



# ENTRY FORM

## SUNDAY, JULY 9, 2017

5K RUN // 1 MILE KIDS RUN // BENCH CONTEST // KIDS PUSH UP CONTEST

DEDUCT 30 SECONDS PER BENCH PRESS REP FROM YOUR RUN TIME!

### EVENTS

- **5K Run** – Pre-registration \$20
- **Pump and Run** – Pre-registration \$25 Adults / \$20 Kids (*Kids event is 1 Mile Run + Push Up Contest*)

Mail in registration must be received by Wednesday, July 5, 2017 and online registration will close Friday, July 7, 2017 at 9:00 am. (*online processing fees apply*)  
\$5 surcharge for registration on race day

### AWARDS

- **5K Run:** Overall Male and Female Winners
- **Pump and Run:** Male and Female Overall, 13-17, 18-29, 30-39, 40-49, 50-59, 60+
- **Kids Pump and Run:** Overall 12-under Winner

### LOCATION

Southpark Mall in Strongsville located at 500 Southpark Center. Registration will be held at the Empowering Punch fitness studio located inside the mall on the 2nd floor across from Dick's Sporting Goods. Bench competition will take place at Empowering Punch; race course will be around the mall parking lot.

### TIME

- **5K Run** Begins at 9:00 am
- **1 Mile Kids Run** Begins at 9:00 am
- **Bench Competition** 7:30-8:30 am

**Race Day Registration and Packet Pick-up** Begins at 7:00 am

**T-SHIRTS** to first 100 entrants. Goodie bags and refreshments for all competitors. Pump and Run rules can be found at [www.hermescleveland.com/roadracing/events/pumpandrun](http://www.hermescleveland.com/roadracing/events/pumpandrun)

### LIFTING TIMES

Preferred lifting times will be assigned on a first-come, first-serve basis. Each ten minute time slot (ie: 7:30-7:40) will be reserved for a group of participants; once those spots are taken, the time slot will no longer be available. Race day registrations will be subject to placement into available timeslots. **The full pre-registration schedule and any open time slots will be posted online and emailed Friday afternoon before the race.**

### BENCH REQUIREMENTS

#### Male

| AGE   | % OF BODY WEIGHT |
|-------|------------------|
| 13-17 | 75%              |
| 18-29 | 100%             |
| 30-39 | 100%             |
| 40-49 | 90%              |
| 50-59 | 80%              |
| 60-69 | 70%              |
| 70+   | 60%              |

#### Female

|       |     |
|-------|-----|
| 13-17 | 50% |
| 18-29 | 70% |
| 30-39 | 70% |
| 40-49 | 60% |
| 50-59 | 50% |
| 60-69 | 40% |
| 70+   | 40% |

## PUMP AND RUN SUNDAY, JULY 9, 2017

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

In consideration of your accepting this entry, I hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for damages I may have against Empowering Punch, Hermes Sports and Events, Southpark Mall, 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 publications for the companies listed above.

Signature \_\_\_\_\_

*Parent/guardian signature if under 18*

### Check ONLY One Box

5K Run

Pump and Run

Male

Female

Date of Birth \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Approximate Weight \_\_\_\_\_ lbs

**Preferred Lifting Times (list three):**

\_\_\_\_\_

### T-shirt size:

YL  S  M  L  XL  XXL

### Mail form and checks made payable to:

Hermes Sports and Events

2425 W. 11th Street, Suite 2

Cleveland, OH 44113 • 216.623.9933



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PERSONAL TRAINING & FITNESS STUDIO

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