



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

GCXC
RACE TIMING & MANAGEMENT

EST. 1981
SECOND SOLE
MENTOR

Lake Health
Running Series