

FRIDAY
JULY 19TH AT 9 PM

Presented By:



FRIDAY NIGHT LIGHTS 5K



**THE
AREA'S
PREMIER 5K**

AWARDS:

TOP 3 OVERALL MEN & WOMEN (CASH AWARDS)

TOP 3 IN EACH AGE DIVISION

CASH BONUS for 1 mile, 2 mile & new record

COURSE RECORDS:

Male - 14:29

Female - 16:46

Proceeds will benefit the Mentor Cross Country Team

**STARTS & FINISHES ON THE MENTOR HIGH SCHOOL TRACK
FAST AND FLAT COURSE**

ENTRY FEE:

\$25 through July 5th \$30 through July 18th

Make checks payable to: **GCXC** \$35 Race Day

Drop off or Mail to: **Second Sole,**
8791 Mentor Ave., Mentor, OH 44060

Online entry available at www.gcxcrunningseries.com

NAME _____

ZIP _____

EMAIL _____

AGE (DAY OF RACE) _____ FEMALE _____ MALE _____

SHIRT SIZE: (CIRCLE ONE) S M L XL 2X YS YM YL

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course may contain uneven surface conditions, including but not limited to pot holes, curbs, sewer covers which may create a risk. I also acknowledge that the race is on public roads and I accept these risks. Therefore, in consideration of the acceptance of my entry, I, for myself, my executors and administrators waive any and all rights and claims for injuries or damages I may have against the City of Mentor, Greater Cleveland XC, Second Sole and the Mentor Fire Department and will not hold them responsible for any and all injuries I may suffer in conjunction with this event. No refunds.

Signature _____

Date _____

Signature of parent/guardian (if under 18yrs old) _____

