

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:

C/SP 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 29, 2013

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
- Large
- X-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, 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