

**Frog Hollow
Swim & Tennis Club**
P.O. Box 3122
South Amboy, New Jersey 08879



2012 5 Kilometer Run



**Saturday,
June 30, 2012**

Frog Hollow Swim & Tennis Club

Presents

THE INDEPENDENCE RUN AND HEALTH WALK

"The Run Through
the Streets of South Amboy"

To benefit the
**The South Amboy
First Aid & Fire Department**

Come out and support the
volunteers who give so much of
themselves to serve us

- ✓ Early Bird Fees
- ✓ Free Youth Fun Run
- ✓ Tee Shirts
- ✓ Post Race Picnic for all the runners
- ✓ All Day Swimming & Tennis

June 30, 2012

9:00 am

Schedule:

- 7:30 am Registration Begins
- 8:30 am Fun Run Starts
- 9:00 am 5 K Run Starts
- 9:15 am Health Walks Starts
- 10:00 am Awards
- 11:00am Picnic Begins

Registration:

Frog Hollow
P.O. Box 3122, South Amboy
New Jersey, 08879



Registration Form Available On-Line

www.froghollowswim.com

Course:

5 Kilometer run through the
Streets of South Amboy Hills &
Flats, Timed and 2 Water Stations

Entry Fees:

- \$20 in advance
- \$25 at the Gate

Awards:

Medals for Age Groups
15-20, 21-25, 26-30, 31-35, 36-40
41-45, 46-50, 51-55, 56-60, 61-65
66-70, 71-80, M&F

For information:

Dan (732) 721.6592



Rain or Shine !

Frog Hollow Swim & Tennis Club



About the Race

All proceeds of the race this year will be donated to the South Amboy First Aid Squad and South Amboy Fire Departments evenly.

Frog Hollow began the race in 1977. At its inception, the race was a 5-mile Run and held on the 4th of July. It became necessary to move the date from the Holiday to the first Saturday preceding the 4th of July.

South Amboy is a town rich in the history of New Jersey's commerce and railroads. The landscape is rolling hills, flat lanes and the Raritan Bay Water Front Park.

Directions

From the North:

GSP to exit 123. Take Route 9 South ½ mile to Bordentown Ave. Make right on Bordentown. Go 1.5 miles to 1st traffic light. Make right on South Pine Avenue. Make second left.

From the South:

Route 35 ½ mile past Morgan Bridge bear right to South Amboy Business District sign. 3rd right past Christ Church Cemetery.

OFFICIAL ENTRY FORM

June 30, 2012

Last Name _____

First Name _____

Street _____

City _____

State _____

Zip _____

Phone _____

DOB _____

Age on race day _____

Sex _____

Email _____

Registration:
Frog Hollow
P.O. Box 3122
South Amboy
New Jersey, 08879



Entry Fees

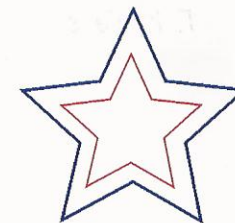
- \$20.00 Advance Registration
With Tee Shirt
- \$25.00 Race day
With Shirt, while they Last

Tee Shirt Size

- Medium X-Large
- Large XX-Large

Event Information:

(732) 721-6592 Dan
(732) 727-9094 Frog Hollow
www.froghollowswim.com



In consideration of this entry accepted, I hereby for myself, heirs, executors and administrators waive any claims I may have against Frog Hollow Swim & Tennis Club, its Board of Governors, its members, volunteers, sponsors and The City of South Amboy from any injuries suffered by me. I am physically able to complete this event.

Signature (parent or Guardian if under 18)

Date