

# Live Long Lyndhurst Egg Run 5K Run/Walk

Saturday, April 25, 2015

A Special Event for the **Whole Family** | **Featuring Chip Timing**

Proceeds to benefit the Hillcrest Family YMCA in their efforts to provide community support to those unable to participate in programming without it.

### Place

Race begins and ends at Legacy Village, parking will be available onsite.

### Time

- 7:00 a.m. – Check in, Legacy Village center courtyard
- 8:00 a.m.– L'il Leggs Run, free for kids under 4
- 8:15 a.m.– 5K (3.1 miles) Run/Walk begins, strollers and walkers are permitted
- 9:30 a.m.– Awards and recognition

Light refreshments provided by Legacy Village after the Run for participants.

### Fees

Through March 25: \$20.00  
March 26 Thru Day Before Race: \$25.00  
Race Day: \$30.00 | 60 & Over: \$15.00

### To register

Online log onto LiveLongLyndhurst.com by Thursday, April 23 at midnight. Mail or drop off registration at the Hillcrest YMCA, 5000 Mayfield Road, by April 23.

Registration packet pickup at Second Sole, 5114 Mayfield Road Lyndhurst, OH 44124, on Friday, April 24, between noon and 8 p.m.



### Awards

Awards provided for Top overall male and female. Top finisher by age group: 15 and under; 16-20; 21-29; 30-39; 40-49; 50-59; 60 and over.

Guaranteed shirts for first 250 participants for the 5K Walk/Run. Refreshments available for the participants at the end of the Run.



\* Children must have adult supervision at all times.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

M  F Date of birth \_\_\_\_\_

Age on day of race \_\_\_\_\_  5K Run  Walk

Adult T-shirt size:  
 S  M  L  XL  XXL

Child T-shirt size:  
 S  M  L

Send entry form and make checks payable to:

Hillcrest YMCA  
5000 Mayfield Rd  
Cleveland, OH 44121

For information, log onto  
[www.livelonglyndhurst.com](http://www.livelonglyndhurst.com)

*In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Anthem, Cleveland Clinic Foundation, Cleveland Metroparks, City of Lyndhurst, The Fidelity Group, Legacy Village, The YMCA, Second Sole, their representatives, successors, and assigns for any and all injuries suffered by me in said event or in transit to and from said event. I further attest that I am physically fit and have sufficiently prepared for this event. I will additionally permit the use of my name and/or pictures in the Cleveland Clinic's publications.*

Signature \_\_\_\_\_