



# 9TH ANNUAL SWAMP STOMP 5K RUN/WALK

Proceeds benefit Southeastern Natural Sciences Academy



Top female and male overall  
Top 3 female & male finishers in  
the following categories:  
14 & under, 15-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-  
54, 55-59, 60-64, 65-69, 70+  
Race results will be posted on  
[www.naturalsciencesacademy.org](http://www.naturalsciencesacademy.org)

**Phinizy Swamp Nature Park**  
**8:00am Saturday, April 17, 2010**

**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.

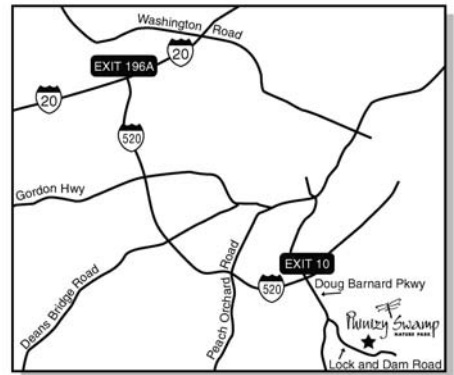
**PACKET PICK-UP/RACE DAY REGISTRATION:** Race day registration and packet pickup for all registrants will be on Saturday, April 17th, 7:00 – 7:45am in the Pfizer Pavilion at Phinizy Swamp Nature Park, 1858 Lock & Dam Road.



**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](http://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 15)**  
**\$17 Without T-shirt**  
**\$25 Race Day Registration (April 17)**  
**\$20 Without T-shirt**

**\*\*Shirts available to first 120 registrants. Pre-registration is strongly suggested.\*\***



For more information,  
contact Bobbie Jo Gainey at 706-828-2109  
or [bgainey@naturalsciencesacademy.org](mailto:bgainey@naturalsciencesacademy.org).

Register online at [www.active.com](http://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)**

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**