



Villa Angela-St. Joseph High School

8th Annual

ESCAPE ON THE LAKE

5K RUN/1-MILE WALK

vasj.com/escapeonthelake

Saturday, July 13, 2019

Villa Angela-St. Joseph High School

LOCATION:

Start at **Villa Angela-St. Joseph High School**
(18491 Lakeshore Blvd. Cleveland, OH 44119)

TIME:

7:30 a.m.
On-site registration/Packet Pick Up

9:00 a.m.
5k/1-Mile Walk Begins

**All pre-registered participants are guaranteed a free t-shirt. Shirts are subject to availability for race-day registration.*

FEE:

\$20 Early-Bird Registration (through December 31, 2018)

\$25 Pre-Registration for all age groups

(mail-in registrations must be received by July 10)

(online registration will close on Friday, July 12, at 9 a.m.)

\$30 race-day registration

AWARDS:

5K: Top overall male and female and three deep (male and female) in the following age groups: 9 & Under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

REGISTRATION FORM: Please complete one form per person.

Send application & check to: Hermes Sports & Events, 2425 W. 11th St., Suite 2, Cleveland OH 44113

NAME: _____

GRADUATION YEAR (if alum): _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____

EMAIL ADDRESS: _____

BIRTHDATE: _____

AGE ON DAY OF RACE: _____

SEX: Male Female

5K Run: 1-Mile Walk:

T-SHIRT (Circle One): S M L XL XXL

ADDITIONAL DONATION: \$ _____

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 Northeast Shores Development Corporation, Villa Angela-St. Joseph High School, Hermes Sports and Events, Cleveland Metroparks, City of Cleveland, their representatives, successors, and assigns for any and all injuries suffered by me in said event or in transit to and from said 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 Villa Angela-St. Joseph High School or Northeast Shores publications.

**All children must have adult supervision at all times.*

PARTICIPANT SIGNATURE: _____
PARENT/GUARDIAN IF UNDER 18 YEARS OF AGE

