

22nd Annual "Jog Into Spring" Reneé Fontana Roche Memorial





5K Run - 1 Mile Walk Sunday, April 28, 2024













Place:

Race begins and ends at the Independence Civic Center, 6363 Selig Rd., Independence – Brecksville Rd., West on Selig and turn right onto Kathy Lynn Drive. The Civic Center is on the left-hand side.

Parking is available on site.

*For out-of-town runners, there is a virtual registration option and you will have between Sunday, April 21st through Sunday,

April 28th to complete the walk or run.

Time:

Registration & Packet Pickup: 8:00 a.m. 5K Run / 1 Mile Walk: 9:00 a.m.

Entry Fee:

\$25 pre-registration / \$30 race day registration. Includes T-shirt, chip timing, raffle prizes and

refreshments (Online registration with minimal processing fee at www.hermescleveland.com).

\$70 Family rate (4 people. Mail in registration only. Please use one form per person).

Awards:

Awards will be given to runners who participate in the live event only. Awards given to the Top Overall Male and Female runners. In addition, awards will be given to male and female runners who finish in the top three in their designated age groups. Virtual runners must submit times to Hermes by April 29th, *Note: Winners are responsible for obtaining their medals at the Independence Middle School if they are not present at the

conclusion of the race.

Benefit:

All proceeds will go to the Reneé Fontana Roche Memorial Scholarship / Garden Fund and Living

Classroom. Additionally, there will be a raffle on-site with prizes for the live event.

WE HOPE TO SEE YOU THERE!

Name:							Address:					
City:					_		State: _		Zip:			
Home Phone:						Female:		DOB:	Age on Race Day:			
E-mail:												
T-shirt size (circle one):	Men's Women's								In-perso	on event: 1 Mile Walk:	5K:	
	womens	3	IVI	L	ΛL	∧∧L	INO SHIIL		*Virtual	event: 1 Mile Walk:	5K:	

Mail must be received by Tuesday, April 23, 2024. One form per person please. Online pre-registration available through the start of the race. Make checks payable to:

HERMES SPORTS & EVENTS

2425 W. 11th Suite #2, Cleveland, OH 44113

Parent's or Guardian's Signature (if under 18)

For more information call 216.623.9933 or visit www.hermescleveland.com

REGISTER BY 4/12/24 TO GUARANTEE YOUR T-SHIRT SIZE ON RACE DAY.

*Virtual participants register by 4/4/24 to receive your shirt prior to race week.

By my 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 Jog Into Spring race, I for myself, heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Independence Local Schools, Hermes Sports & Events, City of Independence and any other individuals associated with this event and will hold them harmless for any and all injuries I may suffer in connection with this event.

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Additional Donations:	\$10.00	\$25.00	\$50.00	Othe