

FAQ

Hermes Cleveland 10 Miler presented by Fleet Feet Sports, 5K, Cleveland Kids Run

Saturday, April 28, 2007

General Information

What is the date of the Hermes Cleveland 10 Miler presented by Fleet Feet Sports?

The Hermes Cleveland 10 Miler presented by Fleet Feet Sports, 5K and Cleveland Kid's Run will be held on Saturday, April 28, 2007.

What time do the races start?

Cleveland Kids Run – 8 AM

5K – 8:20 AM

Hermes Cleveland 10 Miler presented by Fleet Feet Sports – 8:30 AM

Where does the race start?

The race will start in front of the House of Blues, 308 Euclid Ave in downtown Cleveland. All pre- and post- race activities will be held inside the House of Blues.

The finish line will also be located on Euclid Ave.

Is the race chip timed?

The 10 Miler and 5K will be chip timed. In order to ensure proper timing, all participants must wear their race number and assigned timing chip. The timing chip must be attached to your shoe.

Are there any age requirements?

There are no age requirements for the 10 Mile or 5K. To participate in the Kids Run, you must be 10 years of age or younger.

Registration and packet pick up

How can I register and what are the fees?

You can register online and through the mail. Mail-in entries must be postmarked by April 21. Online registration will be open through midnight, April 26.

Please make checks payable and mail to: Hermes Sports & Events
1468 W. 9th St. Suite 825
Cleveland, OH 44113

Race	Dates	Price
10 Miler	Through March 13	\$25
	March 14 – April 24	\$35
	April 25 through packet pick up sites	\$45
	Race Day	\$50
AT&T 5K	Through March 13	\$15
	March 14 – April 24	\$20
	April 25 through packet pick up sites	\$25
	Race Day	\$25
Kids Run	Through April 24	\$8
	April 25 through packet pick up sites	\$10
	Race Day	\$12

Entry forms are available from our website (www.hermescleveland.com) and can be found at local running stores. If you would like one mailed or faxed to you, please call (216) 623-9933.

When can I pick up my packet?

We will have two (2) packet pick up and late registration sites. Registration fees for late registration are \$45 (10 Mile), \$25 (5K) and \$10 (Kids Run).

Timing chips will be distributed at the House of Blues on race morning only.

Thursday, April 26 (3 PM – 7 PM)

Fleet Feet Sports

114 E. Aurora Rd.

Northfield Center, OH 44067

Friday, April 27 (11 AM – 6 PM)

House of Blues

308 Euclid Ave.

Cleveland, OH 44114

Saturday, April 28 (6:30 AM – 8 AM) – **RACE DAY**

House of Blues

308 Euclid Ave.

Cleveland, OH 44114

Can someone else pick up my packet?

Yes, they may do so at any of our packet pick up sites.

Can I register and pick up my packet on race day?

Yes, race day registration and packet pick up will be open from 6:30 AM – 8 AM. We will be located inside the House of Blues. Race day registration fees are \$50 (10 Mile), \$25 (5K) and \$12 (Kids Run). **Registration will close promptly at 8 AM.**

What do I get with my entry fee?

- Chip timing in the 10 Miler and 5K
- Technical shirts to all 10 Miler participants and custom t-shirts to 5K and Kids Run participants
- Finisher medals for 10 Miler finishers
- Awards to all Kids Run participants
- Top male and top female finishers in the 10 Miler and 5K each receive four tickets to the House of Blues Sunday Morning Gospel Brunch
- Post race party at the House of Blues with a live band and food and drink specials
- Giveaways
- Four water stops in the 10 Miler

How do I know that you received my registration?

If you registered via Active.com, you will receive an automatic registration confirmation. If you mailed in your entry form, your cancelled check will serve as your confirmation. If you have any questions or concerns, please call us at (216) 623-9933.

Once I've registered can I switch races?

Yes. If you are switching races please let us know at the registration table on race day.

I already registered for the race, but have incurred an injury. Can I receive a refund or defer my participation to 2008?

Sorry, all entries are non-refundable and non-transferable. Once we've received and processed your entry, you will not receive a refund. You may not give or sell your race number to other people. Entry fees are not transferable to next year's race.

I noticed that this race is part of the Road Race Series. Do I have to be registered for that to participate in the race?

No, this race is open to everyone. For more information regarding the Road Race Series, please click here <http://www.hermescleveland.com/events/rrs.asp>

Awards and Results

What are the awards?

The top male and female finishers in the 10 Miler and 5K will win four (4) tickets to the Sunday Morning Gospel Brunch at the House of Blues.

Hermes Cleveland 10 Miler presented by Fleet Feet Sports

Top three overall male and female finishers and the top three male and female in each age group.

15 & Under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over.

5K

Top overall male and female finisher and top three male and female in each age group.

10 & Under, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over.

Cleveland Kids Run (Ages 10 & under)

All participating children will receive an award for competing in the race.

What time is the awards ceremony?

The awards ceremony begins at 10:15 AM on the main stage in the House of Blues.

Are there any post-race activities?

Following the race, join us for food, drinks and a concert held at the House of Blues. During this time we will also have the awards presentation.

Where can I find race results?

Race results for the Hermes Cleveland 10 Miler presented by Fleet Feet Sports and the AT&T 5K will be posted on the website within 24 hours of the race (www.hermescleveland.com/10Miler/results). You will also be able to view and order pictures from the race.

What should I do if my results are incorrect or missing?

Once the results have been officially posted, contact Nick Swingos at nswingos@hermescleland.com with any changes or concerns.

Course Information

Are there water stations on the course?

There are four (4) water stations on the 10 Mile course located at miles 2, 4, 6 and 8. In the 5K, a water station will be located at mile 2.

Will there be first aid stations on the course? At the start or finish lines?

There will be medical personnel provided the Cleveland Clinic Sports Health located at various points along the course. They will also be located at the Finish.

Are there port-a-potties on the course?

Yes. Port-a-potties will be located at miles 5 and 8.

Will there be course entertainment?

There will be music along the race route.

Will you have pace teams?

No.

Are strollers, baby joggers, bikes, rollerblades, headphones or dogs allowed on the course?

Strollers, baby joggers, dogs and headphones are allowed on the course. Dogs must remain on a leash at all times. For the safety of yourself and others, please exercise caution when running with these items.

Bikes, rollerblades and scooters are prohibited on the course.

Will there be traffic on the roads while I am running?

Traffic will be allowed on the race course. Runners will be in the curb lane with cones on the other side. Runners must stay inside the coned lanes at all times. Police and course marshals will monitor the course.

How long with the race course stay open?

The 10 Mile race course will remain open for 3 hours. It will be closed based on an 18 minute mile pace. You will be asked to move to the sidewalk if you cannot maintain this pace.

Do you sell merchandise that I can purchase to commemorate the event?

Timing chips are available for purchase for \$35 when you register.

Is there a training group for the 10 Mile or 5K?

Fleet Feet Sports, located at 114 E. Aurora Rd. in Northfield holds weekly training sessions for both 10 Mile and 5K distances. Please contact Fleet Feet at (330) 908-3234 for times and more information.

Where can I park on race day?

There are several parking lots within close walking distance to the House of Blues. Parking is available in lots on Ontario, Huron and Prospect for a small fee.

I am unable to participate in the event but would like to help volunteer. How can I sign up?

We can always use your help! Please click here to see volunteer opportunities
<http://www.hermescleveland.com/10miler/volunteers/>

I'm from out of town. Is there somewhere I can stay?

The Hampton Inn, located at 1460 E. 9th St., is the host hotel for the Hermes Cleveland 10 Miler presented by Fleet Feet Sports, 5K and Cleveland Kids Run. They will be offering single and double rooms for \$89/night plus tax and parking.

Call (216) 241-6600 prior to April 6 to receive this discounted rate. Mention the race to receive this discount.

The Hampton Inn is just a short walk to the House of Blues and offers many great amenities such as complimentary continental breakfast, free local calls, high speed wireless Internet access and an in-house exercise facility.

Who is the official charity?

The City of Cleveland Department of Parks, Recreation and Properties is the official race charity. We hope this partnership will launch other running programs for children in Cleveland to give them an opportunity to experience the joys of running. We hope to work with the city to develop year-round running events for children.