

THE NEWS-HERALD

SUNDAY, JULY 14, 2019

43RD ANNUAL

Race Ready Since 1977

JOHNNYCAKE JOG



5-Mile Race Start: 8:00 am
5K Run/Walk Start: 8:15 am
Lake County Fairgrounds

For more information visit: <http://www.lakehealthrunning.com>

Johnnycake Jog 5 Mile \$15 thru 05/01/19 \$20 thru 07/13/19 \$25 race day **Start Time: 8:00**

Johnnycake Jog 5K/ Walk \$15 thru 05/01/19 \$20 thru 07/14/19 \$25 race day

First Name _____ Last Name _____

Email _____ Zip Code _____ Age on race day _____

Gender Male / Female T-shirt size YL S M L XL 2XL

I accept that I compete in this event at my own risk and I hereby waive and release the event, Lake Health, Greater Cleveland XC, Second Sole Mentor, The News-Herald, The Lake County Fair, City of Mentor, City of Painesville, Townships of Concord and Painesville, and any city or village, sponsor, officer, and member of said organization, their representatives, successors, assigns, and any individuals who are in any way connected with this event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation. I also understand the risks involved in this event and I am physically fit and sufficiently trained to participate.

Signature: _____ (Parent or Guardian Signature Required if Under 18)

Please make checks payable and send to:

Greater Cleveland XC
Johnnycake Jog
8791 Mentor Ave.
Mentor, OH 44060

