



**Southwest General**

Partnering with  University Hospitals



# Old Oak Run

Start at Southwest General and Run/Walk on Cleveland Metroparks Lake to Lake Trail!

**40TH RUN/WALK | SATURDAY, APRIL 15, 2023**

## IT'S OUR 40TH EVENT!

### LOCATION

This 40th race will begin and end on the southeast side of Southwest General's Main Campus. Please proceed to the southern parking lot, which is off of Old Oak Boulevard. Signage will direct you. No lockers or showers are available. We will be using disposable timing chips.

### TIME

**8 a.m.** Race-day registration – (outside, in the basement of Garage D)

**8:45 a.m.** Pre-race warm up outside

**9 a.m.** 5K (3.1-mile) run and one-mile walk **beginning at Southwest General.** The run and walk will follow the beautiful Cleveland Metroparks Lake to Lake Trail from Southwest General to Lake Isaac and back. This trail is touted as a multipurpose trail through the Big Creek Reservation of the Cleveland Metroparks.

**10:30 a.m.** Approximate time for awards presentation (outside, in the basement of Garage D)



### DISTANCE

5K (3.1 miles) over multipurpose Metroparks trail. Course clearly marked with traffic control and protection. Water station at midpoint; times at finish. Hermes Sports & Events will conduct the run. Walkers start behind the runners and proceed one-half mile on the Lake to Lake Trail and back to Southwest General.

### AWARDS

Prizes/awards given to top overall male and female runners. Runners finishing in the top three in each age group will receive awards. Age groups: Men and women, 10 & under, 11-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61 & over.

Long-sleeved T-shirts will be given to the first 300 entrants in the run and walk. Awards are not given in the walk.

### REGISTRATION

#### 5K Run:

\$20 pre-registration (deadline is **Friday, April 7, 2023**);

\$25 (April 8 through race day)

#### Walk:

\$15 pre-registration (deadline is **Friday, April 7, 2023**);

\$20 (April 8 through race day)

To pre-register, go online to [hermescleland.com](http://hermescleland.com) until **Friday, April 14, 2023, at 9 a.m.**, OR send the application below with check or money order payable to **SOUTHWEST GENERAL** before deadlines above.

**FREE refreshments for walkers and runners following the race.**

**We look forward to seeing you!**

## 2023 Old Oak Run Application

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

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

Best phone to reach you \_\_\_\_\_

E-mail address \_\_\_\_\_

In consideration of accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages or other remedy which I may have against Southwest General, Hermes Sports & Events, the City of Middleburg Heights and the Cleveland Metroparks, their employees, agents, contractors and the successors and assigns of each, for any and all injuries, illnesses and losses of any kind, suffered by me in the event, as a result of the event, or traveling to or from the event. I further attest that I am physically fit to participate in, and have sufficiently prepared for, this event. I agree to permit the use of my name and/or pictures by Southwest General in any of its publications, including its social media and websites, and Southwest General may provide such pictures and identifying information to any media covering or publicizing the event or future similar events.

Signature (required) \_\_\_\_\_

*(If entrant is under 18, parent must sign)*

misc23

Participating in (check one):

Walk  5K Run

Gender:  Male  Female

Age (day of race): \_\_\_\_\_

Adult T-shirt size (circle one):

S M L XL 2X

**Send application and check to:**

*Southwest General  
Marketing Department  
18697 Bagley Road  
Middleburg Heights, OH  
44130-3497*