

THE NORTHCOAST INLAND TRAIL RELAY

**Sunday, June 20, 2010
8:00 am**

- Teams of four runners or two runners will cover the distance of the Northcoast Inland Trail from Elmore to Clyde (@22 miles).
- Teams can be made up of: Male/Male, Female/Female or Mixed
- Awards will be presented to the top teams in each of the 4 Person and 2 Person Relay Categories.
- Each runner will run one leg of varying distance and hand off their team band to the next member of their team once they reach a designated Relay Exchange Zone.
- Relay Exchange Zones– All team members must remain inside of the designated Exchange Zone until they are handed their team band by their team member. Participants **MUST** keep off to the side and clear of the trail until their team member arrives. Relay Exchange Zones and Distances are:

<p><u>4 Person Relay</u> #1 Elmore to Lindsey- @5.75 Miles #2 Lindsey to Walter Ave- @5 Miles #3 Walter Ave to Smith Road- @ 4.65 Miles #4 Smith Road to Clyde- @ 6.4 Miles</p>	<p><u>2 Person Relay</u> #1 Elmore to Walter Ave- @10.75 Miles #2 Walter Ave to Clyde- @ 11.05 Miles</p>
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- All participants **MUST** wear a race number visible on their front.
- Race Day Check In at the Northcoast Inland Trail Head in Elmore in Ory Park (Rte 51/Rice Street) beginning at 7:00 am. Packet pickup also available at the Camelback Run Expo at the Fremont Community Recreation Complex on Friday, June 18th from 6:00 pm to 8:00pm and at the Camelback Run on Saturday, June 19th from 8:00 am to 12:00 pm.
- Transportation– All relay entrants **MUST** provide their own transportation. All Relay Exchange Zones are accessible by following US 20/State Street east from Elmore to Clyde. Directional signs will be present along US 20/State Street and maps available upon request. All parking must be in legal spots and/or lots.
- Water stations available at each Relay Exchange Zone and at various other points along the course.
- Course is not closed to traffic. Traffic control will be present at key areas. Trail is open to public during the event. Course will be patrolled by volunteers throughout event.
- High quality race shirts to all registered runners. Post race refreshments.
- Entry Fees- \$40.00– 4 Person Relay/\$20.00 2 Person Relay. ***All Team Entries MUST Be Submitted Together***
- Entry Deadline: **June 14th**
- Mail All Entry Forms and Payment To: **Fremont Elite Runners Club
c/o 600 St. Joseph Street
Fremont, Ohio 43420**
- For more information, please call (419) 334-5906
- Entry forms and more information available at www.fremontrunningandfitness.com.



LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

MALE: _____ FEMALE: _____ AGE (AS OF 6/20/2010): _____

SHIRT SIZE (CIRCLE ONE): S M L XL XXL

EVENT (CIRCLE):	2 PERSON RELAY	4 PERSON RELAY
	Male/Male	Male/Male
	Female/Female	Female/Female
	Mixed	Mixed

TEAM NAME: _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Fremont Elite Runners Club, the City of Fremont, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature/Date

Signature of Parent/Guardian if under 18/Date