



5K RUN/ WALK, 1 MILE WALK, YOGA, CHALLENGE OBSTACLE COURSE
Sun., Sept. 17, 2017 Orange High School, Pepper Pike, OH

REGISTRATION FORM



REGISTRATION

EVENT DAY INFO

PRIZES & MORE

"VERY IMPORTANT TO PARKINSON'S"
VIP REGISTRATIONS AVAILABLE!

\$175 VIP REGISTRATION

Includes registration for 8 people PLUS special recognition. Limited VIP Registrations available.

TEAM REGISTRATION

Unlimited team members may be added at the per person Individual Registration fee.

INDIVIDUAL REGISTRATION

\$25 REGISTRATION FEE

\$10 EA CHILD 12 & UNDER

\$30 REGISTRATION FEE AFTER 9/14/17

\$15 EA CHILD 12 & UNDER

Online registration closes at 9am on 9/15/17

EARLY PACKET PICK UP

FRI., SEPT. 15TH 4-7PM at FLEET FEET
30679 Pinetree Rd., Pepper Pike, OH

EVENT SCHEDULE

- 7:30AM REGISTRATION OPENS & PACKET PICK UP
- 9AM 5K RUN/WALK & 1 MILE WALK STARTS
- OBSTACLE COURSE OPENS AFTER RACE
- 10AM & 11AM OUTDOOR YOGA

GOLD, SILVER & BRONZE MEDALS

- First Place Overall Male
- First Place Overall Female
- PLUS Male & Female Age Group

Medals

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

- Team with Most Members
- Team that Raised the Most Money

FOOD & REFRESHMENTS

T-SHIRTS FOR PARTICIPANTS

Registered by 9/13/17

Sponsorship Opportunities Available! Contact Nancy at 216-342-4016 for information

InMotion and Parkinson Pals have joined forces to create "Pals In Motion" a family-friendly Walk/5K/Yoga/Obstacle Course fitness event to improve the lives of those living with Parkinson's disease (PD). The money raised from "Pals In Motion" is needed to bring awareness, raise important research dollars, and provide the resources needed to continue helping people in our community who are struggling with PD. To learn more, visit beinmotion.org

"VERY IMPORTANT TO PARKINSON'S" (VIP) REGISTRATION **\$175**

Please use space provided on reverse side for up to 8 registrations
Obstacle Course & Yoga are included with VIP registration.

TEAM REGISTRATION

TEAM NAME: _____

Please use space provided on reverse side. Unlimited team members may be added at the per person Individual Registration fee.
Obstacle Course & Yoga are included with Team registration.

INDIVIDUAL REGISTRATION **\$25 ea adult / \$10 ea child 12 & under.** After 9/14/17 \$30 ea adult / \$15 ea child 12 & under.

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

SHIRT SIZE (CHECK ONE): ADULT: S M L XL XXL YOUTH L

EVENT (CHECK ONE): 5K Run/Walk 1 Mile Walk

OBSTACLE COURSE (Open to All, CHECK ONE): Yes! Come meet Ninja Warrior Jimmy Choi! No Thanks

OUTDOOR YOGA (Open to ALL, CHECK ONE): Yes No Thanks

Obstacle Course & Yoga are included with 5K Run/Walk or 1 Mile Walk registration.

MAIL COMPLETED FORM & CHECK TO: Hermes Sports & Events, Inc., 2425 West 11th St., Suite #2, Cleveland, OH 44113, MAILED
ENTRIES MUST BE RECEIVED BY 9/13/17. CHECK PAYABLE TO Hermes

I, _____ ("Participant") do hereby waive, release, indemnify and hold harmless Hermes Sports & Events, Pals In Motion, Parkinson Pals and InMotion, its employees, agents, related entities, and mortgages from and again any and all claims, liabilities, costs, causes of action, damages and expenses now existing and hereafter arising in connection with my participation in the Pals In Motion 5K/Walk/Yoga/Obstacle Course conducted on September 15, 2017. Participant hereby acknowledges and agrees that such participation shall be the Participant's sole and exclusive risk.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18) _____

VERY IMPORTANT TO PARKINSON'S (VIP) REGISTRATION - Please use space provided for up to 8 team members.

TEAM REGISTRATION - Please use space provided for up to 10 team members, however there is no limit on the size of the team. Please feel free to copy this form and add more team members.

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks

TEAM MEMBER

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

SHIRT SIZE (Check One): ADULT: S M L XL XXL YOUTH L

EVENT (Check One): 5K RUN/WALK 1 MILE WALK

OBSTACLE COURSE (Open to All, Check One): Yes No Thanks

OUTDOOR YOGA (Open to ALL, Check One): Yes No Thanks