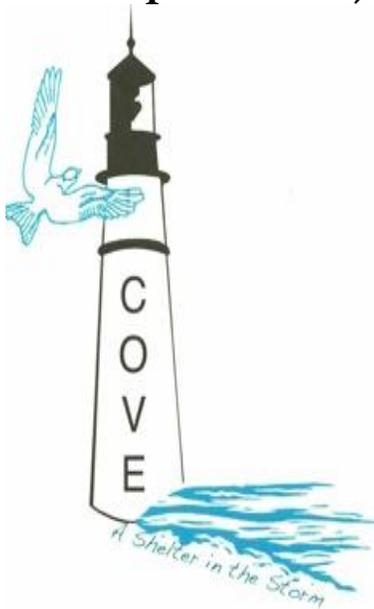


**COVE Benefit Beach
10K/5K Run & 5K Walk**

September 14, 2013



**Charles Mears State Park
Pentwater**



The mission of COVE (Communities Overcoming Violent Encounters) is to provide shelter, advocacy and protection to victims of domestic and sexual violence and other homeless women and children, and to educate our communities about the root causes of violence.

Communities Overcoming Violent Encounters is a 501(c)(3) organization and acknowledges that your contribution is tax-deductible to the full extent of the law.

No goods or services were provided in consideration of this gift.

Thank you for your support!

<p>Date: Saturday, Sept. 14, 2013</p> <p>Time: 5K/10K Run – 8:30 AM 5K Walk – 8:40 AM</p> <p>Check-in & Registration at 7:30</p> <p>Location: Start and Finish at Charles Mears State Park – Pentwater</p> <p>NOTE: The course covers paved, sand, and beach surfaces.</p> <p>Parking: A Recreation Passport is required to enter the park. Please contact the park or visit the website below for more information: www.michigan.gov/recreationpassport</p> <p>Refreshments: Provided for all participants after the race.</p> <p>Questions: Contact - Lynne Cavazos Phone: (231) 869-5939 Email: lcavazos5939@charter.net</p> <p>Mail Registration & Check (payable to COVE) to: Lynne Cavazos 536 E. Lake St., Pentwater, MI 49449</p>	<p>Entry Fee: \$15.00 per person for Pre-registration by Monday, September 9, 2013.</p> <p>\$20.00 per person for Registration after 9/9/13 and on Day of the Walk/Run</p> <p>\$40.00 for family of 3 or 4 (infants free) \$60.00 for family of 5 or more (infants free)</p> <p>T-Shirt included with registration (ONLY 150 shirts have been ordered) <i>(No refunds due to weather)</i></p>	<p align="center">Registration Form – COVE Benefit Beach Run & Walk <i>Please Print</i></p> <p>Last Name: _____</p> <p>First Name: _____</p> <p>Street Address: _____</p> <p>City: _____</p> <p>State: _____ Zip: _____</p> <p>Local Phone: _____</p> <p>Email: _____</p> <p>Age on Race Day: _____</p> <p>T-shirt size (cannot be guaranteed): (circle) S M L X-L</p> <p>Race Choice (circle): 5K Walk 5K Run 10K Run</p> <p>Gender(circle): Female Male</p> <p>Please accept my entry to the COVE Benefit Run/Walk. I hereby state that I have conditioned myself to run/walk more than the stated distance for the race in which I am entering. I waive any rights I may have against my sponsor or agents for damages or injuries incurred by my participation in the COVE Benefit Run/Walk. Entrant's</p> <p>Entrant's Signature: _____ (If under 18, parent/guardian sign)</p> <p>Date: _____</p> <p>Emergency Contact & Phone: _____</p>
<p>Awards/Prizes:</p> <p>Prizes to overall female & male winner of 5K run & 10 K run, overall masters (40 and over) female and male winner of 5K run & 10K run, overall senior masters (60 and over) female and male winner of 5K & 10K run</p> <p>Awards to 1st and 2nd place winners in 5K & 10K run, female and male, in Age Divisions: 0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.</p> <p>Awards to overall 1st & 2nd place female and male winner in 5K walk, overall masters (40 and over) female & male in 5K walk, and overall senior masters (60 and over) female & male 5K walk.</p>		