



**Jog with the Frog 5k**  
**Saturday April 17, 2010**  
**Fair Park Dallas, TX**  
**www.Jogwiththefrog.com**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex M F

Shirt Size: Youth Small Youth Medium Small Medium Large X-Large XXL (add 2.00)

<b>Registration Fees:</b>		
Before April 10, 2010 (15 yrs. and older)		\$20.00
(14 yrs. and younger)		\$15.00
After April 10, 2010 (All ages)		\$25.00
Race Day April 17, 2010 (All ages)		\$30.00

<p>Please Circle your Response:</p> <p>1K – 8:00 am</p> <p>5K – 8:30 am</p>
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Check # \_\_\_\_\_

Please make checks payable to Educational First Steps and include Jog with the Frog in the memo.

**Cash and check only on race day**

Waiver: I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk 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 run or walk. I assume all risks associated with running or walking 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. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Educational First Steps, the City of Dallas, Run On Texas and all sponsors, 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 the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds.

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Contact: Renee Brendle  
 Educational First Steps  
 214-824-7940  
**Mail to: Jog with the Frog**  
**c/o Run On Racing Systems**  
**4950 Keller Springs #340**  
**Addison, TX 75001**