



5k Run • 1 Mile Walk



Sunday, August 11, 2024

Black River Landing

421 Black River Ln, Lorain OH 44052

TIME

8:00 AM On-site registration/
Packet Pick-up

9:00 AM 5K / 1M Walk Begin

Early Packet Pick-up

Friday, August 9th: Noon - 5:00 pm
6140 S Broadway, Lorain, OH 44053

FEE

\$25 5K Early-Bird
\$25 1M Early-Bird
\$30 Race Day (Both)

AWARDS

5K: Top overall male and female
and three deep (male and female)
in the following age groups:

9 & Under	10-14	15-19
20-29	30-39	40-49
50-59	60-69	70+

Top team and top individual
fundraising partner.

REGISTRATION FORM

Please complete one form per person.

Send application & check to: Hermes Sports & Events, 2425 W. 11th St., Suite 2, Cleveland OH 44113

Name _____

Address _____

City _____ State _____ Zip _____

Contact Phone _____ Email _____

Birthdate: _____ Age On Day Of Race: _____

Gender : ☐ Male ☐ Female

☐ Opt-out of photographs
(Sticker will be available on race day)

Participation: ☐ 5K Run ☐ 1-Mile Walk

Adult Unisex T-Shirt: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Additional Donation: \$ _____



☐ **Become Mind Over Miles
Fundraising Partner**

In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against The Nord Center, Hermes Sports and Events, Lorain County Metro Parks, 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. Unless I have opted out above, I will additionally permit the use of my name and/or pictures in Nord Center publications. All children must have adult supervision at all times.

Participant Signature _____

Parent/Guardian if Under 18 years of age

www.nordcenter.org/mindovermiles