

# Nature's Bin & Friends

5K / 1-Mile Run/Walk

Saturday, October 1, 2011

8:00 a.m. Registration

9:00 a.m. Race Time



MEDICAL MUTUAL®  
presents



NEW AVENUES TO  
INDEPENDENCE, INC.

**The awards:** Presentation following the race

**5K:** Top 3 males & Top 3 females overall, and in each age division

**Age divisions:** 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over

**The Location:** Lakewood Park, 14532 Lake Road, Lakewood, Ohio 44107

**The Course:** Fast, flat 5K out and back course OR 1 mile fun run/walk (Each course paved for wheelchairs)

**The Features:** Long Sleeved T-shirts for pre-registered participants – Day of race, while supplies last. Post-race continental breakfast provided. Give-aways & door prizes (while supplies last).

-----**Detach**-----

Pre-registration must be RECEIVED by September 24, 2011

Online registration preferred at [www.hermescleveland.com](http://www.hermescleveland.com) or  
Mail to: Hermes Sports & Events, 1624 St. Claire Avenue, Cleveland, OH 44114

Participant Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Sex: M or F (circle one) Birth date \_\_\_\_\_ Age \_\_\_\_\_

T-shirt size: S M L XL XXL

E-mail address: \_\_\_\_\_

Event	Pre-registration	Day-of registration	Payment Method
5K Run /Walk	\$20	\$25	Check – Payable to Hermes Sports & Events
1-mile Fun Run/Walk	\$5	\$5	

For more information about the race visit [www.hermescleveland.com](http://www.hermescleveland.com)

To make a donation please contact The Arc of Greater Cleveland at [www.thearcofgreatercleveland.org](http://www.thearcofgreatercleveland.org) or mail to 2421 Community College Ave, Cleveland OH 44115

In consideration of organizers of Nature's Bin & Friends, its employees, volunteers, and sponsors permitting (me) or (my child), \_\_\_\_\_ who is under the age of 18 to participate in the above named event, I hereby and for (me) and (my child's) heirs, executors, administrators and / or assigns, waive and release any and all rights and claims of any nature that (I) or (my child) may have against Hermes Sports & Events, Cornucopia, Inc. HELP Foundation, The Arc of Greater Cleveland, and New Avenues to Independence, their officers, employees, agents, executors, administrators, successors, and/ or assigns for and against any and all injuries or damages of any nature which (I) or (my child) may suffer while taking part in any activities connected with this event. The release and consent shall be binding upon (me) or (my child's) heirs, executors, administrators and / or assigns. I grant full permission for organizers to use photographs of me and / or quotations from me in legitimate accounts and promotions.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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**Post-race continental breakfast provided**

Visit [www.thearcofgreatercleveland.org](http://www.thearcofgreatercleveland.org) for information

**Long-sleeved T-shirts for runners**

Remember to check [www.hermescleveland.com](http://www.hermescleveland.com) for race updates, color maps, and online pre-registration!

