

**12th Anniversary Medal to first 700**



**The Area's Premier 5K**

# FRIDAY NIGHT LIGHTS

**FRIDAY, JULY 23rd at 9p.m.**

**5K Registration begins at 7p.m.  
Mentor High School Track in Mentor**

**Course starts & finishes at the Mentor High School track and runs along the bike path**



**Run Divisions:** Men/Women 10 & Under, 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+

**Distance:** 5K

**Contact:** tdennison@greaterclevelandxc.com

**Awards:** Top 3 overall Men & Women (cash awards)  
Top 3 in each age division

**Course Records:** Male - 14:29 Female - 17:24  
Proceeds will benefit the Mentor Cross Country Team



**ENTRY FEE:**

- \$25 through July 18th
- \$30 after July 19th

**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.gcxcrunningseries.com](http://www.gcxcrunningseries.com)**

**Packet pickup at Second Sole Mentor  
Thursday, July 22nd from 10am-7pm**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age (day of race) \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

**SHIRT SIZE:** (circle one) S M L XL YS 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) \_\_\_\_\_