

# Live Long Lyndhurst 5K Run and Family Walk

Saturday, April 30, 2016

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

## Place

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

## Time

- 7:30 a.m. Check-in
- 8:30 a.m. Kids Fun Run  
(Children under 10 years old)
- 8:45 a.m. 5K Run & Family Walk
- 10 a.m. Race awards and gift card raffle for all race participants

**Enjoy fun activities for the kids – bounce house, arts & crafts & face painting. Refreshments after the race from Legacy Village merchants.**

*\* Children must have adult supervision at all times.*

## Fees

Through March 30: \$20.00  
 March 30 through day before race: \$30  
 Race day: \$35  
 60 years and older: \$20

## To register

Log onto the City of Lyndhurst website and click on the Live Long Lyndhurst site for online registration and payment information. You can also mail or drop off registration and payment to the Hillcrest YMCA, 5000 Mayfield Road, by April 28th.

Registration packet pickup at Second Sole, 5114 Mayfield Road Lyndhurst, OH 44124, on Friday, April 29, between noon and 8 p.m. or pick up day of the race.

## 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.

**Proceeds to benefit LIVESTRONG™ at the Hillcrest YMCA, a free 12-week exercise & support program for cancer survivors and their families.**

**L I V E S T R O N G™**



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, or to register online, 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 Blue Cross Blue Shield, Cleveland Clinic Foundation, Cleveland Metroparks, City of Lyndhurst, The Fedeli 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 \_\_\_\_\_