



NORTHEAST RUNNING CLUB PRESENTS 5K FLAG DAY RACE and 2-MILE WALK

The biggest Flag Day race and walk in the State of Ohio!

A race/walk fee the whole family can afford!

TIME & DATE:	7:00pm, Wednesday, June 14, 2023
LOCATION:	Deepwood Center, 8121 Deepwood Blvd., Mentor 44060 (Rt. 84 & Deepwood Blvd, opposite Great Lakes Mall)
DISTANCE:	5K Race and 2 mile walk on the trails and streets of the Deepwood Center, plus a challenge race between the clients of Deepwood
TSHIRTS:	Super-sharp patriotic Flag Day style shirt to the first 250 entries!
BONUS #1:	GREAT post race refreshments! No need to make supper tonight!!
BONUS #2:	\$150.00 for establishing a new course record. Male 14:46 Female 16:14
BONUS #3:	All participants receive a RAFFLE TICKET for a chance to win an American Flag courtesy of Congressman David Joyce!
PROCEEDS:	The Northeast Running Club Scholarship Fund & Deepwood Special Olympics
ENTRY FEE:	\$20.00 non-refundable to all pre-registered postmarked by June 10, \$25.00 on race day
NOTICE:	At the request of the Deepwood Center, NO DOGS PLEASE! Thank you

Make checks payable to: **Northeast Running Club** & mail to:

Andy Rattray, 37942 Sharpe Ave, Willoughby, Ohio 44094-6022 or register online at www.greaterclevelandxc.com

For more information call Andy at 440-478-8300 or email at rattraya@sbcglobal.net



Bedford, Ohio



FLAG DAY RACE 2023 ENTRY FORM - PLEASE PRINT

First Name _____ Last Name _____ Age _____

Address _____ City _____ Zip _____

Email _____ Phone _____ M / F

5K Race 2 Mile Walk

T-shirt Size: S M L XL XXL

Entry and Release of all Claims; Please read before signing. In consideration of the acceptance of my entry in the 2023 Flag Day Race and Walk, I the undersigned intending to be legally bound, for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for losses and damages I may now or hereafter have or incur against the Northeast Running Club, Inc., Deepwood Center, Deepwood Condominiums Association, Inc., any sponsors, officers and members, of officials of said event, their representatives, successors, assigns and any individuals who are in anyway connected with this event and further release such parties from liability or claims for any injury or illness which I sustain in connection with my participation in this event; and further agree that none of the above person or entities will be responsible for the loss of personal items nor from any form of aggravation that I may suffer in connection with said event. I represent that I am physically fit and have adequately trained to participate in this event, recognize that risks or injury accompany such participation and understand that no special medical attention may be provided and acknowledge that this release is being relied upon by the above persons in permitting me to participate. We won't cover Bodily Injury or medical expense for any participant who is injured while using, or that results from their involvement with, any of the following: Animals, Bicycles (Does not apply to bicycles used to lead runners from the Starting Line), Skateboard, pushing any type of Baby Stroller or Baby Jogger, Roller Skates or Roller Blades. Multi-sport events (Biathlons, Triathlons and Duathalons) or field events (Track), or Radio Headsets or other portable sound.

Signature: _____

(Parent or Guardian Signature Required in Under 18)

A big THANK YOU to all of our runners, walkers and sponsors!