



Euclid Hillcrest Huron South Pointe



LOCATION

Brush High School, 4875 Glenlyn Road, Lyndhurst, Oh. 44124 Visit www.perfect10miler.com for directions

COURSE & TIME

The race begins at the Brush football field, winds through a well-shaded route in Lyndhurst and South Euclid, and finishes on the high school track.

- The 10-miler begins at 7:30 am
• The 5K begins at 7:45 am
• Kids Run begins at 9:00 am, age 5 & under - 50 yards, age 6-8 - 100 yards

PROCEEDS

Fees benefit the SELREC Scholarship Fund and the South Euclid-Lyndhurst Schools extra-curricular support fund.

FEATURES

- Performance shirts (wicking) to all 10-milers and multi-color T-shirts for all participants in the 5K.
• Post-race refreshments
• Timers
• Water stops
• Awards
• Chip Timing

REGISTRATION

Race day registration and packet pick-up will begins at 6:15 am at Brush High School, Korb Field. Registration and packet pick-up available Saturday, August 16, 5114 Mayfield Road, 10 am - 5 pm To pre-register, mail or drop off forms at Second Sole, 5114 Mayfield Road, Lyndhurst, OH 44124 or register online at www.perfect10miler.com.

ENTRY FEES

Perfect 10-Miler \$25 until July 15, 2009 \$35 from July 16, 2009 until August 12, 2009 \$40 from August 13 until August 15, 2009 \$45 day of race
SELREC 5K Classic \$15 until July 15, 2009 \$17 from July 16 until August 12, 2009 \$20 August 15 & 16, 2009
Kid's Run \$5 until August 12, 2009 \$5 at packet pickup/late registration and on day of race

AWARDS

10-miler - Top 3 overall males and females and top 3 in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.
5K - Top 3 overall males and females and top 3 in the following age groups: 13-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over
10-miler top 3 male/female winners - Second Sole Gift Certificate 1st: \$100, 2nd: \$75, 3rd: \$50
10-miler Masters Winners - Pair of Running Shoes

LIABILITY WAIVER & REGISTRATION FORM

Please enter me in the Perfect 10-Miler and SELREC 5K Classic. In consideration of your accepting this entry, I, for myself, my heirs, executors, and administrators, waive and release any and all right and claim for damages I may have against Cleveland Marathon, Inc., HMA Promotions, Second Sole Running Store, U.S.A. Track & Field, Lake Erie Association USATF, SELREC, South Euclid-Lyndhurst Board of Education, City of South Euclid, City of Lyndhurst, authorized volunteers, any or all sponsors, the cities or towns in which the race is contested, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I give my permission for the administration of medical aid in case of emergency. I further give my permission for the free use of my name, voice recording, or photo in any printed account, broadcast, telecast, or commercial advertising of this event.

Signature of participant (parent/gaurdian if under 18)

Name: _____

Address: _____

City _____ State _____ Zip _____

Day Phone: (____) _____ Evening Phone: (____) _____

email _____

Male Female Age (as of 8/16) _____ Birthdate: ____/____/____

10-miler 5K Kids Run T-shirt Size S M L XL

Champion Chip Number _____

CHECKS PAYABLE TO: PERFECT 10-MILER

volunteers needed, please call 216-752-5151

QUESTIONS? CALL 216-752-5151 or 216-464-5510