

8th Annual 5K Run/1 Mile Walk/1 Mile Kids Fun Run

Saturday, July 25, 2009



JOSEPH C. MONASTRA RACE **REFUSE TO LOSE** The Fight Against Pancreatic Cancer



The mission of this foundation is to engage in charitable educational and scientific activities including funding research, scientific endeavors and other activities directed at eradication of cancer specifically pancreatic cancer.

DATE: Saturday, July 25, 2009
EVENT: 5K Run
1 Mile Walk/1 Mile Kids Fun Run
TIME: 1 Mile Walk/1 Mile Kids Fun Run 8:30 am 5K Run 9:00 am
START/FINISH: Hudson Green
ENTRY FEES: \$15 through July 22, 2009
\$20 day of race • \$10 (14 and under)



PRE-REGISTRATION: Mail-in entries and \$15 MUST be received by Wednesday, July 22nd (Hermes 1624 St. Clair Ave., Cleveland, OH 44114). Vertical Runner through Wednesday, July 22nd (134 N. Main St., Hudson, OH 44236).

DIRECTIONS: Directions, Online Registration and Race Course are available at www.hermescleveland.com or call 330.688.9770 (also see www.hudsonraces.com for paper application only).

RACE PACKET: Pre-registration packet pick-up available at the Vertical Runner Store from 5 pm - 7 pm on Friday, July 24th or the day of the race at the Gazebo on the Green, in Hudson from 7:30 am - 8:15 am
* All pre-registered participants will receive a T-Shirt and packet



AWARDS: 5K: Top male and top female overall finishers, and top three finishers in each male and female age division.
Age division: 12-under, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over.
1 Mile (top girl & top boy): 5 & under, 6-7, 8-9, 10-12, 13-14.
Complimentary Prize Drawings

MASSAGE THERAPY: Offered to all race participants by **Daggett Massage Therapy.**



PARKING: Parking is available close to the race site. (please look for signs)

Please join us for our family event - informational and educational booths; entertainment - Children's play area; raffle prizes; speakers; refreshments and food donated by **Acme** of Hudson and **Krieger's Health Foods**; Water by **Distillata**; musical entertainment by **Ecliptic.**

ENTRY FORM

Name _____
Age _____ Sex _____
Address _____
City _____ State _____ Zip Code _____
Email _____ Phone _____

1 Mile Walk
 5K Run
 1 Mile Kids Fun Run

\$15.00 through July 22nd
 \$20.00 Day of Race
 \$10.00 Student Rate (14 and Under)
 Donations to
Joseph C. Monastra Foundation \$ _____
Total Enclosed \$ _____
*T-Shirt Size (circle one)
Adult: S M L XL XXL Youth: S M L

Waiver: Joseph C. Monastra Foundation
All persons participating in the Joseph C. Monastra event are required to read, agree to and sign the waiver below before participating. I agree to and assume all risks involved in participating in the Joseph C. Monastra Foundation event and do for myself, my heirs, executors, administrators and assignees waive, release and forever discharge any and all rights, claims or liabilities which I may have or which hereafter accrue to me against The Joseph C. Monastra Foundation and all sponsors and all their representatives, successors and assigns, arising out of my participation in this event.

Signature _____ Date _____
Parent's or Guardian Signature (if under 18)

All donations above entry fee are tax deductible. Please make registration and donation checks payable to: **JCM Foundation.**
Mail completed entry form with payment to: Hermes, 1624 St. Clair Ave., Cleveland, OH 44114. Send Email to rdman236@yahoo.com

See reverse side for Pledge Form.

