



Step Up & Support 4-H

Unlimited Mileage Counts as 15K (Triple Points)
September 15-21, 2024



Process: Walk or run anywhere at any pace to accumulate steps during a weeklong challenge. Make a note of daily totals. All participants must have a minimum of 18,600 steps (approximating a 15K) to be awarded race points based on placing in age group. Placing is based on the total number of steps (at least 18,600) in the seven days (12:01 am 9/15- 11:59 pm 9/21). Speed does not matter. Steps accrued while running other races are allowed. **No points awarded for a weekly total of fewer than 18,600 steps.**

Awards: All registered runners (submitting at least 18,600 steps) will receive a pair of 4-H socks. The socks are brand new and come from a limited-edition batch. **Unlike our famous gloves, participants get both socks.** Overall winner (regardless of gender) will receive a \$100 gift certificate to [Shop 4-H](#). Masters (1 person over 40) and grandmasters (1 person over 50) winners will receive a premium 4-H item. Clover Glove & Black Bag Points using a traditional scale for a 15K race for runners logging in at least 18.6K steps. NO POINTS awarded for less than 18,600 steps total.

Registration: \$24.44. Run Sign Up or cloverglove.com/races or mail in registration using form below. All proceeds support Georgia 4-H'ers.



Reporting: Enter the total # of steps no later than 11:59 p.m. on September 22nd on **on Run Sign Up or cloverglove.com/races**

Checks Payable to: Georgia 4-H Foundation. Mail to: Clover Glove, Hoke Smith Annex, UGA, Athens, GA 30602. Also available on Active.com

_____ \$24.44 registration fee _____ \$5.56 Optional round up to support 4-H.

Total Enclosed: \$ _____

Name: _____ Gender: _____ Age (on Race Day) _____

Address: _____ Phone: _____

Email: _____

In consideration of being allowed to participate, I, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge from any and all, liability for injuries, illness and damages I may suffer arising out of or resulting from my participation in or traveling to or from this event the following: The Step up challenge. I also hereby release all property owners and persons connected to this event. I further attest that I am physically fit and have sufficiently trained for this event. I understand that my fee is nonrefundable. I hereby certify that I am eighteen (18) years of age, or that I have the consent of my parent/guardian as attested by their signature below.

Signature _____ Date _____