

Day of Race Events

Course begins and ends at **Amherst Steele High School**, 450 Washington Street, Amherst, Ohio.

Start Time:

5K Skeleton Run: 9:30 a.m.

- Tag Timing

1 Mile Funny Bone: 9:15 a.m.

¼ Mile Silly Bone Run: 8:45 a.m.

Features:

- 5K Skeleton Run; 1 Mile Funny Bone Run; ¼ Mile Silly Bone Run; walkers welcome!
- Long sleeve shirts for first 400 paid 5K participants; short sleeve shirts for first 100 paid Funny Bone participants
- Door prizes for 5K participants
- Spirit Awards given to runners in "best costume"
- Post-race food and refreshments

Awards

5K Run:

\$150 to 1st place overall male & female

\$100 to 2nd place overall male & female

\$ 50 to 3rd place overall male & female

Medals to top 3 in each division

1 Mile Funny Bone Run:

Medals to top 3 in each division

¼ Mile Silly Bone Run:

Each participant receives a ribbon

Registration:

On-site & Check-in:

8:00 – 9:15 a.m. at Amherst Steele High School Gym Lobby

Mail entries must be received by

Wednesday, October 21, 2009. Make

checks payable to:

Hermes Sports & Events

1624 St. Clair Avenue

Cleveland, Ohio 44114

Attn: Skeleton Run



Register online at:

www.hermescleveland.com

Questions? Call Hermes

at (216) 623-9933



Scare up a good time at the 10th annual
Skeleton 5K "Run for Your Bones"
Sunday, October 25, 2009

Presented by The Center for Orthopedics

Proceeds to benefit the Amherst Schools Science Olympiad, Amherst Running Club and the EMH Foundation

Entry Form

I hereby understand that upon my entry into EMH Amherst Hospital's 5K Skeleton Run, 1 Mile Funny Bone Run or ¼ Mile Silly Bone Run, I waive any and all claims for damages that I may have against EMH Amherst Hospital, EMH Regional Healthcare System, Amherst City Schools, the City of Amherst, Hermes Sports & Events, promoters, sponsors or anyone involved in the production of this race, regarding 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.

Name: _____

Birth Date: _____ Age: _____ Sex: M F

Address: _____

City: _____ St: _____ Zip: _____

Phone: _____ Owner Chip #: _____

E-mail address: _____

Entry Fees (NO REFUNDS): (Please check one)

Event	Pre-Registration (received by October 21)	Day of Registration
<input type="checkbox"/> 5K Skeleton Run (Tag timed)	\$17.00	\$22.00
<input type="checkbox"/> 5K Student or EMH Employee or Amherst Schools Employee (Tag timed)	\$12.00	\$17.00
<input type="checkbox"/> 1 Mile Funny Bone Run (12 & under)	\$7.50	\$10.00
<input type="checkbox"/> ¼ Mile Silly Bone Run	FREE	FREE

Shirt Size (please circle one)

1 Mile Funny Bone Run Shirts:

YM YL

5K Skeleton Run Shirts:

S M L XL XXL



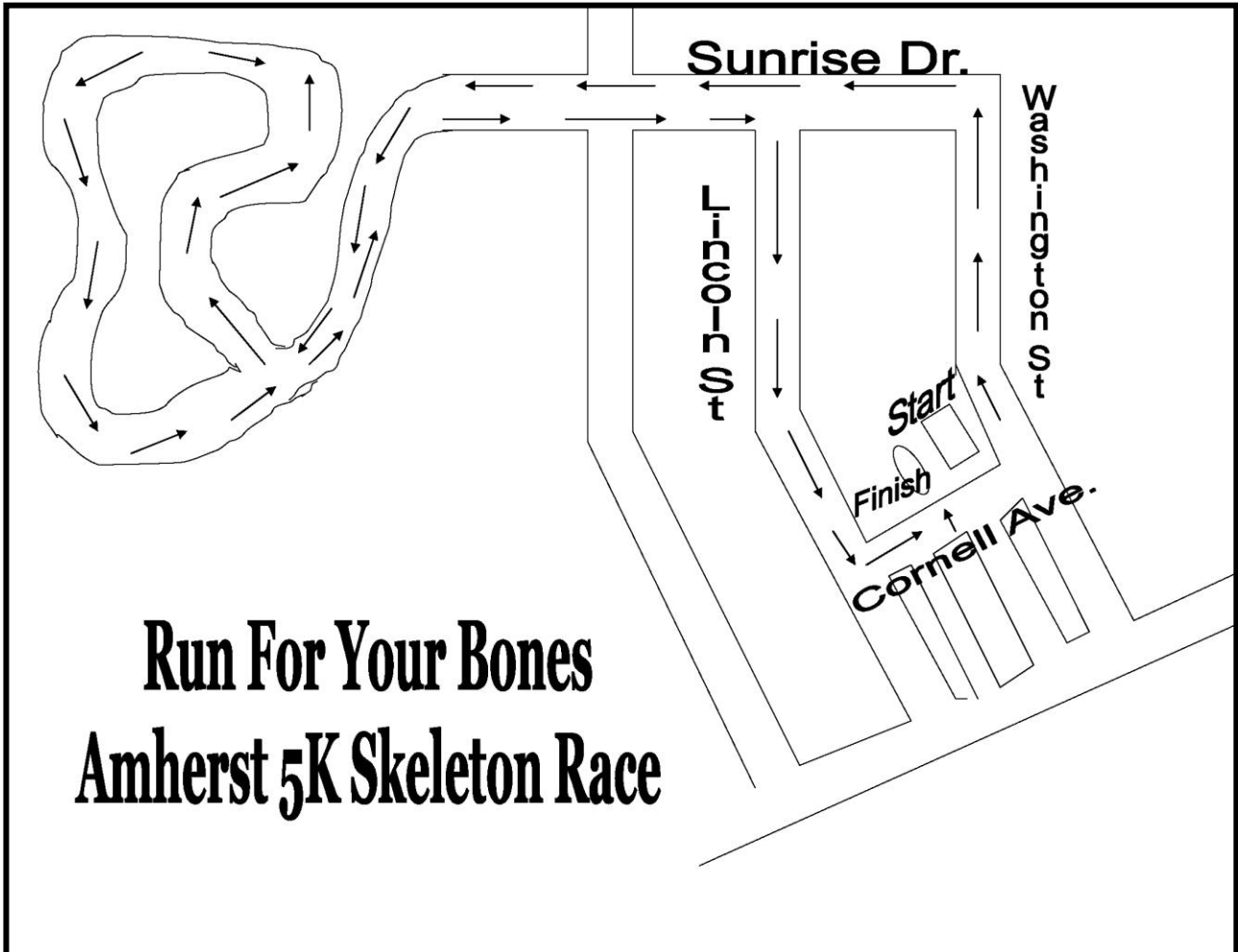
Age Groups

Funny Bone	6 & Under	7-8	9-10	11-12				
5K	11 & Under	12-14	15-19	20-24	25-29	30-34	35-39	
	40-44	45-49	50-54	55-59	60-64	65-69	70 & Over	



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450 Washington Street
Amherst, Ohio 44001



Age Groups	<i>Silly Bone</i>	For children 6 & under						
	<i>Funny Bone</i>	6 & Under	7-8	9-10	11-12			
	<i>5K</i>	11 & Under	12-14	15-19	20-24	25-29	30-34	35-39
		40-44	45-49	50-54	55-59	60-64	65-69	70 & Over