

11TH ANNUAL SWAMP STOMP 5K RUN/WALK

Proceeds benefit Southeastern Natural Sciences Academy



Top female and male overall
Top 3 female & male finishers in
each age category.
Race results will be posted on
www.naturalsciencesacademy.org

Phinizy Swamp Nature Park
8:00am Saturday, April 21, 2012

WHERE: Event begins with registration and packet pick-up at Phinizy Swamp Nature Park's Pfizer Pavilion in Augusta, GA.

COURSE: The 5K cross-country course runs through scenic Nature Park woods and wetlands and has mild changes in elevation. No hard surfaces. No strollers or pets, please. Water station on route. Dry condition course through woods; wet condition course around wetlands on gravel-covered berms.

POST RACE: Water and fruit at finish area.

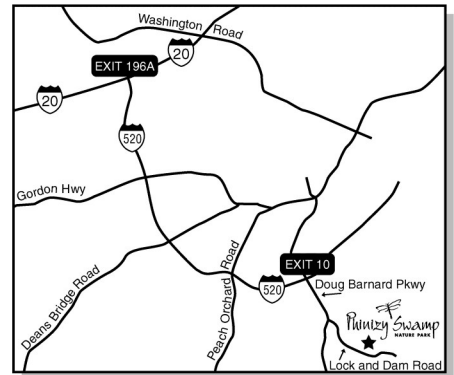
PACKET PICK-UP/RACE DAY REGISTRATION: Race day registration and packet pickup for all registrants will be on Saturday, April 21st, 7:00 – 7:45am in the Pfizer Pavilion at Phinizy Swamp Nature Park, 1858 Lock & Dam Road.



Proceeds from the Swamp Stomp 5K at Phinizy Swamp Nature Park benefit Southeastern Natural Sciences Academy, a private, nonprofit 501 (c) 3 organization with a mission to promote stewardship of natural through research, education, and outreach programs.

The Academy has been committed to environmental stewardship in the Central Savannah River Area and the region for nearly fifteen years.

www.naturalsciencesacademy.org



DIRECTIONS TO PHINIZY SWAMP NATURE PARK

Travel I-20 to exit 196A, I-520 Bobby Jones Expressway. Take Exit 10 (Doug Barnard Parkway/Augusta Regional Airport) and turn right off ramp. After 1 mile, turn left (just past the Wastewater Treatment Plant) onto Lock and Dam Road and travel 1/2 mile to the Nature Park entrance on the left.

Swamp Stomp 5K Run/Walk
\$23 Early Registration (by April 18)
\$17 Without T-shirt
\$25 Race Day Registration (April 21)
\$20 Without T-shirt

****Shirts available on a limited basis. Pre-registration is strongly suggested.****



For more information, contact
Jeanne Upchurch at 706-828-2109 or
jupchurch@naturalsciencesacademy.org.

Register online at www.active.com.

Name _____ Age _____
Email address _____
Address _____
City/State/Zip _____
Day Phone _____ Emergency Phone Contact _____

In consideration of your accepting me/my child's registration, I hereby for myself, my child, my heirs, executors and administrators waive and release any and all rights and claims for damage I or my child may have against SNSA and Phinizy Swamp Nature Park including all representatives who are in any way connected with this event/program. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Runner's Signature _____
Parent/Guardian _____
(If participant is under the age of 18 years)

ENTRY FORM

Male Female

T-shirts (Adult Sizes)

- Small
- Medium
- Large
- X-Large
- No T-shirt Please

Entry Fee: _____

Optional tax deductible donation: _____

TOTAL ENCLOSED _____

Make checks payable to:
Southeastern Natural Sciences Academy
Mail to:
Swamp Stomp 5K
SNSA
1858 Lock & Dam Road
Augusta, GA 30906