



SEPTEMBER 9, 2018 FROG HOLLOW FIVE-MILER & KIDS FUN RUN

Portion of Proceeds to Benefit City of South Amboy First Responders

Join us for a challenging five-mile run through the streets of historic South Amboy, NJ. Test your speed on the flat stretch of Broadway and check your endurance on the Feltus Street incline.

Free Kids Fun Run available for children 12-under. All paid registrants will have use of the pool facilities for the day and can bring guests for \$10 per person. This will be the last opportunity to swim for the year. Contact Stacey @ 732-757-9816 to be a race sponsor.

All participants should arrive at the facility no later than 7:30 am due to local congestion and road closures due to race activities.

Directions:

From North: GSP to exit 123. Take Route 9 South ½ mile to Bordentown Ave. Make a right on Bordentown Ave. Go 1.5 miles to first traffic light and make a right onto So. Pine Ave. Make 2nd left onto Ferris St.

From South: Take Route 35 North ½ mile past Morgan Bridge, bear right following South Amboy Business District sign. Make third right after Christ Church Cemetery.

**\$25 Advance
Registration
Recommended at
<https://register.compucore.com/froghollow>**

**\$30 Same Day
(t-shirts while supplies last)**

RACE DAY:

**6:30 am Registration
Opens**

8 am 5 Miler Begins

9 am Fun Run Begins

**Awards for Age Group &
Overall Winners**

Rain or Shine!

**Sponsorship
Opportunities Available!**

FROG HOLLOW SWIM & TENNIS CLUB

(Located at bottom of hill @ corner
of So. Pine Ave. & Ferris St.)

P.O. Box 3122

South Amboy, NJ 08879

732-727-9094 during pool hours