

All proceeds
benefit
Covington
5th and 6th
Grade

Eric Flory – P.L.U.S. 5K
Saturday - April 13, 2019
9:00 a.m. Covington, OH

PLUS

POSITIVE + LEADER + UPLIFTING + SUPPORTIVE

In loving memory of our dear friend Eric Flory

**Fast,
Flat
Course!**

- **Course**
 - Starts and finishes at St. John's Lutheran Church, 200 E. Bridge St.
 - Fast and flat! Paved course through residential streets and country roads
 - Time splits and water at each mile
- **Registration**
 - \$20.00 entry fee for pre-registered runners (includes T-shirt)
 - Pre-registration due by April 5, 2019 (return form below or register online)
 - \$20.00 entry fee for race-day registration (no T-shirt), which begins at 7:30 a.m.
 - **Register online at:** <http://www.cantstoprunningco.com/local-races>
- **Awards**
 - Plaques to the overall top three finishers male and female
 - Special awards for top elementary (grades k-6) and secondary (grades 7-12) boy and girl
 - Medals to the top three runners in each age/sex category
- **Results**
 - Race results will be posted at: www.cantstoprunningco.com
- **Additional Information**
 - For more information contact Dave Larson at 937.570.0197
 - Make checks payable to P.L.U.S. (no refunds - \$25 charge for returned checks) and mail to 213 S. Wenrick St., Covington, OH 45318

Name: _____ Date of Birth: _____
Address: _____ Age (as of 4/14/18): _____ Grade (if applicable): _____
City: _____ State: _____ Zip Code: _____
Telephone #: _____ Email: _____
T-shirt size (circle one): YS YM YL YXL AS AM AL AXL

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, 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 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 Signature (Required of Entrants under 18): _____