

GREEN JEWEL

100K and 50K FUN RUNS



Sat., May 3, 2008, 5:00AM - Scenic Park (The Marina), Rocky River OH
100K - 14 hour time limit
50K - 7 hour time limit

Course: Beautiful road course mostly follows the All Purpose Trail throughout Cleveland Metroparks for the first 50K and the Towpath Trail, Hike and Bike Trail, All Purpose Trail and Chagrin River Rd. for the second 50K. Finish is at the Nature Center in the North Chagrin Reservation of the Cleveland Metroparks.

Fee: \$50 includes race shirt (technical tee) and finisher's award. Complete the form below. Limit: 50 runners

Rules and other info:

- Runner may drop at 50K (Oak Grove Picnic Area in Brecksville) but no transportation is provided by the race.
- No performance awards, but finishing times for the 100K and 50K will be recorded.
- Runners completing 100K or 50K within the time limit will have miles counted in the 2008 WRTR Series
- Aid (food and drink) will be provided at 5 locations throughout the 100K run:
Wallace Lake, The Chalet, Oak Grove Picnic Area, Egbert Picnic Area, and the Harper Rd. Picnic Area.
Additional stations (some unmanned) will also be available approximately every 5 miles.
- Runners are free to have assistance throughout the run including pacers (bike and foot) but runner must carry own aid at all times. NO Pack Mules ALLOWED!!!

Transportation: Runners may park their cars at Parkview Pool parking lot in Mayfield Village and will be transported to Start from the Nature Center which is located approximately 1/2 mile away.

Directors: Joe Jurczyk and Vince Rucci

Additional detail and last minute instructions available at web site: greenjewel.org

Questions: contact jurczyk@yahoo.com or vince@verticalrunner.com



CUT HERE AND MAIL FORM WITH PAYMENT TO:

Vertical Runner, 134 North Main Street, Hudson, OH 44236

NOTE: Make Check or Money Order Payable to "Vince Rucci". (\$50 for entry fee, additional \$5 for transportation to start)

First Name _____ Last Name _____ E-Mail Address _____

Street Address (inc. City, State, Zip) _____

Home Phone _____ Cell Phone _____ Age (day of race) _____ Transportation (add \$5) _____

This is a Fun Run and Vertical Runner, Western Reserve Trail Running, or Cleveland Metroparks are not liable for any injuries or incidents that may occur during the event. This event is not closed to traffic so runners are participating at their own risk. Follow all traffic rules and regulations.

Sign here stating that you understand and accept all terms of the event: _____