

### Awards for Runners & Walkers

Awards will be issued to the top 3 overall male and female finishers, the top three runners and the top three walkers in each of the following age groups

- 10 and under,
- 11-14, 15-19,
- 20-29, 30-39,
- 40-49, 50-59,
- 60-69
- 70 & Over

### Door Prizes

For pre-registered participants. Must be present to win.

Race times will be available at:

[www.cantstoprunningco.com](http://www.cantstoprunningco.com)

### Location

\*Beginning and ending at Stillwater Community Church 7900 W. Sugar Grove Rd. (corner of Owens and Sugar Grove Rd. - also known as "Lover's Lane") Covington, OH 45318

### Run/Walk Route

A 5K route is 3.1 miles. The run or walk route will be timed by [www.cantstoprunningco.com](http://www.cantstoprunningco.com)

### Entry Fee

\$20.00 advance registration due by June 27, 2019 for both running and walking events - includes T-shirt.

\$25.00 race day registration for both walking and running events - no T-shirt.

### Pre-registration can be sent by mail to:

Covington Outreach Association  
P.O. Box 125  
Covington, OH 45318

### Covington Outreach Association (COA)

outreach ministries for the Village of Covington:

### Community Food Pantry

Emergency Assistance (Utilities / Rent)

### COA Programs:

Back2School  
Adopt-a-Child Christmas  
Senior Citizens "Shut-In" Christmas

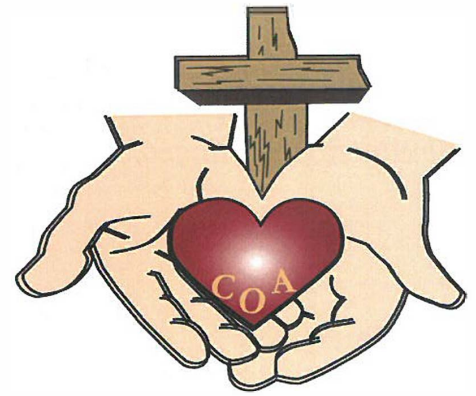
### The COA

#### is supported by:

- CornerStone Dunkard - Brethren Church
- Covington Church of the Brethren
- Covington Christian Church
- Covington Presbyterian Church
- Friendship Grace Brethren Church
- Friedens Lutheran Church
- Old German Baptist-New Conference Church
- St. John's Lutheran Church
- St. Teresa of the Infant Jesus Catholic Church
- Stillwater Community Church

# 12th Annual COA 5K Run/Walk

## River Run "Under the Trees"



July 20, 2019  
8:00 a.m.

(Same day race registration 7:00 a.m.)

Sponsored by:  
**Covington Outreach Association, Inc.**

P.O. Box 125  
Covington, Ohio 45318  
(937) 473-2415

[coadirector.125@gmail.com](mailto:coadirector.125@gmail.com)  
Facebook -

Covington Outreach Association

### ENTRY FORM - 12th ANNUAL COA 5K Run/Walk

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Birthdate \_\_\_\_\_ I plan to: Run \_\_\_\_\_ or Walk \_\_\_\_\_

Please choose one  
(Walk & Run will be considered Running)

Adult Shirt Size S M L XL XXL No t-shirt \_\_\_\_\_

### Waiver of Liability

I intending to be legally bound, for myself, my heirs, next of kin, executors and administrators, voluntarily assume all risks of accident or injury and release and forever discharge, indemnify and hold harmless the Covington Outreach Association, Covington, Ohio and all employees, officers, sponsors and agents (collectively the "released parties"), from any and all liability for personal injury or property damage of any kind sustained during the Covington Outreach Association 5K Run/Walk 2019 whether such personal injury or property damage is caused by the gross negligence or carelessness of the released parties. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in the athletic event. I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legal purpose. NO ROLLERBLADES, BICYCLES OR SKATES. Pets permitted if on leash.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent's signature required if participant is less than 18 yrs. old)

Make checks payable to Covington Outreach Association

### Mail with completed form to:

P.O. Box 125  
Covington, OH 45318

### Or Drop-off Registration to:

Church of the Brethren Office  
101 N. Wall Street  
Covington, OH 45318

Cut here.....