



### LOCATION

Brush High School, 4875 Glenlyn Road, Lyndhurst, Oh. 44124  
Visit [www.perfect10miler.com](http://www.perfect10miler.com) for directions

### COURSE & TIME

The race begins at the Brush football field, winds through a well-shaded route in Lyndhurst and South Euclid, and finishes on the high school track.  
• The 10-miler begins at 7:30 am  
• The 5K begins at 7:45 am  
• Kids Run begins at 9:00 am, age 5 & under - 50 yards, age 6-8 - 100 yards

### PROCEEDS

Fees benefit the SELREC Scholarship Fund and the South Euclid-Lyndhurst Schools extra-curricular support fund.

### FEATURES

- Performance shirts (wicking) to all 10-milers and multi-color T-shirts for all participants in the 5K.
- Post-race refreshments
- Timers
- Water stops
- Awards
- Chip Timing

### REGISTRATION

Race day registration and packet pick-up will begins at 6:15 am at Brush High School, Korb Field.  
Registration and packet pick-up available Saturday August 14 at Vertical Runner, N. Mall, Hudson 44236, 10 am - 5 pm  
To pre-register, mail forms to Perfect 10miler, 29525 Chagrin Blvd, Cleveland, OH 44124 or register online at [www.perfect10miler.com](http://www.perfect10miler.com).

### ENTRY FEES

Perfect 10-Miler  
 \$25 until July 14, 2010  
 \$35 from July 15, 2010 until August 11, 2010  
 \$40 at packet pick up/late registration  
 \$45 day of race

SELREC 5K Classic  
 \$15 until July 14, 2010  
 \$17 from July 15, 2010 until August 11, 2010  
 \$20 at packet pick up/late registration and day of race

Kid's Run  
 \$5 until August 11, 2010  
 \$5 at packet pickup/late registration and day of race

### AWARDS

10-miler - Top 3 overall males and females and top 3 in the following age groups:  
 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.

5K - Top 3 overall males and females and top 3 in the following age groups:  
 13-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

10-miler top 3 male/female winners - Vertical Runner Gift Certificate  
 1st: \$100, 2nd: \$75, 3rd: \$50

10-miler Masters Winners - Pair of Running Shoes

## LIABILITY WAIVER & REGISTRATION FORM

Please enter me in the Perfect 10-Miler and SELREC 5K Classic. In consideration of your accepting this entry, I, for myself, my heirs, executors, and administrators, waive and release any and all right and claim for damages I may have against Cleveland Marathon, Inc., HMA Promotions, Vertical Runner Store, U.S.A. Track & Field, Lake Erie Association USATF, SELREC, South Euclid-Lyndhurst Board of Education, City of South Euclid, City of Lyndhurst, authorized volunteers, any or all sponsors, the cities or towns in which the race is contested, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I give my permission for the administration of medical aid in case of emergency. I further give my permission for the free use of my name, voice recording, or photo in any printed account, broadcast, telecast, or commercial advertising of this event.

Signature of participant (parent/gaurdian if under 18)

\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Day Phone: (\_\_\_\_\_) \_\_\_\_\_ Evening Phone: (\_\_\_\_\_) \_\_\_\_\_

email \_\_\_\_\_

Male  Female  Age on race day \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

10-miler  5K  Kids Run  T-shirt Size S  M  L  XL

Champion Chip Number \_\_\_\_\_

CHECKS PAYABLE TO: PERFECT 10-MILER

volunteers needed, please call 216-752-5151

QUESTIONS? CALL 216-752-5151 or 216-464-5510