



# Run for Sewa

## 1 MILE & 5K RUN/WALK

**100% Proceeds Benefit**  
**ASPIRE TUTORIAL & MENTORING**  
Helping at risk students to succeed  
**Sunday, Sept 8, 2019 at 9:00 am**

[www.sewausea.org](http://www.sewausea.org)

### STARTING LOCATION

Weiss Field, 33401  
Webber Road, Avon Lake  
OH 44012  
(near Weiss Field parking lot  
entrance/exit)

### SCHEDULE

Race Day Registration  
and packet pick up  
begins at 7:30am  
5K and 1 mile run/walk: 9am

### AWARDS

Top male and female  
overall in race and three  
deep M/F in the  
following age divisions:

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

### REGISTRATION FEES

Pre-registration \$25, Day of Race  
\$30, Students \$10. Mailed entries  
(complete form below) must be  
received by  
**Wednesday, September 4**

### REGISTER ONLINE AT

[www.hermescleveland.com](http://www.hermescleveland.com)  
and will close at **9am on  
Friday September 6th**  
*First 150 registrants  
will get free T-Shirt*

I hereby understand that upon my entry into the Run for Sewa 5K/1 Mile Run/Walk, I waive any and all claims for damages that I may have against Hermes Sports & Events, SewaUSA - Cleveland, Sewa International, City of Avon Lake, promoters, sponsors or any, involved in the production of this event this race in regards to any and all injuries suffered by me while running, walking, traveling to and from, or participating in this event, for myself, my heirs and or assigners. I give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event.

Name:..... Phone:.....

Address : .....

City:.....State:..... Zip:.....

D O B.....Age on race day: ..... Gender: Male / Female

I have enclosed an additional donation for ASPIRE Education Program for At Risk Students. ....

Email address:.....

Please Specify Adult Short Sleeve T-Shirt Size (Circle one):    S    M    L    XL    XXL

**5K Run/Walk**

**1 Mile Run/Walk**

Signature .....

Parent/Guardian if below 18 years .....

### MAIL COMPLETED FORM AND CHECK PAYABLE TO:

Hermes Sports & Events 2425 West 11<sup>th</sup> Street, Suite 2, Cleveland, OH 44113  
Hermes Phone # for questions (216)623-9933