



Frog Hollow

Swim & Tennis Club

Presents

35th Annual 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**
- ✓ **Youth Fun Run**

- ✓ **Health Walk**
- ✓ **Tee Shirts -**
- ✓ **Post Race Picnic for participants**
- ✓ **All Day Swimming & Tennis**

June 25th 2011

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

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
- Free Youth Run

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 McCrone](#)

Race Director

(732) 721-6592

Rain or Shine !

About the Race

All the proceeds of the race, this year's 33rd annual race, will be donated to the South Amboy First Aid Squad and South Amboy Fire Departments evenly.

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

After the race, enjoy a day of swimming and tennis, food and refreshments at the club.

Directions

From the North:

GSP to exit 123 take Rt9 s 1/2 mile to Bordentown Ave. Make Rt. on Bordentown 1.5 miles to 1st Traffic light. Rt. On South Pine Ave. Make second Left.

From the South:

Rt. 35 1/2 mile past Morgan Bridge Bear Rt. To South Amboy Business District sign. 3rd right past Christ Church Cemetery 1/2

OFFICIAL 2010 ENTRY FORM

Last Name	First Name
Street	
City	State
Zip	Phone
DOB	Age on race day
Sex	
Email	

Entry Fees



- \$ 20.00 Advance Reg
With Tee Shirt
- \$ 25.00 Race day
With Shirt, while they Last
- Free Youth Fun Run



Tee Shirt Size

- Small Med Large X
Large XX-Large

Event Information:
(732) 721-6592 [Dan McCrone](#)
(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, It's 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