

FIGHT THE FLAME 5K

SUPPORTING RESEARCH, EDUCATION & AWARENESS OF RSD/CRPS

With A 1K Family Roll & Stroll

Race: Sunday November 5, 2017 at 9 a.m.

Mentor-on-the-Lake City Hall - 5860 Andrews Rd.

Packet Pickup: November 4, 10 a.m. - 6 p.m.

Second Sole Mentor - 8791 Mentor Ave

Day of Race: Starting at 8 a.m. at Race Location



Proceeds to Benefit RSDSA - Donations Welcome at greaterclevelandxc.com

**Are you a CRPS/RSD fighter?
Let us know on race day.
We'll have something orange
you can wear!**



rdsda
SUPPORTING THE
CRPS COMMUNITY

Run Divisions: 10 & under, 11-14,
15-19, 20-29, 30-39, 40-49, 50-59, 60+
Awards: Top 3 Overall Men & Women
Top 3 in Each Age Division

The RSDSA provides support, education and hope to everyone affected by the pain of disability of CRPS/RSD while we drive research to develop better treatment and a cure.

CRPS/RSD is ranked as the highest level of chronic pain that exists today.

Help us extinguish the pain.

Raffles



Finisher Medals



Live Chip Timing

Race: 5k \$20 thru 10/28/17

\$25 thru 11/04/17

\$30 11/05/17 (race day)

Race: 1k \$15 thru 10/28/17

\$20 thru 11/04/17

\$25 11/05/17 (race day)

First Name _____

Last Name _____

Address _____

Email _____

City _____ State _____

Zip _____ Age on race day _____

Gender: Male/Female T-shirt size: YS YM YL AS AM AL AXL AXXL (adult sizes gender specific) Start time 9:00am

I accept that I compete in this event at my own risk and I hereby waive and release the event, Greater Cleveland XC, Second Sole Mentor, Mentor-on-the-Lake, and any city, sponsor, officer and members 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 acknowledge that the race courses may contain uneven surface conditions, including but not limited to pot holes, curbs, tree roots, sewer covers, which may create a risk. I acknowledge that the race is on public roads and I accept these risks

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

Please Make Checks Payable to RSDSA & Mail To:
Debbie Phillips
C/O Fight the Flame 5K
5746 Birchwood Dr
Mentor, OH 44060

GREATER XC CLEVELAND

Est. 1991
SECOND SOLE MENTOR

Online registration: www.greaterclevelandxc.com