



July 4, 2020
9:00am
Classic Park

Burgers, Beer & Bling!

Carlos Baerga is back... Come meet one of the all-time Indians greats!

Runner Perks

- Finisher Medal • Beer • Race Shirt • Post Race Food • Chip Timing

For more information visit: <http://www.lakehealthrunning.com>

Captains Grand Slam 5K \$25 thru 06/28/20 \$30 thru 07/03/20 \$35 race day

First Name _____ Last Name _____

Email _____ Zip _____ Age on race day _____

Gender: Male / Female T-shirt size: YM YL S M L XL XXL Start Time: 9:00 am

I accept that I compete in this event at my own risk and I hereby waive and release the event, Lake Health, Greater Cleveland XC, GCXC, Second Sole Mentor, City of Eastlake, Lake County Captains and any city or village, sponsor, officer, and member of said organization, their representatives, successors, assigns, and any individuals who are in any way connected with this event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation.

Signature: _____ (Parent or Guardian Signature Required if Under 18)

Please make checks payable and send to:

GCXC
Attn: Captains 5K
8791 Mentor Ave.
Mentor, OH 44060

