

*Jog with a Frog 5K or 1 Mile Walk
Registration Form*

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Email Address _____ Phone Number _____

Male Female

Age on Race Day _____ Date of Birth _____

Emergency Contact Name _____

Emergency Contact Phone Number _____



Project Hope
for the Homeless
Restoring Hope. Renewing Lives.

Jog with a Frog 5K

1 Mile Walk

T-Shirt Size (FREE T-Shirt to the first 150 people who register by August 16, 2024)

Adult Small

Adult Medium

Adult Large

Adult XL

Adult 2 XL

Entry Fee (Check One)

Early Registration: \$25 - 5K Run (Ends August 16th)

\$15 - 1 Mile Walk

Late Registration: \$30 - 5K Run (August 17-24)

\$20 - 1 Mile Walk

*Checks can be made out to "Project Hope for the Homeless" and sent to PO Box 2035, Painesville, OH 44077

Awards for 5K:

The top 3 male finishers and top 3 female finishers will be awarded. Awards will also be given to the top finishers in these age groups: 14 and younger, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Release and waiver (Please Read and Sign)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extend to all claims of every kind or nature whatsoever, foreseen, and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

Racer Name _____ Signature _____ Date _____

Name of Parent/Guardian _____ Signature _____ Date _____



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AQUA DOC[®]
LAKE & POND MANAGEMENT

presents:

Jog with a Frog



Why: This race to raise awareness and support for Project Hope for the Homeless, the only emergency homeless shelter in Lake County.

When: August 24, 2024, registration opens at 7:30 a.m. Race Start Time at 8:30 a.m.

Where: Project Hope for the Homeless, 25 Freedom Road, Painesville Township, Ohio - (off Newell Street, first street north of the railroad tracks)

What: Join us for a 5K race or you can enjoy a nice 1-mile walk.

Questions? Contact [John Hutchison](mailto:John.Hutchison@projecthopeforthehomeless.org) at 440.354.6417 ext. 105



www.projecthopeforthehomeless.org