

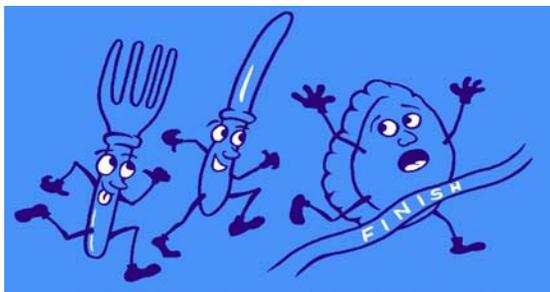
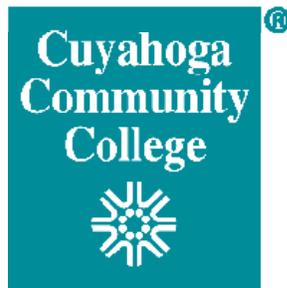
4th Annual Parma Run/Walk for Pierogies

5K Run/Walk and 1 Mile Fun Walk

Sponsored by University Hospitals Parma Medical Center

Saturday, July 5, 2014 - 8:30 am

Tri-C Western Campus (11000 Pleasant Valley Road)



All pre-registered runners will receive a t-shirt, post-race pierogies, drinks and snacks!!

*Pre-Registration \$20

*Day of Registration \$25

*Ages 11 and Under: \$10

Mail entries must be received by Wed., July 2.

Make checks payable to: Hermes Sports & Events
1624 St. Clair Avenue, Cleveland, OH 44114

Register online at: www.hermescleveland.com

On-Site Registration/Check-In:

Online registration closes Thursday, July 3 at 9:00 am.

7:00 am - 8:15 am

Race Coordinator: Parma Council President Sean Brennan: (440) 884-0489 councilmanbrennan@sbcglobal.net

5K Award Age Groups: Top overall male and female and 11 and under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and Over - Pierogie awards to top three male and female finishers in each division.

NEW: *Register 3 or more from the same address for \$50 (limit 3 t-shirts/goodie bags).

**Mail in registration only. Extra shirts may be purchased for \$10.*

NEW: 5k run is a Hermes Road Race Series Chip Timed Race!!

Proceeds Benefit the American Cancer Society Parma Area Relay for Life,

All Faiths Pantry, All Kids Playground and the Parma Police Auxiliary.

Run/Walk for Pierogies

First Name: _____

Last Name: _____

Race Day Age: _____; Gender: M F

Date of Birth: _____

Address: _____

City: _____

State and Zip: _____

Phone: _____

E-Mail: _____

Signature (Parent/Guardian, if under 18): _____

Shirt Size: YS YM S M L XL XXL **Circle One:** 5K Run, 5K Walk or 1 Mile



Little Polish Diner
5772 Ridge Road, Parma

Krakow Deli
5767 Ridge Road, Parma

ST. VLADIMIR'S PIEROGIES
5913 State Road, Parma
www.stvladimirs.org



I hereby understand that upon my entry into the Race for Pierogies 5K race/walk or 1 mile fun walk, I waive any and all claims for damages that I may have against University Hospitals, Cuyahoga Community College, the American Cancer Society, the City of Parma, Hermes Sports & Events, promoters, sponsors or anyone involved in the production of this race, regarding any and all injuries suffered by me while running, traveling to and from, or participation in this event, for myself, my heirs and/or assignors. I also understand that refunds will not be available for entry fees.