



March 29, 2020

Special Olympics Lake County

BIG FOOTER 5K



Join Big Foot in support of Special Olympics!

Course Description: The 3.1 mile paved course (with one hill) runs through the Deepwood Campus near the Great Lakes Mall in Mentor.

Cost: Non-refundable pre-registration fee \$20.00 (postmarked before/on March 20). Race day fee \$25.00. Persons over the age of 70 years or those in the military receive FREE registrations. Runners/walkers who dress up like Big Foot also receive FREE race entries. Entry with ID only. No bikes or roller blades.

Participants are given an original Big Footer T-shirt, a race packet and a pancake breakfast. There are prizes for race day contests, such as spotting the most Big Foots or receiving a flag from Big Foot himself. Race results will be posted at www.greaterclevelandxc.com.

Questions? Call Chris Bundy (440) 350-5119 or email chris.bundy@lakebdd.org.

Race Packet Pick-Up:

We encourage participants to pick up pre-registration packets the day before the race March 28 from 10:00 am — 2:00 pm at Second Sole, 8791 Mentor Ave, Mentor, OH

Race Day:

Race central is LCBDD/Deepwood, 8121 Deepwood Blvd, Building C (VGC), Mentor, OH
Registration is at 7:30 am : Race start time is 8:30 am
Award ceremony takes place promptly after the race

Paper Registration & Payment: (postmarked before/on March 20)

Print registration form located on www.greaterclevelandxc.com (or use form below).
Make check payable to Special Olympics Lake County
Mail form and payment to Special Olympics, 8121 Deepwood Blvd, Mentor, OH 44060

Online Registration & Payment: Register online at www.greaterclevelandxc.com



(Detach)

REGISTRATION FORM

Return this form to Special Olympics, 8121 Deepwood Blvd, Mentor OH 44060, with a check for \$20.00 payable to Special Olympics Lake County by March 20, 2020. Race day entry fee is \$25.00.

Name _____

Event (choose one) ___ 5K Run ___ 5K Walk

Address _____

Gender ___ Male ___ Female

City/State/Zip _____

T-Shirt Size ___ XS ___ S ___ M ___ L ___ XL

Email _____

Phone _____

Age Category (as of March 29, 2020): ___ 14 & under ___ 15-19 ___ 20-29 ___ 30-39 ___ 40-49 ___ 50-59 ___ 60-69 ___ 70+ (Free)

Enter me in the Big Footer 5K Run & Walk. I understand that running a road race is potentially hazardous activity and shouldn't participate unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: heart attack, stroke, exhaustion, falls, contact with other participants, effects of weather, traffic and course conditions. I therefore release and discharge Special Olympics Lake County, GreaterCleveland XC, Lake County Board of DD/Deepwood and their staff, volunteers and sponsors from liability for any injury, harm, loss, damage or inconvenience occurring to either myself or the named participant during participation in this event. I hereby grant permission to Special Olympics Lake County and their sponsors to use any photographs, video, audio recordings and/or any record of this event for legitimate purposes.

Signature (parent or guardian required if under participant is under 18 years)

Date