



RUN FOR SHELTER

NOVEMBER 3, 2012

1 MILE WALK: 9:00 A.M. 5K RUN: 9:15 A.M.
EDGEWATER PARK, BEACH PAVILION

Cost: \$18 in advance, \$20 on race day

- Register:**
- hermescleveland.com
 - mail registration to:
Hermes Sports & Events
1624 St. Clair Ave., Cleveland, OH 44114.
(make checks payable to: Hermes Sports & Events)
 - Mail-in registrations must be received by Wednesday, October 31. Online registration closes Friday, November 2 at 9:00 a.m.

NEW THIS YEAR
You can help us raise even more money for youth in need by getting sponsors for your participation. Details available at hermescleveland.com

Awards: Top male and female and three deep to males and females in the following age categories: 10 & under, 11-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61 & over.

Included: Refreshments plus T-shirts for the first 200 registrants

For More Information: Contact Ralph at 216-696-8770 or RPitman@lutheranmetro.org

Proceeds will benefit Next Step, which provides emergency shelter services for homeless, runaway and other vulnerable teens.

Next Step is a program of the Support To At-Risk Teens branch of:



Name: _____ Age: _____ DOB: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Shirt Cut (choose one): Unisex Female Shirt Size (circle one): S M L XL XXL (unisex only)

Circle Event: 5K Run 1 Mile Walk Signature: _____

(parent or guardian signature if under 18)

Amount Enclosed: _____ I have added \$ _____ to my entry fee for additional support to Next Step.

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risk involved. Therefore, in consideration of the acceptance of my entry in the Run for Shelter, I for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against Hermes Sports & Events, Next Step, all sponsors, and any individual associated with this event and will hold them harmless for any and all injuries I may suffer in connection with this event. I additionally grant permission to representatives of Lutheran Metropolitan Ministry and its programs to photograph me and use the photo and/or other digital reproduction of me for publication purposes, whether electronic, print, digital or electronic publishing. I understand that no compensation will be provided.