



"It's Better in Mentor"

5 Mile Run & 2 Mile Walk

Join the Mentor Rotary Club in the "It's Better in Mentor" Run/Walk event for a challenging, scenic race along bike paths, trails, and through Veterans

Sunday, September 19, 2010

Time: 7:30 am—8:30 am Day of race registration @ Mentor Senior Center, 8484 Munson Rd. (parking available off Hopkins Rd.)
 8:30 am—5 Mile Run start
 8:45 am—2 Mile Walk start

Run Divisions:

Men/Women
 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 66 and over

Awards: 5 Mile Run: Awards to top three overall male and female winners
 Awards to top three male and female age division winners
 \$200 for establishing a new 5 Mile race course record (Male—24:07 / Female—27:27)
 2 Mile Walk: Awards to top three overall male and female winners

Registration and Fee:

\$18 early registration ♦ \$20 day of race registration Pre-registered entries must be postmarked by September 12
 Mail entries to: Achilles Running Shop, 8791 Mentor Ave., Mentor, OH 44060 www.achillesrunning.com

Entry Fee: \$18 early registration - Must be postmarked by September 12
 \$20 day of race registration
 RUN WALK

Make checks payable to:
 City of Mentor
 Mail to: Achilles Running Shop
 8791 Mentor Avenue,
 Mentor, OH 44060

NO REFUNDS

(please print)

Name _____ Phone _____ Age ___ Female ___ Male ___

Street, City, Zip _____

E-mail _____

T-Shirt Size: —Small —Medium —Large —X-Large

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course may contain uneven surface conditions, including but not limited to potholes, curbs, sewer covers, and tree roots, which, may create a risk. I further acknowledge that at least part of the race is on public roads and that vehicular traffic may be encountered, and I accept these risks. I also accept the risk of negligence by other participants. Therefore, in consideration of the acceptance of my entry, I for myself, my executors and administrators waive any and all rights and claims for injuries or damages I may have against the "It's Better in Mentor" Festival Committee, the City of Mentor, the Mentor School Board, the Mentor Rotary Club, and their respective elected and appointed officials/members, employees and agents and will hold them harmless for any and all injuries or damages I may suffer in conjunction with this event.

Signature _____ Date _____

Signature of parent or guardian _____
 (if entrant is under 18 years of age)