

