

NorthCoast 24-Hour Endurance Run Information

The Basics

Welcome! The NorthCoast 24 is an exciting 24 hour endurance race held in Northeast Ohio at the scenic Edgewater Park in Cleveland directly adjacent to Lake Erie. Runners will travel around loop of just under a mile 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.

The number of laps will be counted for each competitor. Information about each runner's progress will be available during the run. Runners may stop to rest and restart running as they please.

Runners may supply their own liquids and food, but this isn't necessary as the event will meet the all basic needs. Some of the food and drinks that will be available include: water, Gatorade (lemon-lime), electrolyte capsules, soda, energy gel, PB&J sandwiches, pizza, pretzels, bean and cheese roll-ups, egg sandwiches, potatoes, vegan foods, and much more.

The 2010 North Coast 24 has been selected as the 2010 USATF 24 Hour National Championship.

Awards are as follows:

All Runners will receive commemorative medals

Overall male and female winners receive a trophy (regardless of USATF affiliation)

First Place male and female USATF Competitor: \$1,500 (must be registered with USATF number)

Second Place male and female USATF Competitor: \$1,000 (must be registered with USATF number)

Third Place male and female USATF Competitor: \$500 (must be registered with USATF number)

USATF medals to top 3 in each age group/gender: 0-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-. (must be registered with USATF number)

Location: The location is Cleveland Lakefront State Park / Edgewater Park, located at W. Shoreway Drive in Cleveland Ohio. In the heart of one of Ohio's largest cities, Cleveland Lakefront State Park provides natural relief to the metropolitan skyline. At Edgewater Park, sand beaches, tree-lined picnic areas and panoramic views of the lake are all found within the park along the Lake Erie shoreline. The North Coast 24 Hour Endurance Run will be held in the Lower part of Edgewater Park. For directions, see the Location page at <http://northcoast24.org/>.

Lodging: Although there are no camp sites at Edgewater Park, you may set up a tent almost anywhere along the course during the event. Our permit runs from 6am, September 18 until noon, September 19. The central parking area will be open during these times.

There are many fine hotels located within a few miles of the park. Specific hotel information, see the Location page Location page at <http://northcoast24.org/>, then click the Hotels link. You may also want to use a website such as Hotels.com. The address of the park location is: "W. Shoreway Dr, Cleveland Ohio 44102".

We on the organizing committee sincerely hope that all runners enjoy the NorthCoast 24-Hour Endurance Run to its fullest. Please let us know how we can help you enjoy it more!

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Schedule of Events:

Friday, September 17, 2010

6 pm: optional meet/greet dinner. Location TBA. Note: there will be no meeting and the cost will be on your own.

Note: Edgewater Park is open 24 hours, but there are no camping areas. If you're from out of town, it would be best if you have a hotel for the night. See lodging information below.

Saturday, September 18, 2010

6 am: gate to central parking lot opens. This is the closest lot. The north parking lot is open 24 hours.

7:30 am to 8:30 am: check in

8:30 am to 8:45 am: pre-race meeting

9 am: race start

Sunday, September 19, 2010

9 am: race finish

9:15 am: post-race breakfast for all runners and volunteers. Family members and crew: \$10 each.

10 am: awards

10:30 am: get to sleep

Training Runs

The following training runs have been scheduled. They will all be held on the course, and they will all be supported during the specified times with water and Gatorade.

- Sunday, June 27 7:00am to 9:00am
- Saturday, July 24 8:00am to 10:00am
- Sunday, August 22 5:00am to 7:00am

Here is some additional information about the July 24 run:

On Saturday, July 24th, we will hold our second NC24 training run on site at Edgewater Park starting at the lower pavilion. The run will begin at 8am and conclude at 10am. There will be water and Gatorade at the start of the run. At 10am, there will be a FREE breakfast.

The training run and breakfast are sponsored by the Epilepsy Association as part of its Kick-Off of a fundraiser called the Virtual Runner. By signing up as a Virtual Runner, a runner competes for prizes by setting a race-miles goal from Aug 1-Oct 31 and soliciting donations online to support services for children and adults who have epilepsy. For more information or to register for the Virtual Runner Competition please see <http://www.epilepsyinfo.org/VirtualRunner.htm>.

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Rules

The following rules are established for safety, fairness and decency. The NorthCoast 24-Hour Endurance Run is intended to be a competitive but also a fun event. No one on the race committee wants to be in the position of policing the runners. The last thing we want to have to do is to disqualify (DQ) a runner. Nevertheless, we will enforce the rules. At the race committee's discretion, a minor offense, where advantage is not gained, will result in a warning to the runner. Also at the race committee's discretion, major infractions, or minor ones by runners who have already had one warning, will result in a DQ.

Please , please. please follow the rules, and everyone - the runners and those of us on the committee - will be extremely happy.

1) We assume that whether runners are moving fast or slow at any given time, all are trying for their best performance. Thus there is no need to move out of the way for someone who may want to pass. Faster runners should generally assume that they will have to pass slower runners on the outside. The only exception is runners who run together in groups. As noted, registered runners may run together, but if there are more than two abreast (or those walking slowly), please move to the outside of the all-purpose trail to let other runners get by. This rule is to ensure safety and a right of way for everyone.

2) There is one road crossing - a driveway into the parking lot. Traffic should be extremely light. For most or all of the time there will be a ranger or volunteer stationed there for safety reasons. Follow that person's instructions! For that matter, always follow any and all safety instructions by volunteers and/or park rangers.

3) Runners may leave the course at any place or time. They may go where they please for as long as they please. When they re-enter the course, they *must* do so at the exact point where they left it. To assist the race committee, please tell a volunteer if you are leaving for good, or if you are leaving for an extended period with the intention of returning.

4) Runners may not run on the grass, either inside or outside the all-purpose trail.

5) There are plenty of restroom facilities and there will also be porta-johns. Use them, or face disqualification. 'nuff said.

6) There is no swimming after dark.

7) Runners may not use banned substances as defined by USATF and WADA. For more information, see <http://www.usatf.org/about/legal/antidoping/WADACode2009.asp>

8) Ohio state parks rules must be followed, including the one that states that alcoholic beverages are prohibited. For more information, see <http://ohiodnr.com/parks/resources/faq/tabid/84/Default.aspx>. In addition, runners must share the park path and facilities with any others who may be present.

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9) Due to a USATF rule suspension, Headphones are now allowed for all competitors. All runners may use them as long as they do not impede anyone else' progress or anyone's safety.

10) Pacing is not allowed.

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FAQ

GENERAL INFORMATION

How did the NorthCoast 24 Hour Endurance Run get started?

A few of us local (Northeast Ohio) ultrarunners decided to create it. We wanted to provide a venue where top ultrarunners as well as those who may be new to ultra-distances could run their best distance. In the process of creating the event, we also became a national championship.

Why was Edgewater Park chosen for the location?

It's a beautiful park and it has a perfect .9 mile asphalt track for the event.

Why is it called "NorthCoast"?

The Great Lakes form the frontier of the United States with Canada. Cleveland, Ohio is on that coast. To those of us here south of Canada, it's our northern coast.

Please describe the course?

It is a 10' wide paved asphalt oval with gentle corners. USATF Certified .90075 mile (Certification Code OH 09008 PR). This venue was chosen specifically to promote personal and national record-setting performances. We anticipate that the direction of travel will be CLOCKWISE around the course. The RD will monitor the weather prior to the start and make a final decision at that time.

Is the course closed?

Edgewater Park is state-owned public land and cannot be closed for the run. We will be sharing the venue with the public. However, park Rangers employed by the run, along with volunteers, will be out along the course to ensure that runners aren't distracted from their efforts. In general, the park will be much less crowded during our October weekend than in the summer months.

What are the rules?

Glad you asked. Please see the rules above.

Where should I park?

There is plenty of parking. As you enter Edgewater Park, drive straight through to the central parking area. If the gate is closed, or if a park officer disallows entry to this lot, you may park in the North lot. Instead of driving straight in, bear right to head north to this lot.

GETTING AROUND THE CITY, LODGING AND EATING

Do I need to rent a car?

Not necessarily. Everything is accessible through some combination of hotel shuttle, light-rail train or taxi. All the downtown hotels are a short taxi ride to the run site. All hotels can be reached from Hopkins airport by low-cost shuttle and or train. Please ask your hotel for details, or contact race management for help.

What hotels are in the area?

Cleveland's a big city with many possibilities for lodging. We've included a range of options on the [Hotels page](#) of the website.

Where can I eat nearby?

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We've compiled a list of nearby places to on the [Restaurants page](#). All are within a fifteen minute drive of Edgewater Park.

What is the address of Edgewater Park?

Is overnight parking/camping allowed?

Yes. Please see the [Location page](#) on this website for a detailed map of the site.

What are the locations of camping facilities?

Camping is available in the park while the event is in progress.

Is overnight parking allowed the night before?

No. The gate to the main parking area will open at 6am on race day.

THE EVENT

What meals will be served?

Post run breakfast for runners. Additional breakfasts \$10/ea. One fully stocked aid station great ultra fare throughout the run. Pizza, mac & cheese, bean burritos, egg sandwiches, potatoes and soup will be served at various times. You won't starve! Restaurants, coffee shops and convenience stores are within 1.5 miles of the park. Please see map of dining suggestions for the weekend.

Is there a entry limit?

Yes, there is a limit of 200 entrants in the North Coast 24.

How will my distance be recorded?

Chip timing will be used. Runners will be given credit for total distance traveled during the run.

How will my final distance be measured?

The number of laps will be counted and multiplied by the lap distance, which is just over 0.9 miles. As the race concludes, runners will drop a marker that they'd been given to determine how far they ran on the final lap. This distance will be measured and added to the total.

What is the schedule of events?

7:30 am – 9am Saturday	Packet pick up
8:30 am Saturday	Pre-run briefing
9am Saturday	Run start
9am Sunday	Run end
9am - 11am Sunday	Post run Breakfast
10am - 11am Sunday	Awards

What are the rules for leaving the course during the race?

A runner may step off the course at any time in order to receive aid from the volunteers, receive her/his own aid, rest, use facilities, change clothes, check progress, or for any other reason. Runners must return to the course at the same point that they exited it. It is important that all participants understand this rule. We do not want to have to DQ anyone for gaining advantage by cutting off any part of the course.

Where along the course is crew allowed?

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Pretty much anywhere, as long as they are not in anyone else's way.

Are pacers allowed?

No. Since The USATF will not permit pacers.

Can I get to my car?

Yes, parking is close by. Also see the answer to the leaving the course question above.

What restrooms/facilities are available?

There are restrooms in the park. Porta-johns will be provided as well.

What kind of aid is available?

There will be one aid station that runners will encounter every .9 miles. The food selection will be plentiful and satisfying for ultrarunners. Runners with specific needs should pack their own.

What about drop bags?

Runners may drop them at the race HQ Start/End area, or anywhere along the course.

Will there be lighting on the course, or should I bring a headlamp?

There will be some lighting around the start/finish area, and there will be some ambient lighting from the nearby highway. There will, however, be some dark areas as well. Runners may indeed want to bring their own headlamps or other lighting devices with extra batteries.

Will there be medical assistance available?

Yes, [Dr. Andy Lovy](#), physician to the US National 24 Hour Team, will send a team of medical students.

Why am I receiving two bibs with the same number?

You must wear your bib at all times whilst running. You are receiving two to make it easier to have a change of clothes all ready with your other bib number.

OTHER

Where can I ask additional questions?

Other runners will benefit from your question(s) if you ask on the [NorthCoast 24 Yahoo discussion group](#) or the [North Coast 24 Facebook group](#).

Will there be any training runs?

Yes, please see the information above.

I've registered but I can't make it to the event. If it's past the refund date, can I transfer my registration to another person or can I apply it to next year's entry?

Sorry but the answer is no to both questions: no transfers to other people and we can't apply one year's entry to another year.

Does the NorthCoast 24-Hour Endurance Run have a charity partner?

Yes! It is the Epilepsy Association Virtual Runner Program. By signing up as a Virtual Runner, a runner competes for prizes by setting a race-miles goal from Aug 1-Oct 31 and soliciting donations online to support services for children and adults who have epilepsy. For more information or to register for the Virtual Runner Competition please see <http://www.epilepsyinfo.org/Events/VirtualRunner.shtml>.

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Will I be able to run my best distance?

Only if you train for it. But we in the race committee are doing all we can to help!