



7th Annual CARDINAL



PUMP & CHASE

BENCH PRESS: 7am to 8:30am

Earn up to 10 minutes off of your 5K time
Total Weight (TW) = Weight x Reps

Min weight: 45 lbs **Max weight:** 225 lbs
Reps: 0 to 10 max. Bench MUST TOUCH
CHEST ON ALL REPETITIONS.

5K CHASE RUN: 9am

Runners with bench minute credits will
start before the clock. Runners who chose
not to bench or earned 0 credits will start
like a normal 5K race.

Sunday, April 5th ~ Mentor High School Track

Minute Credits	1	2	3	4	5	6	7	8	9	10
Women - TW	450	500	550	600	650	700	750	800	900	1000
Men - TW	1350	1450	1550	1650	1750	1850	1950	2050	2150	2250



Awards: Top 3 Overall Men & Women and Top 3 in Age Group

Proceeds: Will Benefit the Mentor Track Team

ENTRY FEE:

☐ **\$15 before** before April 1st

☐ **\$20 after** after April 1st

Make checks payable to: Greater Cleveland XC

Drop off or Mail to: Second Sole,
8791 Mentor Ave., Mentor, OH 44060

Online entry available at www.greaterclevelandxc.com

Packet pickup at Second Sole Mentor

Saturday, April 4th from 10am-5pm

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Age (day of race) _____ Female _____ Male _____

SHIRT SIZE: (circle one) S M L XL YM YL

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 pot holes, curbs, sewer covers which may create a risk. I also acknowledge that the race is on public roads and I accept these risks. 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 City of Mentor, Greater Cleveland XC, Second Sole and the Mentor Fire Department and will not hold them responsible for any and all injuries I may suffer in conjunction with this event. No refunds.

Signature _____

Date _____

Signature of parent/guardian (if under 18yrs old) _____