



**Sunday, August 13, 2023**

**Black River Reservation Bur Oak  
6150 Ford Rd, Elyria OH 44035**

#### TIME

**7:30 AM** On-site registration/  
Packet Pick-up

**9:00 AM** 5K / 1M Walk Begin

#### FEE

**\$25** 5K Early-Bird  
**\$20** 1M Early-Bird  
**\$30** Race Day (Both)

#### AWARDS

**5K:** Top overall male and female  
and three deep (male and female)  
in the following age groups:  
9 & Under, 10-14, 15-19, 20-29, 30-39,  
40-49, 50-59, 60-69, and 70+

## REGISTRATION FORM

Please complete one form per person.

Send application & check to: Hermes Sports & Events, 2425 W. 11th St., Suite 2, Cleveland OH 44113

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact Phone \_\_\_\_\_ Email \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age On Day Of Race: \_\_\_\_\_

Gender : ☐ Male ☐ Female

Participation: ☐ 5K Run ☐ 1-Mile Walk

T-Shirt: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Additional Donation: \$ \_\_\_\_\_

In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against The Nord Center, Hermes Sports and Events, Lorain County Metro Parks, 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 Nord Center publications. All children must have adult supervision at all times.

Participant Signature \_\_\_\_\_

Parent/Guardian if Under 18 years of age

[www.nordcenter.org/mindovermiles](http://www.nordcenter.org/mindovermiles)