

GREEN JEWEL 50K RUN

March 6, 2010 Start 7AM – Scenic Park (The Marina), Rocky River, OH

IMPORTANT: If you are being transported from Oak Grove Picnic Area to the start at Scenic Park, arrive at Picnic Area by NO LATER than 5:30 AM on Saturday morning. (There is no parking allowed at Scenic Park for the duration of the event.)

Lorain Rd. (4.9 miles - parking lot)

Rocky River Nature Center (10.0 miles - parking lot)

Wallace Lake (15.0 miles - parking lot)

The Chalet (19.1 - parking lot or driveway)

Ridge Rd. (24.5 - parking lot)

Oak Grove – 50K Finish

There are washrooms and porta-potties along the course and at or near (within ¼ mile of) all aid stations except Lorain Rd.

Course Directions for Green Jewel 50K Runners

Remember there are no dirt trails on this course – only all purpose trails and roads.

Exit the Scenic Park parking lot and turn right onto to the All Purpose Trail (APT) that accompanies the Valley Parkway. You will follow the APT for the next 25 miles.

There are several crossings with traffic lights in this section including Puritas Rd., Bagley Rd. in Berea and Pearl Rd/US 42 in Strongsville. Cross with care - you must observe normal traffic regulations (there are no special closings for the run).

When you reach the Ridge Rd. Picnic Area after a long climb, the APT will end temporarily and you will need to run on the road for almost 6 miles. Take extra precaution because again you must observe standard traffic regulations. Cars often travel at speeds up to 45 MPH in this section, so run on the left side of the road, move onto of off of the berm when cars approach and BE CAREFUL.

Be especially careful at the crossing of Broadview Rd. (two lanes, but fast traffic) and Brecksville Rd. (4 lanes and fast traffic).

After crossing Brecksville Rd, cross to the right wide of the road and connect to the APT once again. You will take the APT approximately 2 miles (almost all downhill or flat) to the Oak Grove Picnic Area for the 50K Finish

THE RULES

For your completed run to be official the finishing time must be less than 7 hours for the 50K.

Runners who complete the run within the time limit will gain the appropriate points in the WRTR series.

DO obey traffic rules and be careful. (There are several major road crossings on the course and traffic is not being stopped for the runners.)

DO carry a flashlight or use a headlamp for the early hours of the run.

DO carry a water bottle or two. It may be a couple hours between aid stations.

DO be nice to aid station volunteers.

DO prepare for various weather conditions. (We don't promise anything and we don't offer refunds.)

DO have a good time.

DO NOT cut the course.

DO NOT drop out without telling a race director or aid station worker. Otherwise we will be looking for you and you may be banned from future runs.

DO NOT poop in the woods. (There are plenty of outdoor bathroom facilities - approximately one every three miles.)

Optional but Recommended

DO carry your cell phone. (Call Joe Jurczyk if you have a problem: 440-391-0067)

DO carry a camera.