



Sole to Soul

5K / 1 Mile Walk / Kid's Fun Run

Presented by Holy Trinity Parish, School, and CYO

Saturday, March 27, 2010

at Schwartz Road Park, Avon, OH

Course: Kick off your Holy Week with the 1st Annual *Sole to Soul* 5K, benefiting Holy Trinity Parish, School, and CYO. Join your fellow runners and walkers on a course beginning and ending at Schwartz Road Park for fun and fellowship.

Entry Fees: 5K Race –start at 8:30 a.m. \$20 preregistration/\$25 day of race*
1 Mile Walk –start at 8:45 a.m. \$10 preregistration/\$15 day of race
Children’s Races –start at 9:30 a.m. – \$10 preregistration/\$15 day of race
* Entry fee includes chip timing (5K) and T-shirt (while supplies last).

Location: Schwartz Road Park, 34741 Schwartz Road, Avon, OH 44011 (located at the intersection of Schwartz Road and Jaycox Road).

Registration: Race Day Registration and Packet Pickup begins at 7:00 a.m. at Schwartz Park. Make all checks payable to “Hermes” and mail to: Hermes Sports & Events, 1624 St. Clair Avenue, Cleveland, Ohio 44114, Attention: HT5K

Online Registration: www.hermescleveland.com through 11:59 p.m. Thursday, March 25, 2010

Optional: Pre-Race Packet Pickup (& Registration \$25), Friday, March 26, 2010, 5:00 -7:00 PM at Holy Trinity School (south doors - Fish Fry entrance).

Questions: Hermes Sports & Events: 216-623-9933 or www.hermescleveland.com

Awards: 5K Run: Prizes for Top 3 men and women overall, top 3 finishers in each 10-year age division, and Clydesdale (215 + lb) and Athena (150 + lb) categories.

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Sole to Soul Registration Form - Saturday, March 27, 2010

Name _____
Age _____ Date of Birth _____ Sex (circle) **M** or **F**
Address _____
City _____ State _____ Zip _____
Phone _____
Please provide your E-Mail _____

In exchange for the opportunity to participate in this activity, I personally assume all risks in connection with my participation. I release Holy Trinity, Hermes Sports & Events, their trustees, officers, agents, employees, and volunteers, from any and all claims for personal injury or damage to personal property in connection with my participation in this activity. I also understand and agree that this Release binds me, my family, estate, and/or heirs. I fully understand this Release and agree to be legally bound by it.

Printed Name _____
Signature _____ Date _____

I, the parent or legal guardian of the above-named entrant, consent to my child's participation in the described activity. I agree to be bound by the terms of the above Release.

Printed Name _____
Signature _____ Date _____

I am competing in:

____ 5K Run (will be chip timed) \$20 / \$25
____ 1 Mile Walk \$10 / \$15
____ Children's Races \$10 / \$15
____ Clydesdale ____ Athena

Shirt Size (circle one) **YS YM YL S M L XL XXL**

Where did you find out about the "HT5K"? _____

Mail to: Hermes Sports & Events - 1624 St. Clair Avenue - Cleveland, OH 44114 - Attention: HT5K