



10th Annual Covington **Cheerios** Challenge

10K/5K Road Race and 1 Mile Fun Run

USATF Certified – AJC Peachtree Road Race Qualifier

Saturday April 16, 2011

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Start Times:	10K	7:30 AM	Location:	Covington Family YMCA
	1 Mile Fun Run	9:00 AM		2140 Newton Drive
	5K	9:30 AM		Covington, GA 30014

Entry Fees:	10K and 5K	Pre-Registration \$15	Race Day \$20
	Fun Run	Pre-Registration \$12	Race Day \$15
	Both 10K & 5K	Pre-Registration \$25	Race Day \$35
	Family Pack of 4	Pre-Registration \$45	Race Day \$60
	Dry Fit Shirt Option	Pre-Registration \$20	<i>(pre-registration only / Adult sizes only)</i>



\$ 100 Cash prize to 1st Male / Female to break course records!!! (10K and 5K)
10K Record M: 31:16 F: 37:52 5K Records: M: 16:12 F: 18:43
Awards in Standard Age Groups will be given at end of the races.

Registration: Pre-Registration by **April 12, 2011**. All registration fees are non-refundable. Bring or mail registration form to: Covington YMCA Attn: Cheerios Challenge, 2140 Newton Drive, Covington, GA 30014. Make checks payable to Covington YMCA. **Packet Pickup:** April 15 11:00 AM to 6:00 PM and April 16 beginning at 7:00 AM @ Covington YMCA. Please call 770-787-3908 with any questions or visit our website cyy.ymcaatlanta.org. Online registration @ www.active.com

THE COVINGTON **Cheerios** CHALLENGE 10K/5K AND 1 MILE FUN RUN **SATURDAY, APRIL 16, 2011**

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP CODE _____ Email _____

EVENT: 10K 5K FUN RUN Both 10K & 5K (1 shirt) **Phantom Runner** (shirt only)

AGE _____ GENDER: MALE FEMALE - T-SHIRT SIZE (YS) (YM) (S) (M) (L) (XL) (XXL - \$2 EXTRA)

DRY FIT SHIRT – ADULT SIZES ONLY (\$5 EXTRA)

The Cheerios logo is a registered trademark and is used with permission from General Mills.

Participation Waiver: The undersigned in consideration of the acceptance of this entry does for the undersigned and their heirs, executors, and administrators, waive and release any and all rights and claims which the undersigned might have against the YMCA of Metropolitan Atlanta, their agents or servants for any injuries suffered in the events including both pre-race and post-race activities. The undersigned is physically fit and well-trained for this event and grants full permission to the YMCA of Metropolitan Atlanta, to record all or any portion of the events by photograph or otherwise.

Signature _____ Parent/Guardian if under 18 _____



ADVANTAGE



FIRE



GENERAL MILLS

Edward Jones

MAKING SENSE OF INVESTING

Stuart Hamilton

