

lakewood catholic academy's

RUN FOR EXCELLENCE & THE MICHALKO MILE



SUNDAY OCTOBER 2, 2011

7:30 - 9:00 am Race Day Registration

8:30 am - 5k Race starts (Chip timed)

9:15 am - Michalko Mile Youth Run

LAKWOOD CATHOLIC ACADEMY CAMPUS

14808 Lake Road
Lakewood, Ohio 44107

PRE-REGISTRATION FEES

Individual 5k and 1 Mile - \$20
Family of 4 - \$60 (Mail-in only)
(\$15 each additional)

RACE DAY REGISTRATION FEE

Individual 5k and 1 Mile - \$25
Family of 4 - \$70
(\$18 each additional)

PRE-RACE PACKET PICK UP

Saturday, October 1 5:30pm - 7:30pm in McBride Hall at St. Luke Church, 1212 Bunts Road, on the corner of Bunts and Clifton in Lakewood. Pasta dinner catered by Italian Creations available for \$6 / person. Sunday Vigil Mass at 4:30pm - St. Luke Church

AWARDS AND AGE GROUP DIVISIONS

Awards for the 5k will be presented to the top male and female runner overall and top 3 in each age category.
5k - 11 and under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & over. 1-mile participants will receive a ribbon of participation.

ONLINE REGISTRATION

Register online at hermescleveland.com until 9 am on Friday, September 30, 2011

MAIL-IN ENTRIES MUST BE POST MARKED BY WEDNESDAY, SEPTEMBER 28, 2011.

Hermes Sports & Events
1624 St. Clair Ave.
Cleveland, Ohio, 44114
Phone: 216-623-9933
All checks payable to: **Hermes Sports and Events**

THE FIRST 300 PRE-REGISTERED RUNNERS WILL RECEIVE A HIGH QUALITY TECHNICAL SHIRT!

CHIP TIMING! NEW RACE ROUTE! POST RACE REFRESHMENTS, MUSIC, HEALTH & SAFETY INFO, KIDS TENT & MORE!

All entries are non-refundable. Return bottom portion of entry form with check and keep top for your records and event information

LAKWOOD CATHOLIC ACADEMY'S "RUN FOR EXCELLENCE" 5K AND MICHALKO MILE YOUTH RUN 2011

Name: _____ Address: _____
 City: _____ State: _____ Zip Code: _____ Email: _____
 Date of Birth _____ Age on Race Day: _____ Male Female Division: 5k Michalko Mile
 T-SHIRT SIZE: YOUTH SMALL YOUTH MED YOUTH LG SMALL MEDIUM LARGE XL LARGE XXL

PLEASE READ CAREFULLY BEFORE SIGNING:

In consideration of your accepting entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against Lakewood Catholic Academy, Hermes Sports and Events, City of Lakewood, the event sponsors, their representatives, successors and assigns for any and all injuries suffered by me in said event and in transit to and from event. I further attest that I am physically fit and sufficiently prepared for this event. I will additionally permit the use of my name and/or pictures in Lakewood catholic Academy and/or Hermes Sports and publications.

Participant signature _____ Date _____

Parent/Guardian Signature (participants under 18) _____ Date _____