

LAKWOOD SUMMER MELTDOWN 5K & Street Party

Saturday, July 23, 2011

Lakewood, Ohio | 5K Race | Presented by LakewoodAlive
5K Race: 7 PM | Post-race Street Party Immediately Following

What's Going on in Downtown Lakewood on July 23, 2011?

Lakewood STREETWALK "Active-living" Programs 4-7 p.m. (Free)
(Detroit Avenue Closed between Arthur & Marlowe)

Lakewood Summer Meltdown 5K & Street Party 6:00 - 10 p.m.

5K Registration/Check-in 6:00 p.m.; Race Start at 7 p.m.
Post-race Party open to Anyone - runners and non-runners!
Live Entertainment, Beer Garden, Food & Fun on the Street!
No Admission Charge

Additional information at: www.downtownlakewood.org and www.lakewoodstreetwalk.com.

Packet pick-up: Thursday, July 21 & Friday July 22, 4 - 7pm behind Melt, 14718 Detroit in Lakewood.

Sponsored by:



5K REGISTRATION begins at 6:00 PM

Registration & Start at St. Charles & Detroit Avenue, 14701 Detroit Avenue, Lakewood, Ohio.

PARKING available at the Bailey Building Parking Garage, 14725 Detroit Avenue -
Entrance on Warren Road (Fee as posted)

Finish at St. Charles & Detroit Avenue - intersection in front of Panera Bread, Lakewood, Ohio.

Musical Entertainment, Food & Beer - 7:30 PM

Snacks & beverages for runners

FEES

(Includes T-shirt): On-line registration for the 5K run open until 9 a.m. on July 22

\$20 "Day of" registration at 6:00 p.m. -\$25

AWARDS

First male; first female; and top 3 males & top 3 females in each of these age groups:

14 and under | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+

FILL OUT THE APPLICATION.....IF YOU CAN HANDLE THE HEAT!

Name: _____ Address: _____

City: _____ State: _____ Zip Code: _____

Age on race day: Male Female _____

Birth date: _____

Home Phone: _____ Email: _____

T-Shirt Size Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of Lakewood, LakewoodAlive, Kendall Jarrell Insurance Advisors, Hermes, or any other party associated with this event, regarding any injuries I may suffer in conjunction with this event. I further attest that I am physically fit and have sufficiently prepared for this event. I will additionally permit the use of my name and /or pictures in future promotions or publications.

Signature _____ Date _____

(Parent or guardian signature required if under 18)

LAKWOOD
SUMMER
MELTDOWN
5K RUN 2011

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Register online at
www.hermescleveland.com
by 9 a.m. July 22, 2011

Register online at www.hermescleveland.com, by 9 a.m. July 22, 2011
First 250 registered runners get a special goodie bag from Panera Bread!

Or mail form & payment to Hermes, 1624 St. Clair Ave, Cleveland, OH 44114 | QUESTIONS to Hermes 216 623-9933