

Day of Race Events

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

Start Time:

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

- "B" Tag Timed

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 tech shirts for first 400 paid 5K participants; short sleeve shirts for first 100 paid Funny Bone participants
- Door prizes for 5K participants – *including a bike*
- 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 19, 2011**. 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 12th annual



Skeleton 5K "Run for Your Bones"

Sunday, October 30, 2011

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 Healthcare'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 Healthcare, 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: _____

E-mail address: _____

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

| Event | Pre-Registration (received by October 19) | Day of Registration |
|---|--|---------------------|
| <input type="checkbox"/> 5K Skeleton Run (<i>"b"</i> Tag timed) | \$17.00 | \$22.00 |
| <input type="checkbox"/> 5K (if you are a student or EMH Employee or Amherst Schools Employee) (<i>"b"</i> Tag timed) | \$15.00 | \$20.00 |
| <input type="checkbox"/> 1 Mile Funny Bone Run (<i>12 & under</i>) | \$8.00 | \$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:

YL S M L XL XXL

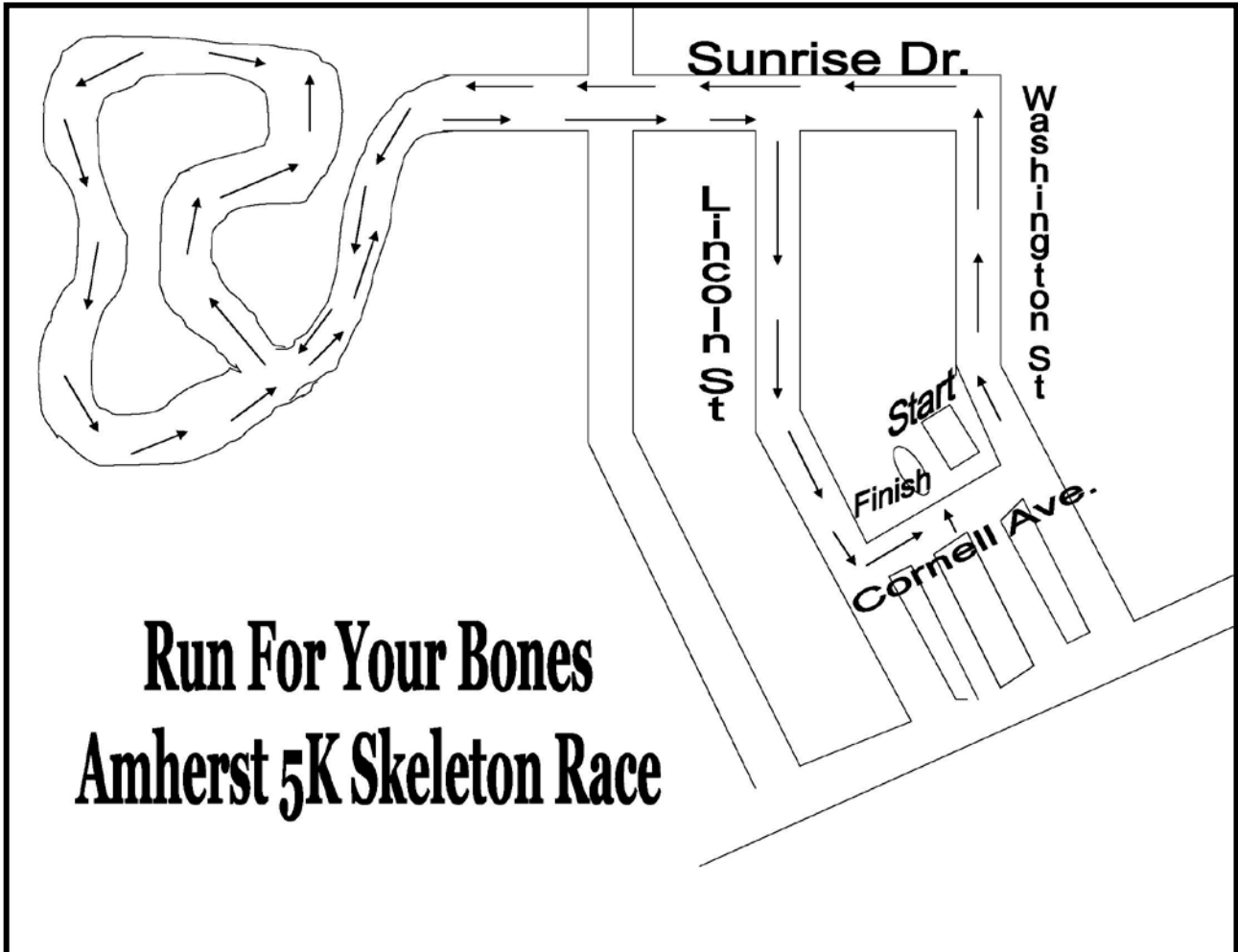
I do not want a shirt



| 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 | | |

Course begins and ends at Amherst Steele High School:

450 Washington Avenue
Amherst, Ohio 44001



| | | | | | | | | |
|------------|-------------------|------------------------|-------|-------|-------|-------|-------|-----------|
| | <i>Silly Bone</i> | For children 6 & under | | | | | | |
| | <i>Funny Bone</i> | 6 & Under | 7-8 | 9-10 | 11-12 | | | |
| Age Groups | 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 |