



Southwest General

Partnering with  University Hospitals



Old Oak Run

31ST ANNUAL RUN/WALK | SATURDAY, APRIL 21, 2012

LOCATION

This 31st annual race begins and ends at LifeWorks of Southwest General, 7390 Old Oak Boulevard (just 1/2-mile south of Southwest General in Middleburg Heights). Parking is available at LifeWorks. No lockers or showers are available. We will be using B Tag chip timing with disposable timing chips.

TIME

8 a.m.: Race-day registration - LifeWorks' conference room

8:45 a.m.: Pre-race warm up outside

9 a.m.: 5K (3.1-mile) run and one-mile walk **beginning at LifeWorks**

10:30 a.m.: Approximate time for awards presentation

DISTANCE

5K (3.1 miles) over paved roads. Course clearly marked with traffic control and protection. Water station at midpoint; times at finish. Hermes Sports & Events will conduct the run. Walkers start behind the runners and proceed one-half mile down Old Oak Blvd. and return on LifeWorks' paved outside running track.

REGISTRATION

5K Run: \$20 pre-registration (deadline is Friday, April 13, 2012); \$23 (April 14 through race day)

Walk: \$12 pre-registration (deadline is Friday, April 13, 2012); \$15 (April 14 through race day)

To pre-register, go online to www.hermescleveland.com until Friday, April 20, 2012 at 9 a.m.

OR send the application below with check or money order payable to **SOUTHWEST GENERAL** before deadlines above.



AWARDS

Prizes/awards given to top overall male and female runners. Runners finishing in the top three in each age group will receive awards. Age groups: Men and women, 10 & under, 11-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61 & over.

Long-sleeved T-shirts will be given to the first 300 entrants in the run and walk. Awards are not given in the walk.

FREE refreshments for walkers and runners following the race.

We look forward to seeing you!

 (for Xerox)

2012 Old Oak Run Application

Name (please print) _____

Address _____

City _____ State _____ Zip _____

Home phone _____ Business phone _____

E-mail address _____

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 LifeWorks of Southwest General, Southwest General, Hermes Sports & Events, City of Middleburg Heights, City of Berea, 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 LifeWorks' and/or Southwest General's publications.

Signature (required) _____

(If entrant is under 18, parent must sign)

Participating in (check one):

Walk 5K Run

Gender: Male Female

Age (day of race): _____

T-shirt size (circle one):

S M L XL XXL

Send application and check to:

*Southwest General
Marketing Department
18697 Bagley Road
Middleburg Heights, Ohio
44130-3497*