



## NorthCoast CHALLENGE

**Labor Day Weekend!**  
**Saturday September 4, 2010**  
**"Ohio's Premier Five Mile Race!"**  
**Start Time 8:30 A.M.**

### **Five Mile Run • 3.4 Mile Walk** **1 Mile & Half Mile Kids Fun Run**

**5 Mile Run: 8:30am 3.4 Mile Walk: 8:30am 1/2 & 1 Mile Kids Fun Run: 9:45**

(Starting at 9:45am, kids divisions race every 15 minutes, oldest to youngest)

Special 20th Anniversary - Grand Prize Raffle Drawing

<b>Location</b>	St. John Medical Center, 29000 Center Ridge Road, Westlake, Ohio 44145
<b>Course</b>	Fast, flat, accurate out-and-back loop on newly paved roads, run and walk start near Schwartz and Center Ridge Road, 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)
<b>Awards</b>	Adult participant ceremony @ 10:45A.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 Cash Award of \$500 for 2nd, \$400 for 3rd, \$300 for 4th, & \$200 for 5th 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 1st, 2nd, 3rd in each age division
<b>Westlake Award</b>	5 Mile run only, first Westlake male and female resident to cross the finish line will receive and award
<b>3.4 Mile Walk</b>	Awards to top 3 overall male and female winners in each of the 3 categories
<b>Kids Fun Run</b>	(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!
<b>Features</b>	First 1,200 entrants receive a long sleeve shirt and deluxe cotton cap. Free sports massages and refreshments to all participants! Plenty of parking in hospital lots.
<b>Arrival at Race Site</b>	Please enter St. John Medical Center grounds from the Crocker Road Entrance. Signs will be posted.
<b>Health and Fitness Expo</b>	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 8A.M.—11:30 A.M.

Contact Rick Fagan at (440) 801-1925 for booth information.

For more information: call the Westlake Rec Center at (440) 808-5700, email DavidCamerino@msn.com or at the websites [www.northcoastchallenge.com](http://www.northcoastchallenge.com) and [www.cityofwestlake.com](http://www.cityofwestlake.com)

## **ST. JOHN MEDICAL CENTER**

A CATHOLIC HOSPITAL

**Sponsored By**



University Hospitals



SISTERS of CHARITY  
HEALTH SYSTEM

# Packet Pick Up

Please Note: Pre Registration must be received no later than September 2, 2010

**Mail or Drop off**

**Pre Registration forms at:**

**Westlake Rec Center**

28955 Hilliard Blvd.  
Westlake, OH 44145

**Westlake City Hall**

27700 Hilliard Blvd.  
Westlake, OH 44145

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

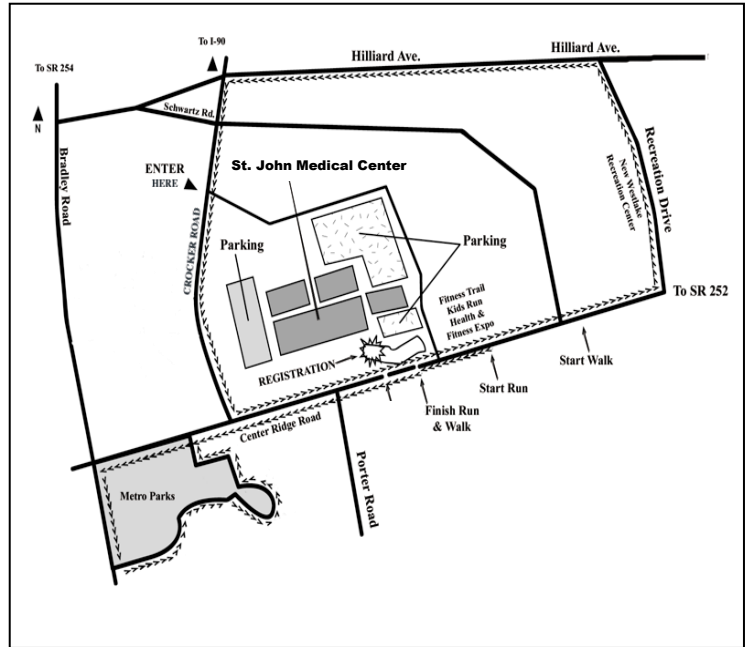
3.4 Mile Walk—Age Divisions: 50 & under, 51-64, 65 & over

Race marshals will disqualify any runners

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

**Late Registration**

Westlake Rec Center  
Friday, September 3rd  
Noon—6 P.M.



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age (Day of race) : \_\_\_\_\_

Sex: \_\_\_\_\_ (male) \_\_\_\_\_ (female) Event: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**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

Short Sleeve Cotton Kid Shirt (limited quantity available)

Youth Medium  Youth Large

**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 shirt and hat
- \$8.00 Kids Fun Run 13 & Under Short sleeve cotton shirt
- Free Kids Fun Run 13 & Under No shirt

**Participant Signature/Date**

**Signature**

\_\_\_\_\_

Of this entry, I for myself, my executors and administrators waive, and release any and all rights and claims for damages I may have against NCC and Celebrate Westlake associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event

**Event (Check One)**

- 5 Mile Run 8:30A.M.
- 3.4 Mile Walk 8:30 A.M.
- 1 Mile Kids Fun Run (9-13) 9:45 A.M.

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

Official \_\_\_\_\_