

GREEN JEWEL 50K RUN

Sat., March 6, 2010 - 7:00AM

Start: Scenic Park (The Marina), Rocky River OH

Finish: Oak Grove Picnic Area, Brecksville OH

7 hour time limit



Course: Flat and Fast!!! Beautiful point-to-point course mostly follows the All Purpose Trail throughout the Cleveland Metroparks. Finish is at Oak Grove Picnic Area in the Brecksville Reservation of the Cleveland Metroparks.

Fee: \$40 before January 31, 2010 and \$55 thereafter

Includes: Long-sleeve, gender specific, technical shirt (Male: S-XL, Female: S-L), pizza and refreshments at the Finish Line. (A portion of the entry fee will be donated to the Emerald Necklace Endowment Fund.) Limit: 150 runners

Rules and other info:

- Runners completing the 50K within the time limit will receive points for the 2010 Western Reserve Trail Running Series.
- The run will have 5 aid stations: Lorain Rd. (4.9 miles), Rocky River Nature Center (10.0), Wallace Lake (15.0), The Chalet (19.1) and Ridge Rd. (24.5).
- Aid stations will feature Heed sports drink and Hammer products.
- 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 Oak Grove Picnic Area and be transported to Start for an additional \$10.

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

Questions? Want to Volunteer? Contact the Race Directors: Joe Jurczyk (jurczyk@yahoo.com) or Vince Rucci (vince@verticalrunner.com)



CUT HERE AND MAIL FORM WITH PAYMENT TO: Vertical Runner 112 North Main Street, Hudson, OH 44236

NOTE: Make Check or Money Order Payable to "Vince Rucci". (\$40/\$55 for entry fee, additional \$10 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 to Start: (Y/N) _____

Gender (M/F) _____ Shirt Size _____ (Male: S, M, L or XL, Female: S, M or L)

I understand that Vertical Runner, Western Reserve Trail Running, the race directors 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: _____