



Fuzz Run

Couch to 5k

Join the CPD in an eight week training program to help you get ready for the Fuzz Run!

Instructed by Katie Smith.

Program will begin on July 22nd

Upon completion, program participants get half off Fuzz Run entry fee!

Runs will be each week:

Mondays at 6:30 p.m.

Wednesdays at 4:30 p.m.

Saturdays at 8:00 a.m.

\$50 per person / \$75 per couple

Payments: [paypal.me/foundintheshade](https://www.paypal.me/foundintheshade)

Want to mail payment or bring it by?

Make checks payable to Katie Smith

Covington Police Department

1143 Oak Street SE

Covington, GA 30014

Participants will receive a t-shirt and a swag bag.



Name: _____

Address: _____

Phone Number: _____

Date of Birth: _____

Email Address: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Shirt Size: S M L XL XXL XXXL

Waiver and release of liability: I affirm that I am physically fit to participate in this program and I assume all risks associated with my participation in this program, including, but not limited to the effects of weather, traffic, course conditions and course surfaces, falls, and contacts with other runners. In consideration of my application for participation in this program I do hereby release the City of Covington from any claim whatsoever arising from my participation in the program. I consent to the use of photographs of me in the program for any legitimate purpose, including publicity. I realize there is no refund.

Signature: _____

Parent's signature (if under 18) _____