



5K Run

8:30 a.m. | August 30, 2020
Lake Metroparks Hidden Lake
\$20 before Aug. 16
\$25 Aug. 17-30



- Fast, flat, family-friendly and pet-friendly!
- Prizes and giveaways!
- T-shirts guaranteed for all participants registered by Aug. 16!

PARTICIPANT INFORMATION *(Please complete one form per participant)*

Name _____

Address: _____ City/Zip: _____

Phone: _____ Email: _____

Date of Birth: _____ Shirt size (circle): Youth: Sm Med Lg XL XXL
Adult: Sm Med Lg XL XXL

PAYMENT: Register online at www.greaterclevelandxc.com! \$20 before Aug. 16 | \$25 Aug. 17-30

- ☐ Check payable to *Lake County Free Clinic* ☐ Cash
☐ I authorize Lake Free Clinic to charge the amount above to my credit card:

Card # _____ Expiration Date: _____

Name on Card: _____ Security Code: _____

Type of Card: VISA Mastercard Am.Ex. Discover

- ☐ I cannot attend, but would like to make a donation of \$ _____.

I know that running or walking in a road race is a potentially dangerous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including, but not limited to contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf: waive and release Lake County Free Clinic, the event committee, Lake Metroparks, Leroy Township, Greater Cleveland XC, and all race sponsors, supporters and officials, their representatives and successors from all claims of liabilities of any kind arising out of this event for any legitimate purpose.

Signature: _____ Printed name: _____ Date: _____

Parent/guardian signature (if under 18): _____

Emergency contact name: _____ Phone number: _____

SEND COMPLETED FORM TO: Lake County Free Clinic | 54 S. State Street #302 | Painesville, OH 44077

Questions? Call 440.352.8686 or visit lakefreeclinic.org