

Shore's 5K Stride

(formerly Make a Difference 5K)



Come RUN or WALK with us on



Saturday, October 26th, 2019

Race starts at 9:00 AM (Registration starts at 7:30 AM)

Entry Fee: \$17 (age 15+) and \$12 (age 5-14)

4 & Under Free

(prices increase on/after Monday 10/21 to \$22 and \$17 respectively)

In addition, we encourage you to wear your best Halloween costume as you run/walk, and you just might win a prize for:

Best Child's Costume (age 0-9) • Best Student's Costume (age 10-17)

Best Adult Costume (age 18+) • Best Family Costume

Best Group Costume • Best Overall Costume

Contest will take place prior to start of race.

**Race starts and ends at Shore Middle School
5670 Hopkins Rd., Mentor, OH 44060**

*For information & online registration go to:
www.greaterclevelandxc.com*



ENTRY FEE:

\$17/\$12 before October 21st

\$22/\$17 on/after October 21st

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
Thursday, October 24th from 5-7pm**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Age (day of race) _____ Female _____ Male _____

SHIRT SIZE: (circle one) S M L XL XXL 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 Lake Metroparks, 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) _____