

Rehab Runners presents

Helping Hands Hero 5K Run/Walk Saturday, August 27, 2022



Location: Cleveland Metroparks Zoo, 3900 Wildlife Way, Cleveland, Ohio 44109.

Parking: Parking is free in Cleveland Metroparks Zoo lots.

Race Times:

7:30 a.m.- Registration and packet pick up
8:00 a.m.- Hero 50 yard dash for kids
8:30 a.m.- Sidekick 5K run/walk
9:00 a.m.- 1 mile walk

****children under 16 years must have adult supervision at all times**

Proceeds to benefit: Helping Hands Initiative through Cleveland Clinic Children's Hospital for Rehabilitation. To provide necessary equipment that is not covered by insurance such as car seats, bathing equipment, communication devices.

Packet Pick Up: Day of Race, near ticket booth and member services

Awards: 5K only

Top 3 male and 3 female runners, Top CCCHR employee
Age groups: 15 and under, 16-22, 23-30, 31-39, 40-49, 50+
Best costume (1 child and 1 adult)

Cost: all include same-day zoo and rain forest admission

(There will be a small online registration fee.)

Hero 50 yard Dash/Roll: (2-10 yrs, 2-18 yrs with assistive devices):

\$12 (includes 1 child and 1 non- participating adult)

Participating children receive a special prize

Family: \$75 (2 adults & 2 children- includes 2 adult t-shirts and 2 children's prizes)*

1 mile walk/run: \$20

5K walk/run: \$30

If registered online or postmarked before Friday, August 19

\$35 Friday, August 26, 2022 through day of event

Children under 2 yrs of age are free

Spectator admission: \$8 or free with a zoo membership

Come to the race dressed as your favorite superhero!

*Each family member must fill out their own form. Application and fee needs to be mailed in 1 week prior to race.

To Benefit



Cleveland Clinic Children's

Mail in: Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ DOB: ____/____/____

E-mail address: _____

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release and all rights an claims for damages I may have against Cleveland Metroparks Zoo, Cleveland Clinic Children's Hospital, Hermes Sports and Events, City of Cleveland, their representatives, successors, and assigns for any and all injuries suffered by me in said event or in transit to and from said event. I further attest that I am physically fit and have sufficiently prepared for this event. I will additionally permit the use of my name and/or pictures in Cleveland Clinic and Cleveland Metroparks Zoo publications.

Signature: (required) _____

(If entrant is under 18, parent must sign)

Fees: all registrations include same-day zoo admission

Send registration and make check payable to:

Hermes Sports & Events For information,

2425 W. 11th Street Ste #2 Call 216.623.9933

Cleveland, Ohio 44113 Or visit hermesleveland.com

Register at hermesleveland.com or mail in registration form.

Registration Deadlines: Online: Friday, August 26 at 9am

Mail in- Friday, August 19, 2022

Male

☐ Female

☐ 5K run/walk

☐ 1 mile walk/run

☐ 50 Yard Dash/Roll

☐ Phantom Runner

Amount: _____

(for those not able to participate, but would like to donate; see below for gifts based on amount raised- race fee not required for Phantom Runner)

Do you have a zoo membership?

☐ Yes

☐ No

Cleveland Clinic Children's Hospital Employee?

☐ Yes

☐ No

T-shirt Size: Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

*T-shirts provided to all 5K walkers and runners

☐ **Change to tech shirt- additional \$10**

*Available through August 12, 2022 registration

For donations raised in addition to race fee:

☐ \$50, receive Race Hat

☐ \$100, receive Race Logo T-shirt

☐ \$150, receive Race Logo Cinch Sac

☐ \$300+, receive Race Logo Fleece Jacket: \$_____ (amount)

You can also donate directly at

<https://give.ccf.org/rehabrunners>