



# Presents: Jog With a Frog

## 5K RUN & 1 MILE WALK

25 FREEDOM RD, PAINESVILLE TWP

SATURDAY, AUGUST 22, 2026

Registration at 7:30 a.m. & Race at 8:30 a.m.

*Project Hope for the Homeless would like you to join us to help make this a great community event!*

Project Hope for the Homeless will hold our 9th annual 5K race at

**25 Freedom Rd, Painesville Twp!**

Since 2017, AQUA DOC brought its frog mascot to run in our race creating such a fun atmosphere that we decided to name the race:

**'Jog with a Frog 5K and 1 Mile Walk',  
presented by AQUA DOC Lake and Pond Management.**

Raise awareness and funds for Project Hope for the Homeless. Choose a sponsorship level located on the back of this flyer to create a memorable event that will ultimately restore hope and renew lives for our unhoused friends in Lake County!

Scan to Register



**Questions? Contact Sandra Slater at 440.354.6417 ext. 105**

You can pay by check addressed to Project Hope for the Homeless and sent to: PO Box 2035, Painesville Twp, OH 44077

TO PAY ONLINE:

<https://runsignup.com/Race/Events/OH/Painesville/JogwithaFrog5K>

# Jog with a Frog 5K or 1 Mile Walk

**AUGUST 22TH**

## Registration Form



To sign up online: <https://runsignup.com/Race/OH/Painesville/JogwithaFrog5K>

First Name  Last Name

Street Address  City

State  Zip Code  Phone Number

Email Address

Male  Female  Date of Birth  Age on Race Day

Emergency Contact Name

Emergency Phone Number

Jog with a Frog 5K  1 Mile Walk

**T-Shirt Size** (FREE T-Shirt to the first 150 people who register by August 15, 2026)

Adult Small  Adult Medium  Adult Large  Adult XL  Adult 2XL

**Entry Fee** (Check One)

Early Registration (Ends August 15th)  \$25 - 5K Run  \$20 - 1 Mile Walk

Late Registration (August 16-22)  \$30 - 5K Run  \$25 - 1 Mile Walk

\*Checks may be written out to: Project Hope for the Homeless and sent to PO Box 2035, Painesville, OH 44077

**Awards for 5K:**

The top 3 male finishers and top 3 female finishers will be awarded.  
 Awards will also be given to the top finishers in these age groups: 14 and younger, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

**Release and waiver (Please Read and Sign)**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extend to all claims of every kind or nature whatsoever, foreseen, and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

Racer Name  Signature  Date

Name of Parent/Guardian  Signature  Date