

Register Online!!!



FROG HOP

Saturday, June 03, 2017

Flat Road Course!

GetmeRegistered.com/FrogHop

5K Race (8:00am)/ 1 Mile Fun Walk (8:00am)/ Tadpole Kids 50m Dash (7:30am)

Trinity Lutheran Church 1330 13th Moline, IL

Questions: Brian Croegaert (309) 236-9640 or bcroegaert@tlcmoline.org

All FROG HOP proceeds will support the Trinity Lutheran Youth Wilderness Trip

Race Day Registration opens at 6:30am

Race Start Time: 5K 8:00am (Begins at Trinity)

**Register by May 20 and get a Dry fit T-Shirt*

**No refunds and no rain date*

**Tadpole Kids Dash 7:30am *Fun Walk 8:00am (following 5K start) – Strollers welcome*

**Post-Race Party and Awards immediately after race*

5K Male/Female awards ages: 12U, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Early packet pick-up and late registration: **Friday, June 02, 2017, 5:30 – 7:30pm** at Trinity Lutheran Church

Register online at: www.GetMeRegistered.com/FrogHop -or-

Complete form below and mail to: **Trinity Lutheran Church, c/o Karen Anderson, 1330 13th Street, Moline, IL 61265**

FROG HOP Registration

Participant Name (one form per participant): _____

Address _____ Phone: _____ AGE on June 03, 2017 _____

E-mail _____ Emergency phone # _____

*****Please mark appropriate option and enclose check payable to Trinity Lutheran Church:**

___ 5K \$20 (register by May 20 – Includes Dry Fit T-Shirt)

___ 5K \$25 (late registration AFTER May 20 – Dry Fit T-Shirt not guaranteed)

___ Fun Walk \$20 (register by May 20 – includes Dry Fit T-Shirt)

___ Fun Walk \$12 option (register by May 20 – Does not include T-Shirt)

___ Fun Walk \$15 (late registration AFTER May 20 – Does not include T-Shirt)

___ Tadpole Kids Dash \$10 (register by May 20 – includes T-shirt)

___ Tadpole Kids Dash \$5 (register by May 20 – Does not include T-Shirt)

___ Tadpole Kids Dash \$10 (late registration AFTER May 20 – Does not include T-Shirt)

Indicate shirt size:

Youth size: S ___ M ___ L ___ Adult size: S ___ M ___ L ___ XL ___ XXL ___

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry,

I, for myself, my heirs and anyone entitled to act on behalf, waive and release Trinity Lutheran Church, City of Moline, Rock Island County, State of Illinois, all sponsors, their representatives and volunteers from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Date _____

(If under 18 years of age, parent/guardian signature required)