



## 2009 C.O.V.E.

### Benefit Beach Walk (5K) and Run (5K/10K)

All Proceeds go to support Communities Overcoming Violent Encounters (C.O.V.E.) – which is a non-profit agency serving victims of domestic violence, sexual assault, and women and children who are homeless.

Date: Saturday, September 12, 2009

Time: 5K/10K Run – 8:30 AM, 5K Walk – 8:40 AM (Check-in & Registration at 7:30 AM)

Location: New Start and Finish at Charles Mears State Park - Pentwater

NOTE: The course covers paved, sand, and beach surfaces. The water level on Lake Michigan is high this year – you may get your shoes wet on the course.

Parking: Motor Vehicle Permit (State Park sticker) required for parking in the State Park.

Entry Fee:	\$15.00 per person for Pre-registration by Monday, September 7, 2009. \$20.00 per person for Registration after 9/7/09 and on the Day of the Walk/Run \$40.00 for family of 3 or 4 (infants free) \$60.00 for family of 5 or more (infants free)
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T-Shirt included with registration (ONLY 100 shirts have been ordered) (No refunds due to weather)

#### Awards/Prizes:

Prizes to overall female and male winner of 5K run & 10 K run. Awards to 1<sup>st</sup> and 2<sup>nd</sup> place winners in 5K and 10K run, female and male, in Age Divisions: 0-14, 15-19, 20-29, 30-39, 40-49, 50–59, 60 and over. Awards to 1<sup>st</sup> and 2<sup>nd</sup> place female and male in 5K walk.

Refreshments: Provided for all participants after the race.

Questions: Contact - Lynne Cavazos at (231) 869-5939 (or) Email: lcavazos5939@charter.net

#### Registration Form – C.O.V.E. Benefit Beach Run & Walk

Please Print:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Local Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ T-shirt size (cannot be guaranteed): (circle) S M L X-L

Race Choice (circle): 5K Walk 5K Run 10K Run Gender(circle): Female Male

Mail registration & Check (payable to COVE) to: Lynne Cavazos, 536 E. Lake St., Pentwater, MI 49449

Please accept my entry to the C.O.V.E. Benefit Run/Walk. I hereby state that I have conditioned myself to run/walk more than the stated distance for ther ace 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 C.O.V.E. Benefit Run/Walk.

Date: \_\_\_\_\_

Entrant's signature (If under 18, parent/guardian to sign)

Emergency Notification: \_\_\_\_\_ Phone: \_\_\_\_\_