

9th Annual Cheerios Challenge

COVINGTON FAMILY YMCA ❖ GENERAL MILLS
10K/5K Road Race and 1 Mile Fun Run
Healthy Kids Day

Saturday April 17, 2010



Start Times: 10K 7:30 AM
1 Mile Fun Run 9:00 AM
5K 9:30 AM

Location: Covington Family YMCA
2140 Newton Drive - 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** (*pre-registration only / Adult sizes only*)

Packet Pickup: April 16 11:00 AM to 6:00 PM and April 17 7:00 AM @ Covington YMCA

\$ 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 is \$15, by April 2, 2010. Race Day Registration is \$20. All registration fees are non-refundable. Bring registration form to or mail registration form to: Covington YMCA Attn: Cheerios Challenge, 2140 Newton Drive, Covington, GA 30014. Make checks payable to Covington YMCA. Please call 770-787-3908 with any questions or visit our website, cvy.ymcaatlanta.org. Online registration @ www.active.com

All schools participating in the school challenge must have their registrations in by April 2, 2010.

ADVANTAGE



FIRE

Cheerios Challenge benefits Covington Family YMCA's Partner With Youth Financial Assistance Program.



GENERAL MILLS



Better By Design



OF COVINGTON

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THE **Cheerios** CHALLENGE 10K/5K AND 1 MILE FUN RUN

SATURDAY, APRIL 17 2010

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)

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 _____