



# Superhero Dash!

Everyone has the ability to be a hero!

## 34th Annual Race Day in memory of Dave Hardman 5K Run and 1M Fun Walk/Roll Saturday, September 21, 2019



### Awards

Top three men and women overall and in each age group, as well as the challenged division.  
Achievement ribbons to all 1M finishers.  
Age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over

### Prizes

Superhero costumes encouraged... there will be prizes!

### Entry Fees

Children 18 & under: \$10.00 (pre-registered and same day fee)  
Early registration online or by mail: \$25.00  
Race Day registration: \$30.00  
First 300 registrants will receive t-shirts, subject to availability on Race Day

### Proceeds benefit Youth Challenge

Youth Challenge brings together young people with physical disabilities and teen volunteers who inspire each other through adapted sports, recreation and social growth activities.

800 Sharon Drive, Westlake, OH 44145 440-892-1001 [youthchallengesports.com](http://youthchallengesports.com)

### Proud Sponsors:



Linda & Doug  
Hardman

Oatey Foundation

### Race Time:

9:30am  
5K Run, 1M Walk/Roll

Race day registration  
& package pickup:

8:00am

### Location:

Lakewood Park  
14532 Lake Avenue  
Lakewood, OH 44107

Online registration ends:  
Friday, September 20 at 9:00am  
[hermescleveland.com](http://hermescleveland.com)

### Mail in by Wednesday, September 18:

Hermes Sports & Events  
2425 W. 11th St. Suite #2  
Cleveland, OH 44113  
216-623-9933



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Event: 5K \_\_\_ 1M \_\_\_ Division: Open \_\_\_ Challenged \_\_\_ Birthdate: \_\_\_\_\_ Race Day Age: \_\_\_\_\_

T-shirt size: **Child** S \_\_\_ M \_\_\_ L \_\_\_ **Adult** S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ Male \_\_\_ Female \_\_\_

Make checks payable to Hermes Sports & Events. Credit card option is available for online registration only!

**Mail to: Hermes Sports & Events 2425 W. 11th Street Suite #2, Cleveland, OH 44113**

### Complete one form per runner.

In consideration of accepting this, I hereby for myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Hermes Sports & Events, City of Lakewood, the sponsors, coordinating groups and any individuals associated with the events, their representatives, successors and assigns, and indemnify and save and hold them harmless for any and all injuries suffered, or alleged to be suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connections with said event. I have been warned I must be in good health to participate in this event. In filling out this form I acknowledge that I am an amateur in such events. I also give my permission for the free use of my name and picture in any broadcast, telecast, social and print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Signature & Date (due by September 18, 2019)

Signature of parent or guardian (if entrant is under 18 years of age)