

## Course

### One-Mile Skipper Trot & Dog Walk (begins at 9:00am)

This course allows participants to enjoy a leisurely stroll around Classic Park and through the City of Eastlake. New in 2010 is the Dog Walk. Proceeds will benefit the Lake Humane Society.

### 5K Race (begins at 9:30am)

The runners' course will begin at Classic Park, wind through the City of Eastlake and finish on the field behind homeplate.

**BOTH COURSES ARE  
WHEELCHAIR ACCESSIBLE**



## Who Can Race?

**INDIVIDUALS** - The Charities 5K is designed for all types of runners. This race is a certified Grand Prix Race in the Northeast Ohio Running Club Series.

**FAMILIES** - The One-Mile Skipper Trot has been created with the smallest athletes in mind! The trot is a perfect family outing for all ages (children three & under are free).

New this year is our first annual Lake Humane Society Dog Walk. Participants with dogs will be able to walk in the one-mile Skipper Trot. Proceeds will benefit the Lake Humane Society.

**WHEELCHAIRS AND STROLLERS PERMITTED  
PLEASE NO ROLLER-BLADES, OR SKATEBOARDS  
Directors reserve the right to refuse any entry.**

## Awards

Awards to the top three men and women finishers in the 5K race. Additional awards to the top three males and top three females in each of the following age groups (5K only).

### AGE GROUPS:

14 & under 15-19 20-29 30-39

40-49 50-59 60-69 70+

### Additional Awards:

Best Dressed in Captains Gear & Best Dressed Dog

**Pre-Registered entries must be received  
no later than June 15, 2010.**

## Entry

Entry	Pre-Registered	Day-of-Race
5K Run	\$15	\$18
Skipper Trot	\$10	\$12
5K Run & Trot	\$20	\$25
Dog Walk	\$14	\$15

### Mail/drop off registration form & entry to:

Lake County Captains  
Attn: Captains Charities 5K  
35300 Vine Street  
Eastlake, OH 44095-3142

**or Register on-line at  
[www.captainsbaseball.com](http://www.captainsbaseball.com)**

## Here's What You Get!

### 5K Race

- Ticket voucher for future Captains game
- T-shirt
- Water stop and official finishing time
- Prizes to the top finishers in each category

### One-Mile Skipper Trot & Dog Walk

- Ticket voucher for a future Captains game
- Finisher's Ribbon



## Registration

Race Day Registration packets and t-shirts may be picked up between **8:00am and 15 minutes before each race** at the main gate of **Classic Park**.

**COMPLIMENTARY PARKING  
PROVIDED IN THE CLASSIC PARK GOLD LOT  
ON THE EAST SIDE OF RT 91**

**Directors reserve the right to refuse any entry.**

## General

Captains Charities is a non-profit organization affiliated with the Lake County Captains that financially supports various charity groups in the Northeast Ohio area.

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Race Day (6-26-10): \_\_\_\_\_ Gender: M F

Event: 5K Skipper Trot 5K Run & Trot Dog Walk

T-Shirt Size (5K ONLY): S M L XL

I am registering for:

5K Race (\$15) \_\_\_\_\_ (\$18 Race Day)

Skipper Trot (\$10) \_\_\_\_\_ (\$12 Race Day)

5K Run and Trot (\$20) \_\_\_\_\_ (\$25 Race Day)

Dog Walk (\$14) \_\_\_\_\_ (\$15 Race Day)

**Total** \$ \_\_\_\_\_

Payment Method (cash or check ONLY - circle one) :

Cash enclosed Check enclosed #: \_\_\_\_\_

Please make checks payable to Captains Charities

For more information, e-mail the Captains:  
Rob Demko - [rdemko@captainsbaseball.com](mailto:rdemko@captainsbaseball.com)

## RACE WAIVER

I hereby understand that upon my entry into the Captains Charities 5K/Skipper Trot, I waive any and all claims for damages that I may have against Achilles Running, Lake County Captains Professional Baseball Club, Cascia LLC, The City of Eastlake, the promoters, sponsors, or any involved in the production of this race, in regards to any and all injuries suffered by me while running, traveling to or from, or participating in this event, for myself, my heirs, and or assignors. By signing, I also attest that I am physically fit, sufficiently trained to participate in this event, and have full knowledge of the risk involved. I give my full permission to the Captains Charities 5K/Skipper Trot, Achilles Running, Lake County Captains Professional Baseball Club, Cascia LLC, The City of Eastlake, its affiliates and their corporate partners to use any photographs, videotapes, or other recordings of me that are made during the course of this event.

X \_\_\_\_\_

Guardian \_\_\_\_\_

**ALL PARTICIPANT SIGNATURES REQUIRED**  
Guardian signature required if entrant is under 18