



MEDICAL MUTUAL®
presents

NATURE'S BIN & Friends



The Arc
Greater Cleveland



NEW AVENUES TO
INDEPENDENCE, INC.

Neighborhood Run

5K Run / 1 Mile Walk

Saturday, October 1, 2011

8:00 am Registration

9:00 am Race Time

Lakewood Park (14532 Lake Rd, Lakewood, Ohio 44107)

Fast, flat out-and-back 5K course OR 1 mile fun run/walk (Both courses paved for wheelchairs)

Awards presentation following the race

5K: top 3 males and 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)

Long-sleeved T-shirts for pre-registered participants (Day of the race, while supplies last)

Post-race continental breakfast provided

Snack packs / Goodie bags (while supplies last)

	Pre-registration	Day-Of registration
5K Run	\$20	\$25
Mile Walk	\$5	\$5

Online registration preferred at www.hermescleveland.com.

Check out www.hermescleveland.com for race updates, color maps, and online pre-registration!

Four Organizations Providing Services to People with Disabilities
in Lakewood and throughout Greater Cleveland

