Covenant of Grace
Mission Possible Memorial Day 5K Road Race & 1 Mile Fun Run

May 31st, 2010
5K Race Start – 8:30AM
1 Mile Fun Run – 9:15AM

MISSION: POSSIBLE

Registration Information:
There are three ways to register for the race:

1) Complete the entry form below and mail it to Covenant of Grace:
   *Registrations received after May 20th are not guaranteed a preferred race shirt size.
   **Registrations on race day are not guaranteed a race shirt.
2) Register On-Line at Active.com (at the top of the home page, enter "Mission Possible" in the search box) or download a form on the church's website: **www.cog-pca.org**
3) Register at Covenant of Grace – the church office has forms, anytime and on race day.

Proceeds from the Race:
The race is organized by the Covenant of Grace with timing and race organization assistance provided by the Eldersburg Rogue Runners, Inc. (ERR). Both entities are non-profit corporations. Proceeds from the race will be used to help the COG Youth Group in defraying costs associated with its summer mission trip. The church is sending over 30 members on a mission-service trip to Montana. ERR is an affiliate of the Freedom Area Recreation Council and the running club will assist in timing the race and posting results.

Packet Pick-up:
7:30am - Morning of the Race
11:00am - 2:00 PM Saturday, May 29th
Come to the Fellowship Hall of the church which is located at:
Covenant of Grace
820 Nicodemus Road
Reisterstown, MD 21136

Race Day Schedule:
7:30am - Late Sign-In
8:30am - Start 5K Race
9:15am - Start Fun Run/Walk
9:40am – Awards

Awards:
Awards will be given to the top Male and Female Finishers in the following Categories: 12 & Under, 13–15, 16–19, 20–29, 30–39, 40–49, 50–59, and over 60. Awards will also be given to the top Three Finishers – Male and Female.

Extras:
All participants receive:
* T-Shirt (availability & size not guaranteed on race day)
* Post-race refreshments
* Post-race celebration
* Random Door Prizes

1 Mile Fun Run/Walk
A short and relatively level 1 mile course will be laid out for younger participants wishing to race and others desiring to participate in the event.

Race Route:
The race is a loop starting and ending at Covenant of Grace. There will be ample parking provided at the church for race participants. We are working with Baltimore County to finalize the race route and will post the route in advance of the race.

Directions:
FROM Baltimore/I-695: Take I-795 North and West towards Owings Mills. Take the Franklin Blvd. West exit. Turn Right onto Nicodemus Road. The church is on the right at the corner of Nicodemus Road and Berrymans Lane.
FROM Westminster: Take MD 140 South and East towards Baltimore. Merge onto I-795 towards Owings Mills. Take Exit 7 toward Franklin Blvd. Turn Right onto Nicodemus Road and travel .75 miles. The church will be on the right.

REGISTRATION FORM – Cut on the dotted line below and Mail in your Form & Registration Fee

Last Name _____ *First* _____ *Middle* ____
Address _____ *Apt* _____
City _____ *State* ____ *Zip* _____
Email _____
Daytime Phone (___) ___ - ____ *Evening Phone* (___) ___ - ____
Age as of May 31, 2010 ___ *Sex: Male* ☐ *Female* ☐ *Circle One: 5K Race Entrant*
T-Shirt Size: S ☐ *M* ☐ *L* ☐ *XL* ☐ ☐ *Mile Cross Walk Entrant*

Send the Completed Signed Entry Form to:
2010 Mission Possible 5K Race
c/o Covenant of Grace
820 Nicodemus Road
Reisterstown, MD 21136

Cost (Check the One that Applies):
Entry post marked on or before 5/20/10
☐ Race Participant $18

Entries post marked after 5/20/2010
☐ Race Participant $25

TOTAL AMOUNT ENCLOSED:
$_____
Please do not send cash. Make checks payable to Covenant of Grace

WAIVER OF LIABILITY: Participant understands that he/she is subject to the church's rules of conduct and sportsmanship. The undersigned acknowledges that neither Covenant of Grace ("COG"), the Freedom Area Recreation Council ("FARC") nor the Eldersburg Rogue Runners ("ERR") provide any registrant medical or hospitalization insurance whatsoever, and hereby waives any and all claims against COG, FARC, ERR, the Carroll County Department of Recreation and Parks, Baltimore County or any other person affiliated with these entities and sponsors for injuries sustained while watching or participating in this event or traveling to and from the event. I also agree that photographs taken of my child or me while participating in this activity may be used for publicity purposes.

If under age 18, must be signed by Parent or Legal Guardian:
Signed: _____ Date: _____

I am the Legal Guardian of the Race Entrant and have read and agree to the above Waiver of Liability. _____ (Name of Race Entrant) has my permission to run in the race.
Signed: _____ Date: _____