

Strides for Leadership

Leadership Lorain County

5th Annual Fun Walk and 5K Run

Sunday, May 5th, 2019



PROMOTING HEALTH AND WELLNESS IN LORAIN COUNTY
Proceeds to Benefit Sleep in Heavenly Peace

REGISTRATION

LOCATION

Royal Oaks at Indian Hollow Reservation
Lorain County Metro Parks
1057 Parsons Road
Grafton, OH 44044

PARKING

Limited parking is available at Royal Oaks.
Carpooling is encouraged when available.
Overflow parking is available at:
Sheldon Woods
38744 Parsons Rd.
Grafton, OH 44044

TIME

8:00 AM: Race Day Registration & Packet Pick-Up
8:45 AM: Pre-Race Warm Up
9:00 AM: 5K Run/Walk (chip timed)
9:10 AM: 1 Mile Fun Walk (non-timed)

T-shirts to all paid participants registered by May 3rd
T-shirts subject to availability after May 3rd

FREE refreshments for walkers and runners
following the race.

Online Registration closes Friday, May 3rd at 9AM Mail-in
entry forms are due by Wednesday, May 1st.

PRE-REGISTRATION:

Adults: \$25 Children 17 years and under: \$15

DAY OF RACE REGISTRATION:

Adults: \$30 Children 17 and under: \$20

Fundraise online at

<https://www.crowdrise.com/o/en/campaign.strides-for-leadership-fun-walk-and-5k>

Pre-register online at www.hermescleveland.com or mail
entry form with checks payable to:

Hermes Sports and Events

2425 W. 11 St., Suite #2
Cleveland, Ohio 44113
216-623-9933

5K AWARDS

Awards given to the top overall male and female
runners. Runners finishing in the top three in each age
group will receive awards. Age groups: Men and
women, 14 and under, 15-19, 20-24, 25-29, 30-34, 35-
39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

STRIDES FOR LEADERSHIP REGISTRATION

Name (please print) _____

Date of birth _____ Age on race day _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Disclaimer: I hereby understand that upon my entry into Leadership Lorain County's Strides for Leadership Fun Walk and 5K Run, I waive any and all claims for damages that I may have against Leadership Lorain County and its affiliates, Lorain County Community College, Lorain County Free Clinic, Hermes Sports & Events, promoters, sponsors, or anyone involved in the production of the Race, regarding any or all injuries suffered by me while running, traveling to or from, or participating in this event, for myself, my heirs, and/or assignors.

Signature (parent/guardian if under 18) _____

Participating in (check)

1 Mile Walk 5K

Name of Team

Gender (circle)

Male Female

T-shirt size (circle)

YL S M L

XL XXL

