



# Avon Lake High School

## 175 Avon Belden Road

### Sunday September 18, 2016



# Inaugural Back to School 5K



- ✓ Early Packet Pickup: 4-7 PM Friday Sep. 16  
(Fleet Feet Westlake-26149 Detroit Road)
- ✓ Race Day Registration and Packet Pickup: 7:30 AM
- ✓ Chip Timed Race – Begins @ 9:00 AM
- ✓ Post Race Refreshments



**Top Male & Female Overall Winner:** \$50 Gift Card to Fleet Feet Sports

**Top 3 Men & Women in the following age groups (\$10 Gift Card Fleet Sports):**  
14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.



Name \_\_\_\_\_ DOB \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

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

Email \_\_\_\_\_ Parent/Guardian (if under 18 yrs) \_\_\_\_\_

In consideration of the acceptance of my/our entry, I/we hereby assume any and all risks which might be associated with the 5k Race. I/we waive and release any and all rights and claims of any nature for damages which I/we may have against Hermes Sports & Events, Avon Lake City Schools Foundation, the City of Avon Lake, its officers, directors, volunteers, and all others connected with this event, their representatives, successors, and assigns for any and all injuries or damages of any kind whatsoever suffered by me/us as a result of participating in the event and any related activities. This waiver and release is executed on behalf of myself/ourselves, as well as my/our administrators, heirs, and assigns. I give permission for the free use of my name and picture in and broadcast, telecast or print media account of this event.

Signature \_\_\_\_\_

Short Sleeve Tech Shirt Unisex Size (circle) XS S M L XL XXL (Shirts guaranteed for registration by Friday Sep. 2nd)

Cost: Pre-registration-\$25, Day of Race-\$30 **Hermes Phone # 216-623-9933**

Mail Completed form and check by Wednesday Sept. 14 to: **Hermes, 2425 West 11th Street, Suite #2, Cleveland, OH 44113**

Register online at [www.hermescleveland.com](http://www.hermescleveland.com)