

**Labor Day Weekend**  
**Saturday September 5, 2009**  
**“Ohio’s Premier Five Mile Race”**



Proudly Presented By Celebrate Westlake

**Five Mile Run**  
**3.4 Mile Walk**  
**1 Mile & 1/2 Mile Kids Fun Run**

**5 Mile Run: 8:30 A.M.    3.4 Mile Walk: 8:30 A.M.    1/2 & 1 Mile Kids Fun Run: 9:45 A.M.**  
(Starting at 9:45 A.M., kids divisions race every 15 minutes, oldest to youngest)

**Location:** St. John West Shore Hospital, 29000 Center Ridge Road, Westlake, Ohio 44145

**Course:** Fast, flat, accurate out-and-back loop on newly paved roads, run and walk start near Schwartz and Center Ridge Rd., pass through Metropark, and back. Course certified # OH 07047 PR. Kids Fun Run starts and is held on the Hospital Fitness Trail. Children 8 & under will run one lap (1/2 Mile).

**Awards:** Adult participant ceremony between 11:00 A.M. -11:30A.M.

**\$1000 Bonus for 5 Mile New Course Record! (M/F)** Current Course Record – 22:53 (M) 26:12 (F)

**5 Mile Run: \$1000** cash award to overall male and female winners,  
**cash award of \$500** for 2<sup>nd</sup>, **\$400** for 3<sup>rd</sup>, **\$300** for 4<sup>th</sup> & **\$200** for 5<sup>th</sup> place.  
Great Masters 60 & over, **cash award of \$200** to overall male and female.  
Grand Masters 50 & over, **cash award of \$200** to overall male and female.  
Masters Division, 40 & over **cash award of \$200** to overall male and female.  
Awards to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in each age division.

**Westlake Award:** 5 Mile Run only, first Westlake male & female resident to cross the finish line will receive an award.

**3.4 Mile Walk:** Awards to top three overall male and female winners in each of the three age categories.

**Kids Fun Run** (Ages 13 & under): **Awards given to top 3 boys and girls in each division as they cross the finish line.**  
**No separate award ceremony for the Kids Fun Run.** All Children participating in the run will receive a trophy upon finishing the race!

**Features:** First 1,200 entrants receive a long sleeve shirt and deluxe cotton cap • Free sports massages • Free pizza, fruit, cookies & beverages • Plenty of parking in hospital lots

**Arrival at Race Site:** Please enter St. John West Shore Hospital grounds from the Crocker Rd. entrance. Signs will be posted.

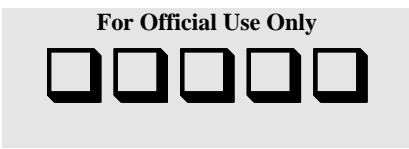
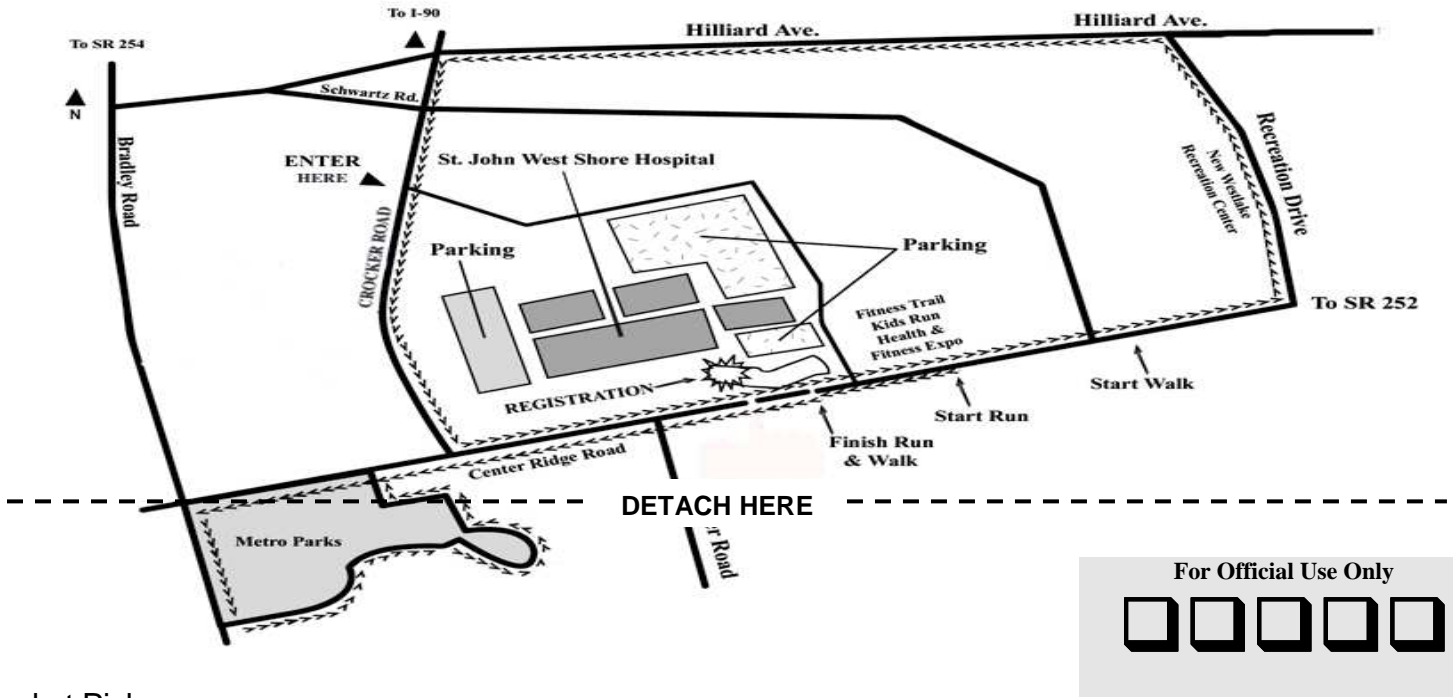
**Health & Fitness Expo:** Local merchants & vendors will display the latest in health and wellness products, and the hospital staff provides free blood pressure and body fat testing along with other fitness demonstrations from 8 A.M. – 11:30 A.M.

*Contact Freda Juba at (440) 827-5002 for booth information.*

For more information, call: the Westlake Rec. center/Rachel at (440) 617-4418 or email her at [r.omalley@cityofwestlake.org](mailto:r.omalley@cityofwestlake.org). Register online at [www.northcoastchallenge.com](http://www.northcoastchallenge.com), visit [www.cityofwestlake.org](http://www.cityofwestlake.org) for additional information.

Sponsored By:





Packet Pick-up

Pre-registrations must be received no later than September 3, 2009.

**Pre-Registration**

**Late Registration**

Mail or drop off at:  
Westlake Rec. Dept.  
28955 Hilliard Blvd.  
Westlake, OH 44145

Westlake City Hall  
27700 Hilliard Blvd.  
Westlake, OH 44145

Westlake Rec. Center  
Thursday September 3, 2009  
noon -6:00 P.M.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_ Age (Day of race) \_\_\_\_\_

Sex        Male        Female Event \_\_\_\_\_

E-Mail address \_\_\_\_\_

**Entry Fees (No Refunds or Transfers)**

- \$18.00 Pre-Registration Long Sleeve High Tech Running Shirt & Cap
- \$20.00 Registration Long Sleeve High Tech Running Shirt & Cap
- \$15.00 All Races for Seniors (65 & Over)
- \$10.00 To run without receiving long sleeve shirt
- \$8.00 Kids Fun Run 13 & under Long Sleeve Cotton Shirt
- FREE Kids Fun Run 13 & under No Shirt

**Payment Methods: (Check one)**

- Cash
- Check (Make checks payable to Celebrate Westlake)
- Online Registration with Credit Card @ [www.northcoastchallenge.com](http://www.northcoastchallenge.com)

**Long Sleeve High Tech Running Shirt (limited quantity available):**  
S  M  L  XL  XXL

**Long Sleeve Cotton Kid Shirts (limited quantity available):**  
Youth Medium  Youth Large

**5 Mile Run - Age Divisions:** 13 & under, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

**3.4 Mile Walk - Age Divisions:** 50 & under, 51-64, 65 & over  
*Race marshals will disqualify any runners.*

**Kids Fun Run - Age Divisions:** 1 lap (.5 mile) - 6 & under, 7-8  
2 laps (1 mile) - 9-10, 11-13.

**Event: (Check one)**

- 5 Mile Run 8:30 A.M.
- 3.4 Mile Walk 8:30 A.M.
- 1 Mile Kids Fun Run (9-13)
- .5 Mile Kids Fun Run (8 & under)

of this entry, I for myself, my executors and administrators waive, and release any and all rights and claims for damages I m associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian (If entrant is under 18 years of age)\*  
\*This signature authorizes race doctors to administer medical aid to a minor in case of emergency