

**SPIRIT AWARD** for the school with the most participation!

**BIKE GIVE-AWAY** - all registered participants (16 & under) eligible!!



**FOR RACE INFORMATION CALL:**  
Diane Weiss: (985) 893-3684 or (504) 460-2991  
Susan Chandler: (985) 792-2276  
**Race Applications available at:**  
www.15thstreetflyers.org or www.jlgc.net

*Proudly Presents*  
the 3rd Annual  
**"Spring Stomp" 5K Run/Walk**  
**Saturday, March 20, 2010**

**DATE:** Saturday, March 20, 2010  
**TIME:** 8:00 a.m. – 1 mile run/walk - 5K to follow  
Race day registration & number pickup begins at 6:30 a.m.  
**PLACE:** Covington Trailhead (corner of New Hampshire & Lockwood)

**T-SHIRTS:** T-shirts will be given out to all pre-registered entrants on the day of the race. Entrants registered after March 12th are not guaranteed sizes and may have to pick up shirt two weeks after race, should shirts run out. Pick up location is the Junior League office, 529 N. Columbia Street, Covington, LA. Contact: Susan Chandler: (985) 792-2276

**ENTRY FEES:** (checks payable to: Junior League of Greater Covington)

*Pre-registration: Must be postmarked by March 12, 2010*

**\$ 8.00** Pre-registered Youth (age 16 & under)

**\$ 15.00** All entrants (age 17 & over)

**Race Day Registration:**

**\$ 10.00** Youth entrants (age 16 & under)

**\$ 20.00** All entrants (age 17 & over)

**\$ 15.00** Race day only, no t-shirt entry fee

**AWARDS:**

**1 Mile:** Overall Male and Female; 1<sup>st</sup>, 2<sup>nd</sup> place in age groups 5-under, 6-7, 8-9, 10-11, 12-13, 14-16 (male & female).

**5K:** Overall Male & Female; Master (40 & over) Male & Female; Overall Race Walker Male & Female & 1<sup>st</sup>, 2<sup>nd</sup> Place in age groups 16 & under thru 65 & Over (male & female)

**REFRESHMENTS:**

Post race refreshments, including local food and beverages will be available to all registered participants

**PRE-REGISTRATION BY MAIL on or before March 12, 2010:**

*(checks payable to: Junior League of Greater Covington)*

c/o 15<sup>th</sup> Street Flyers

49 Karen Drive

Covington, LA 70433

**PRE-REGISTRATION ONLINE on or before March 12, 2010:**

Go to [Active.com](http://Active.com) and Register! (Pay via paypal/credit card)

**PRE-REGISTRATION IN-PERSON on or before March 12, 2010:**

Varsity Sports: 2021 Claiborne St., Mandeville (985) 624-8200

**DETACH BOTTOM PORTION AND RETURN WITH PAYMENT**



*Race proceeds benefit JLGC Community Projects*  
Visit [www.jlgc.net](http://www.jlgc.net) for more information.

- \_\_\_ \$8.00 Youth (16-under) registered by Mar. 12th
- \_\_\_ \$15.00 All entrants registered by Mar. 12th
- \_\_\_ \$10.00 Youth (16-under) registered on site - Race Day
- \_\_\_ \$20.00 All entrants registered on site - Race Day
- \_\_\_ \$15.00 No T-shirt entry, on site - Race Day.

ONE FORM PER PERSON

Race Number

Checks payable to: Junior League of Greater Covington, 49 Karen Drive, Covington, LA 70433

All entry fees are non-refundable.

PLEASE PRINT CLEARLY:

Official Use Only

\_\_\_\_\_  
Last Name First Name email address

\_\_\_\_\_  
Street Address/Apartment Number City, State, Zip Code

\_\_\_\_\_  
Sex M Sex F Telephone Number Date of Birth Age Walker: \_\_\_\_\_  
yes no

\_\_\_\_\_  
Shirt Size: S M L XL XXL Youth sizes: YM YL SCHOOL: \_\_\_\_\_  
(student, parent or teacher)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release St. Tammany Parish, the City of Covington, the Junior League of Greater Covington & the 15th Street Flyers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use motion pictures, any photographs, recordings or any other record of this event for any legitimate purpose.

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

\_\_\_\_\_  
Signature of Parent or Guardian if entrant is under 18. Date