



Saturday – March 17, 2012

9:00 a.m.

Registration begins at 8:00 a.m.

**Start & Finish
at**

**St. John's Lutheran Church
Corner of East Bridge & Wall St., Covington**

Organized and Operated by P.L.U.S.

Parents Learning to Understand Students

All Proceeds Benefit Covington 5th and 6th Grade Overnighter

Course:

- Starts and finishes @ St. John's Lutheran Church, East Bridge St., Covington
- Paved course runs through residential area and country road
- Splits and water stops each mile

Registration:

- \$12.00 entry fee for pre-registered runners (includes T-Shirt)
- Pre-registration must be received by March 7, 2012
- \$15.00 entry fee for registrations on the day of the race (no T-Shirt)
- \$10.00 entry fee for all Covington 5th & 6th grade students (T-Shirt w/ pre-registration)

Awards:

- Plaques to the overall top three finishers male and female
- Medals to the top three runners in each category
- Awards and door prizes will be awarded as soon as possible after the race
- Must be present to win

Results:

- Race results will be posted at: www.covingtonplus.org

Information:

- For more information contact Cindy Hand at 937-216-5051 or Amy Shaffer at 937-216-7429

****Pay it Forward**:** Do you have "gently used" running/walking clothing, books (no magazines please) or equipment? P.L.U.S. will be collecting donations of such items at the 5K. Other participants can then take what they might need and leave a freewill donation to P.L.U.S. if they so choose.

ENTRY FORM

MAIL TO:
PLUS 5K
PO Box 51
Covington, Ohio 45318

Make Checks Payable To:
P.L.U.S.
Amount Enclosed \$
(Note: No Refunds - \$15 charge for returned checks)

Name _____ Age (as of 3/2012) _____
Address _____ Phone # _____
City _____ State _____ Zip Code _____

Adult T-Shirt Size: { Small { Medium { Large { X-Large

Male: { 10 – Under { 11 - 14 { 15 – 19 { 20 – 29 { 30 – 39 { 40 – 49 { 50 – 59 { 60 - Over

Female: { 10 – Under { 11 – 14 { 15 – 19 { 20 – 29 { 30 – 39 { 40 – 49 { 50 – 59 { 60 - Over

RELEASE: In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees, do hereby release and discharge P.L.U.S. and its officers, directors, trustees, employees, agents and all other sponsors and individuals assisting in the presentation of the race for all claims of damages, demands and actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____
Parent or Guardian _____ Date _____
(Required of Entrants Under 18)