



**Saturday, October 6, 2018**

**Benefitting Cumming Civitan Club, American Heritage Girls, and Trail Life USA**

This is a trail challenge event. Choose from a tamer 4 mile, 6mile, or tougher 10 mile course to be challenged on! There will be ditch jumping, log hopping, creek crossing, stream running, mountain climbing, branch dodging, trail treading, mud meddling...absolute trail challenge fun on this course!

Bring extra clothes and shoes to change into afterward, 'cause you will be wet and muddy! The 6 and 10 mile course includes nearly a mile of running in the stream. The 4 mile course will also present its own challenges.

**Start Time:** 8:00AM - 4, 6 & 10 mile

**Location:** Frogtown, just outside of Cumming, GA  
(Old Federal & Nicholson Rd) see website for directions

**Bibs** will be mailed to entrants prior to race day

**Registration:** Online at Active.com OR Mail Form

- Check payable to: **Frogtown Trail Challenge**  
Mail to: Orion Racing  
825 Jamerson Rd, Ste. 423  
Marietta, GA 30066  
**\*Postmarked by Sept. 28**

**Entry Fees:** Registration closes Oct 3 or 1000 register

NOW - July 31: \$30 4mile/ \$35 6mile/ \$40 10mile

Aug 1 - Sept 23: \$35 4mile/\$40 6mile/\$45 10mile

Sept 24- Oct 3: \$40 4mile/\$45 6mile/\$50 10mile

Race Day: \$45 4mile/ \$50 6mile/ \$55 10mile

**Primitive Campsite:** \$5 - Oct. 5 campout

**Shirts:** Long sleeve shirts for all participants

**More Info:** Visit [www.frogtowntrailchallenge.com](http://www.frogtowntrailchallenge.com)

Follow us on Facebook for the latest updates!



Name \_\_\_\_\_ Age \_\_\_\_\_ Male Female

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Shirt** (Long Sleeve Adult sizes): S M L XL XXL

**Race:** 10Mile 6Mile 4Mile

**Registration Fee** \$ \_\_\_\_\_ + Camp Site (\$5) \_\_\_\_\_ = Total \$ \_\_\_\_\_

**Waiver** I know that running/volunteering for a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Frogtown Trail Challenge, all event sponsors, Orion Racing, event volunteers, their representatives and successors from all claims or 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 the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. **\*Race will take place rain or shine, no refunds, no transfers.**

Signature of Participant (Guardian If under 18 years of age): \_\_\_\_\_ Date \_\_\_\_\_