



Sunday, August 10, 2025

Black River Landing

421 Black River Ln, Lorain OH 44052

8:00 AM On-site reg/

9:00 AM 5K/1M Walk Begin

FEE

\$30

5K Early-Bird \$25 \$25 1M Early-Bird Race Day (Both)

AWARDS

5K: Top overall male and female and three deep (male and female) in the following age groups:

10-14 9 & Under 15–19 20-29 30-39 40-49 50-59w 60-69

REGISTRATION FORM

Please complete one form per person.

Name			
Address			
City	_ State Zip		
Contact Phone	_ Email		
Birthdate	Age on Day of Race		
Gender Male Female	Opt-out of photographs (Wristband will be available on race day)		
Adult Unisex T-Shirt			
S M L XL XXL			
Youth T-Shirt	Become Mind Over Miles Fundraising Partner		
S M L			
Additional Donation: \$	-		

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 Riveon Mental Health and Recovery, Hermes Sports and Events, Lorain County Metro Parks, 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. Unless I have opted out above, I will additionally permit the use of my name and/or pictures in Riveon Mental Health and Recovery publications. All children must have adult supervision at all times.

Participant Signature _____