



## Team Information 2023

April 2023

Re: OROC® OutRun Ovarian Cancer

Event - 5K Run/Walk and 1-Mile Family Fun Run

Date - Saturday, August 5, 2023

Location - Voinovich Park or Virtual Participation

Dear Team Captain:

Welcome to our **20th Annual** OROC 5K Run/Walk and 1-Mile Family Fun Run! We are excited to return to Voinovich Park for our festivities this year. We will continue to offer the virtual option to those who choose to participate remotely.

Did you know that OROC has contributed more than \$2,000,000 toward ovarian cancer research, awareness and education in northeast Ohio? Team support is critical to OROC and its efforts to raise funds. By encouraging family, friends and co-workers to participate in the event, you are helping make a difference in the lives of those who may be impacted by this disease.

We prepared this packet to help you plan for the OROC 5K Run/Walk and hope that it provides all of the information that you need to put together a successful team. Any questions or concerns about setting up a team please contact Adam Petrovic at Hermes Sports and Events: [apetrovic@hermesccleveland.com](mailto:apetrovic@hermesccleveland.com) or call 216.623.9933.

Thank you again for taking this initiative on behalf of OROC. Your dedication as a Team Captain makes it possible for us to fulfill our mission of creating an active community of hope in the quest to conquer ovarian cancer through awareness, education and early detection.

Kind Regards,

Brad & Brittany Berelsman,  
Team Coordinators

## TEAM CAPTAIN CHECKLIST AND SCHEDULE

- 1. Create Your Team.....Now**
  - Any questions or concerns about setting up a team please contact Adam Petrovic at Hermes Sports and Events: [apetrovic@hermesccleveland.com](mailto:apetrovic@hermesccleveland.com) or call 216.623.9933.
  - Publish instructions for registering your team.
  - If applicable, ask your employer if there is a matching program available for donations and whether or not employees can be sponsored.
- 2. Register Your Team..... Now until July 17**
  - Register your team online at [www.hermescleveland.com](http://www.hermescleveland.com)  
Click on link: "Register Online" to start registration process.  
Choose OROC as your event. Choose YES when asked if you would like to join a team.  
You will be prompted then to create a new group/team.  
Enter the team name and continue on with the registration process.
  - Manage your team online at [www.runsignup.com/Race/OH/Cleveland/OROC](http://www.runsignup.com/Race/OH/Cleveland/OROC)  
Login by clicking the down arrow on top right of screen.  
Click on Groups/Teams.
- 3. Complete Mail-In Registration Process.....July 17**
  - Team participants complete the Registration Form (Attachment A)
  - Team participants submit Registration Forms and Fees to you (not Race Office)
  - Mail to Hermes  
Submit the Registration Forms, Registration Fees and any other pledges/donations to:  
Hermes OROC Race  
2425 West 11th Street, Suite #2  
Cleveland, Ohio 44113
- 4. Complete Online Registration Process.....July 17**
  - Team participant registration and pay online at [www.hermecleveland.com](http://www.hermecleveland.com)  
Click on link: "Register Online" to start registration process.  
Click YES when asked if you would like to join a team, then follow prompts to search for team name.
- 5. Race Shirts/Bibs Distributed.....Mail/August 5**
  - Team captains will not be required to collect entire team's items this year. There will be NO team (or individual) packet pickup before race day. Each individual team member is responsible for obtaining their own shirt/bib. This will be done via mail or in person on race day at the pre-registration tent (depending on delivery option chosen during registration process).
  - Only pre-registered participants will be guaranteed a race shirt.
- 6. Collect Pledges and Mail to OROC..... Now until September 30**
  - Submit pledges with Pledge Form (Attachment B) to:  
OROC  
P.O. Box 40332  
Bay Village, Ohio 44140

(A)  
**TEAM REGISTRATION**



### Entry Fees

- \$30 Pre-registered, race shirts & bibs mailed to you (\$20 for kids, ages 10 and under)
  - \$25 Pre-registered, race shirts & bibs picked up at race (\$15 for kids, ages 10 and under)
  - \$30 Day of Race Registration (race shirts not guaranteed) (\$20 for kids, ages 10 and under)
- Mail-in registration deadline is July 17th.  
Online registration closes at midnight on July 17th.

**For more information or to register online, contact:**  
**Hermes Sports & Events**  
[www.hermescleveland.com](http://www.hermescleveland.com)  
or 216.623.9933

\*Please note, there is no pre-race day pick up.  
If you would like your bib & shirt prior to race day,  
you must choose the mailing option.

### Team Registration

Team Name \_\_\_\_\_ Team Captain \_\_\_\_\_

Indicate Event: 5K \_\_\_\_\_ 1-Mile \_\_\_\_\_ Virtual \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

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 OROC, Hermes Sports & Events, City of Cleveland, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I further attest that I am physically fit and have sufficiently prepared for this event. I will additionally permit the free use of my name and/or picture in OROC publications or in any news coverage, and give my permission for the administration of medical aid in case of emergency.

Signature \_\_\_\_\_  
(parent's if under 18 years)

Circle T-shirt size: Youth - S M L Adult - S M L XL XXL

I am an ovarian cancer survivor: # of years? \_\_\_\_\_ I would like to make an additional donation to OROC of \$ \_\_\_\_\_

Registration checks are payable to Hermes Sports & Events. All donation checks should be made payable to OROC.  
Return completed registration form, entry fee and any donations to your Team Captain by July 17, 2023.

