



10 MILER & 5K

Sunday, March 30, 2025

8:00 am - Mentor, OH
(Veterans Park)

The Spring Thaw starts and finishes at Veterans Memorial Park. You'll wind through the local neighborhoods and Mentor Lagoons as part of the 10 Mile course.



FINISHER MEDAL • LONG SLEEVE T-SHIRT or HOODIE •
START: 8:00AM (10 Miler) – 8:15AM (5K)

For more information visit: www.gcxcrunningseries.com

Ohio - 10 Miler \$40 thru 3/10 \$45 thru 3/29 \$50 race day
Ohio - 5K \$25 thru 3/10 \$30 thru 3/29 \$35 race day

First Name _____ Last Name _____

Email _____ Zip _____ Age on race day _____

Apparel Size: S M L XL Gender: Male / Female 8:00 AM START (10 Miler) - 8:15 AM START (5K)

I accept that I compete in this event at my own risk and I hereby waive and release the event, GCXC, Greater Cleveland XC, Second Sole, Second Sole Mentor, City of Mentor, Lake Metroparks, 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: Spring Thaw - OH
8791 Mentor Ave.
Mentor, OH 44060

