



Jog with the Frog 5k
Saturday April 2, 2011
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)

Registration Fees:		
By March 26, 2011	(15 yrs. and older)	\$20.00
	(14 yrs. and younger)	\$15.00
After March 26, 2011	(All ages)	\$25.00
Race Day April 2, 2011	(All ages)	\$30.00

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

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