



Sunday, March 26, 2023

Lake County Board of DD/Deepwood Special Olympics Lake County

BIG FOOTER 5K



Join **Big Foot** in support of Special Olympics!

Course Description: The 3.1 mile paved course with one hill runs through the Deepwood Campus near the Great Lakes Mall in Mentor.

Cost: The non-refundable pre-registration fee is \$20.00 (postmarked before/on March 21). The race day fee is \$25.00. Persons over the age of 70 years or those in the military receive FREE registrations. Runners/walkers who dress up like Big Foot receive FREE race entries. Entry with ID only. No bikes or roller blades.

Participants are given an original Big Footer T-shirt, a race packet and a pancake breakfast. There are prizes for race day contests, such as spotting the most Big Foots or receiving a flag from Big Foot himself. Race results will be posted at www.greaterclevelandxc.com.

Questions? Call Chris Bundy (440) 350-5119 or email chris.bundy@LakeBDD.org.

Race Packet Pick-Up :

We encourage participants to pick up pre-registration packets the day before the race from 10:00 am – 2:00 pm at Second Sole, 8791 Mentor Ave., Mentor, OH

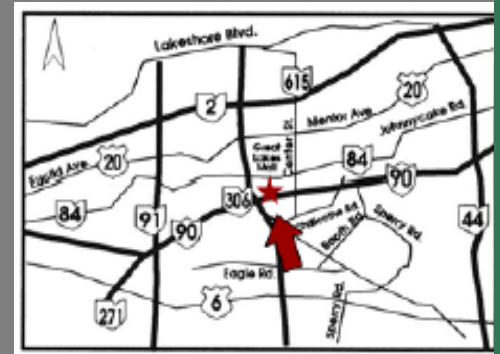
Race Day :

Race central is at LCBDD, 8121 Deepwood Blvd, (VGC) Building C, Mentor, OH
Registration is at 7:30 a.m. ; Race start time is 8:30 a.m.
Awards ceremony & breakfast take place after the race

Paper Registration & Payment (postmarked before/on March 21) :

Use form below or print from www.greaterclevelandxc.com
Make check payable to Special Olympics Lake County OH
Mail form and payment to Special Olympics, 8121 Deepwood Blvd, Mentor, OH

Online Registration & Payment: Register online at www.greaterclevelandxc.com



(Detach)

Registration Form

Return this form to the LCBDD/Deepwood, 8121 Deepwood Blvd, Mentor OH 44060, with your \$20.00 check payable to Special Olympics Lake County by March 21, 2023. Race day entry fee is \$25.00.

Name _____

Event (choose one) 5KRun Walk

Address _____

Gender Male Female

City/State/Zip _____

T-Shirt Size XS S M L XL

Email _____

Phone Number _____

Age Category (as of March 27, 2022): 14 & under 15-19 20-29 30-39 40-49 50-59 60-69 70+ (Free)

Enter me in the Big Footer 5K Run & Walk. I understand that running a road race is potentially hazardous activity and shouldn't participate unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: heart attack, stroke, exhaustion, falls, contact with other participants, effects of weather, traffic and course conditions. I therefore release and discharge Special Olympics Lake County, GreaterCleveland XC, Lake County Board of DD/Deepwood and their staff, volunteers and sponsors from liability for any injury, harm, loss, damage or inconvenience occurring to either myself or the named participant during participation in this event. I hereby grant permission to Special Olympics Lake County and their sponsors to use any photographs, video, audio recordings and/or any record of this event for legitimate purposes.

Signature (parent or guardian required if under 18) _____

Date Signed _____