

Parma Firefighters Fill The Boot 5K Run/Walk

Saturday September 25, 2010

Time: Race Day Registration begins at 8:00 am
Run/Walk starts at 9:00 am

Location: Parmatown Mall south entrance @
Parma Fire Dept. Training Room (go to
hermescleland.com for detailed directions &
course maps)

Awards: Top male and female overall. Top 3
finishers (male and female) in the age groups
below.

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

T-shirt and
refreshments for all participants.

Mailed forms must be received by

September 22nd

ALL proceeds benefit Muscular Dystrophy



Register Online: hermescleland.com or mail the completed form below

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: ____ - ____ - ____

E-mail: _____

Birth Date: _____ Age (Day of Race): _____

Sex: M F

Entry Fee (NO REFUNDS)

Pre-Registration \$17.00

Day of Registration \$22.00

I hereby understand that upon my entry into the Parma Firefighters Fill the Boot 5K Walk/ Run, I waive any and all claims or damages that I may have against Hermes Sports & Events, the Parma firefighters, promoters, sponsors, or any individual involved in the production of this race in regards to any and all injuries suffered by me while running, traveling to or from, or participating in this event for myself, my heirs, and/or assignors. I give my full permission to Hermes Sports & Events, Inc. and their sponsors and corporate partners to use any photographs, videotapes, or other recordings of me that are made during the course of the event.

Participant Signature (parent/ guardian if under 18 years of age) _____

Additional Donation (optional) : _____

T-shirt included (Circle Size) Youth : M 10-12 L 14-16 Adult: S M L XL XXL

Mail entry form and check to:

Hermes Sports & Events

1624 St. Clair Ave.

Cleveland, OH 44114

Questions? Call Hermes (216)-623-9933

