



# 6th 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 7th ~ 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](http://www.greaterclevelandxc.com)**

**Packet pickup at Second Sole Mentor**

**Saturday, April 6th 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) \_\_\_\_\_