

Lakewood Catholic Academy's

# RUN FOR EXCELLENCE 5K RACE & THE MICHALKO MILE SUNDAY AUGUST 29, 2010



**When:**

7:30-9:00am Race-day Registration  
 8:30am 5K Race Starts (**CHIP TIMED**)  
 9:15am Michalko Mile Youth Run

**Awards & 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 & under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & over  
**1 Mile** – 6 & under, 7-8, 9-10, 11-14 (Top 3 age group only)

**Where:**

LCA Campus  
 14808 Lake Avenue  
 Lakewood, OH  
 (Adjacent to Lakewood Park)



**Mail -in entries (must be received by Wednesday, August 25, 2010):**

Hermes Sports & Events  
 1624 St. Clair Avenue  
 Cleveland, OH 44114  
 Phone: (216) 623-9933  
 All Checks Payable to: "Hermes Sports & Events"

**Registration Fees:**

*Pre-Registration* (must be registered online by 9:00am on 8/27/2010 or via mail to be received by 8/25/2010)  
 Individual 5K and 1Mile - \$20  
 Family - \$60 Family of 4 (\$15 each additional)  
 Team Discount (10 or more runners, entries and payment submitted in one envelope via mail only) - \$15/runner

*Race Day Registration:*

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

*The first 300 registered runners will receive a high quality technical t-shirt!  
 Post race refreshments, music and more!*

**Lakewood Catholic Academy's "Run For Excellence" 5K & Michalko Mile Youth Run 2010**

**Name:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Division:**  5K  Michalko Mile Youth Run

**T-shirt size:**  XXL  XL  Large  Medium  Small  Youth Large  Youth Medium

*Hermes Sports & Events, 1624 St. Clair Avenue, Cleveland, OH 44114 Phone: (216) 623-9933*

**PLEASE READ CAREFULLY BEFORE SIGNING:**

In consideration of your accepting this entry and allowing me/my minor child to participate in the "Run for Excellence" 5K & Michalko Mile Youth Run 2010, I hereby, on behalf of myself, my spouse, and my child assume all risks in connection with this event and release Lakewood Catholic Academy, Hermes Sports & Events, City of Lakewood, the event sponsors, and their respective representatives, successors and assigns from all claims and damages relating in any way to any injury or damage to arising out of this event. I further attest that I am physically fit and have sufficiently prepared for this event. I also grant consent to Lakewood Catholic Academy, Hermes Sports & Events, and their agents to record, photograph, audiotape, videotape, or otherwise use my/my child's name, image, and likeness in any form and to display, release, exhibit, publish, or distribute the same.

Participant signature \_\_\_\_\_

\_\_\_\_\_ Date

Parent/Guardian signature (for all participants under 18) \_\_\_\_\_

\_\_\_\_\_ Date