



September 18 – 19, 2010 • North Coast • Cleveland , Ohio

The 2nd annual North Coast 24 is an exciting endurance race held in Northeast Ohio at the scenic Edgewater Park in Cleveland directly adjacent to Lake Erie. Runners will travel around 0.9 mile loop covering as many miles as possible within 24 hours. Runners may elect to run any amount of time or distance that they wish. Overall winners will be those who cover the most distance within the 24 hour time limit.

- Start:** 9 AM. September 18, Edgewater Park. Cleveland, Ohio
Time Limit: 24 hours
Finish: 9 AM. September 19
Aid Stations: 1 located at the start/finish line. All you can eat and drink. Crew may access their runner anywhere around the course.
Course Description: 0.9 mile loop. Certified. Flat and Fast, well maintained all purpose trail.
Awards: Will be awarded to the top 3 Male and Female.
Lodging: Available nearby in Downtown Cleveland or neighboring suburbs.
Other: Race will be ChampionChip timed.
Website: www.NorthCoast24.org

Fees: (in U.S. currency) \$75 if postmarked by December 31, 2009
 \$100 if postmarked by August 16, 2010.
 \$125 if postmarked by Sept 13, 2010.
 \$150 thereafter and on raceday.

Refund Policy: For refund requests postmarked by Aug 16, 2010 an administration fee of \$25 will be deducted. No refunds after Aug 16, 2010. No transfers.

Fee Includes: Technical shirt, all you can eat/drink aid station, unique finisher's award.

Complete the following information and return with your check to:
 North Coast 24-hour • c/o Frank Dwyer • 5363 Park Drive • Medina, OH 44256
Make Checks Payable to: Frank Dwyer

PRINT: Last Name: _____ First: _____
 Address: _____ City: _____ State/Province: _____
 Postal Code: _____ Country: _____
 Country of citizenship if not US: _____
 Phone #: () _____ E-Mail: _____
 Gender: M F Date Of Birth (MM/DD/YYYY): _____ Age - day of Race: _____
 Shirt Size: S M L XL (all sizes are Adult Male)
 Is this your first 24 hour race? Yes No Predicted Mileage: _____
 USATF number: _____ (not required to enter/compete in race)

WAIVER: I certify that I am adequately trained, physically fit, and capable of participating in this 24 hour ultra-endurance event and I recognize the significant risks involved, such as exhaustion, physical injury, heat stroke, dehydration, and vehicle and pedestrian traffic. In consideration of allowing my participation in the North Coast 24 hour, I hereby waive and release all claims and liabilities arising directly or indirectly out of, or relating to my participation in that event, and I further agree to indemnify and hold harmless the North Coast 24 hour race committee, Ohio DNR State Parks, and their respective directors, trustees, officers, affiliates, agents, contractors, representatives, and volunteers from all losses, costs, liability, damages, and claims arising from my participation. I also grant permission for photographs, video, and audio recordings to be made and to use, distribute, transmit, publish, copy, or otherwise exploit any such material, whether in news releases, promotional packages, websites, or in any other manner or form and by any medium.

I will turn in my timing chip immediately after conclusion of the race or I will be subject to a \$30 chip fee.

Signature: _____ Date: _____