

Nature's Bin
5K / 1-Mile Run/Walk
 Saturday, October 3, 2009
 8:00 a.m. Registration
 9:00 a.m. Race Time



The awards: Presentation following the race
5K: Top 3 males & Top 3 females overall, and in each age division
Age divisions: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over
1 Mile: Top 3 males & Top 3 females overall
The Location: Lakewood Park, 14532 Lake Road, Lakewood, Ohio 44107
The Course: Fast, flat 5K out and back course OR 1 mile fun run/walk (Each course paved for wheelchairs)
The Features: *NEW* Long Sleeved T-shirts for pre-registered participants – Day of race, while supplies last. Post-race continental breakfast provided. Snack packs featuring products from Nature's Bin (while supplies last).

Cornucopia, Inc. — serving the community through vocational rehabilitation for people with disabilities.

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Pre-registration must be RECEIVED by October 1, 2009

Online registration preferred at www.hermescleveland.com or
 Mail to: Hermes Sports & Events, 1624 St. Claire Avenue, Cleveland, OH 44114

Participant Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____
 Sex: M or F (circle one) Birth date _____ Age _____
 T-shirt size: S M L XL XXL Event (circle one): 5K 1 Mile
 E-mail address: _____

Event	Pre-registration	Day-of registration	Payment Method
5K Run /Walk	\$20	\$22	Check – Payable to Hermes Sports & Events
1-mile Fun Run/Walk	\$15	\$15	

For more information about the race visit www.hermescleveland.com
 To make a donation to Cornucopia visit www.cornucopia-inc.org or mail to 18120 Sloane Avenue,
 Lakewood, OH 44107

In consideration of Cornucopia, Inc. and Nature's Bin permitting (me) or (my child), _____ who is under the age of 18 to participate in the above named event, I hereby and for (me) and (my child's) heirs, executors, administrators and / or assigns, waive and release any and all rights and claims of any nature that (I) or (my child) may have against Hermes Sports & Events, Cornucopia, Inc., and Nature's Bin, their officers, employees, agents, executors, administrators, successors, and/ or assigns for and against any and all injuries or damages of any nature which (I) or (my child) may suffer while taking part in any activities connected with this event. The release and consent shall be binding upon (me) or (my child's) heirs, executors, administrators and / or assigns.

Post-race continental breakfast provided by...



Our all-natural snack packs feature products from Nature's Bin!

Visit www.cornucopia-inc.org for Information



New! Long-sleeved T-shirts for runners

The 2009 Nature's Bin Run Course

Remember to check www.hermescleveland.com for race updates, color maps, and online pre-registration!

