

2012 NorthCoast 24-Hour Endurance Run

Official Race Instructions

Spring Race: May 5-6, 2012

Fall Race: September 22-23, 2012

Cleveland, OH, USA

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Introduction

Welcome! The NorthCoast 24-Hour Endurance Run (abbreviated “NC24” throughout) is an exciting 24-hour endurance race held on the shores of Lake Erie at Cleveland's scenic Edgewater Park. Runners will travel around a loop of just under one mile, covering as many miles as possible within the 24 hour time limit. Runners may elect to run any amount of time or distance that they wish. The overall winners will be those who cover the most distance within the 24 hour time limit.

We are pleased to announce that we will be offering two editions of the NC24 in 2012! A new Spring race will be held on May 5-6, 2012. This race will be the USATF's 2012 National Championship. The original Fall race will be held on September 22-23, 2012. The information and rules contained in this document apply to both races except where explicitly indicated otherwise.

We on the organizing committee sincerely hope that all runners enjoy the NC24 to its fullest. Please let us know how we can help you enjoy it more!

The Course

The NC24 race course consists of a 0.90075-mile loop on the all-purpose path at Edgewater Park. The path is paved with asphalt and is ten feet wide. The course is almost perfectly flat.

The NC24 course has been certified by the USATF (Certification Code OH 09008 PR). You may see the course certification by following this link:
<http://www.usatf.org/events/courses/maps/showMap.asp?courseID=OH09008PR>.

We anticipate that the direction of travel will be CLOCKWISE around the course. The Race Directors will monitor the weather prior to the start of the NC24 and will make a final decision at that time.

Please note that we cannot close the course to all non-NC24-related traffic during the race. Edgewater Park is a public park, and you can expect to see some walkers, runners, and the occasional dog on a leash during the race. In general, the park is much less crowded in mid-September than it is during the summer months.

The western edge of the course loop features a picnic pavilion. The start line (and official timer and lap counter) will be located by this pavilion. Immediately after this pavilion will be the official NC24 aid station. Immediately after the aid station will begin the “aid area”. This area, which will

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likely include the entire western edge of the course loop, is where you may set up your own aid station. In past years, many runners have set up tables, tents, crew areas, etc., containing their own supplies. You may do so if you choose, but you are certainly not required to. The official aid station will supply plenty of excellent "ultra" food and drink to satisfy the needs of most runners.

A Google Maps rendition of the course and the surrounding area (showing the locations of the start line, aid station, and other points of interest) may be found [here](#).

Location

The NC24 will be held in the eastern portion of Edgewater Park, which is located just off the Cleveland Memorial Shoreway in Cleveland, Ohio. Located in the heart of one of Ohio's largest cities, Edgewater Park provides natural relief to the metropolitan skyline. The park contains sandy beaches, tree-lined picnic areas, and panoramic views of the lake and of the downtown Cleveland skyline.

For directions, see the Location page at <http://www.northcoast24.org/location.html>.

Schedule of Events

SPRING RACE:

Friday, May 4, 2012

6:00 pm: Optional meet/greet dinner. Location TBA. Note: there will be no meeting and the cost will be on your own.

Saturday, May 5, 2012

6:00 am: The gate to the central parking lot at Edgewater Park opens. This is the closest lot. The north parking lot is open 24 hours.

7:30 am to 8:30 am: Race check in (at the picnic pavilion on the west side of the course). You will receive your bibs and goody bags at this time.

8:30 am to 8:45 am: Pre-race meeting (also at the picnic pavilion).

9:00 am: Race start.

Sunday, May 6, 2012

9:00 am: Race finish.

9:00 am: Post-race breakfast. This breakfast will be FREE for all runners and volunteers. You may purchase additional breakfasts for crew, family members, etc. for \$10 each.

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10:00 am: Award presentation.

10:30 am: Get to sleep!

FALL RACE:

Friday, September 21, 2012

6:00 pm: Optional meet/greet dinner. Location TBA. Note: there will be no meeting and the cost will be on your own.

Saturday, September 22, 2012

6:00 am: The gate to the central parking lot at Edgewater Park opens. This is the closest lot. The north parking lot is open 24 hours.

7:30 am to 8:30 am: Race check in (at the picnic pavilion on the west side of the course). You will receive your bibs and goody bags at this time.

8:30 am to 8:45 am: Pre-race meeting (also at the picnic pavilion).

9:00 am: Race start.

Sunday, September 23, 2012

9:00 am: Race finish.

9:00 am: Post-race breakfast. This breakfast will be FREE for all runners and volunteers. You may purchase additional breakfasts for crew, family members, etc. for \$10 each.

10:00 am: Award presentation.

10:30 am: Get to sleep!

Aid Station

The course will feature one fully stocked aid station great ultra fare throughout the run. Pizza, mac & cheese, bean burritos, sandwiches (turkey/egg/PB&J), potatoes, soup, pretzels, fruit, cookies, candy, and more foods will be served at various times. You won't starve! We plan to offer plenty of vegan-friendly foods. We will also have many beverages available, including water, Gatorade, Heed, and various soft drinks.

Race Rules

The following rules are established for safety, fairness and decency. The NC24 is intended to be a competitive but also a fun event. No one on the race committee wants to be in the position

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of policing the runners. The last thing we want to have to do is to disqualify (DQ) a runner. Nevertheless, we will enforce the rules. At the race committee's discretion, a minor offense, where advantage is not gained, will result in a warning to the runner. Also at the race committee's discretion, major infractions, or minor ones by runners who have already had one warning, will result in a DQ.

Please , please. please follow the rules, and everyone - the runners and those of us on the committee - will be extremely happy.

1) We assume that whether runners are moving fast or slow at any given time, all are trying for their best performance. Thus there is no need to move out of the way for someone who may want to pass. Faster runners should generally assume that they will have to pass slower runners on the outside. The only exception is runners who run together in groups. As noted, registered runners may run together, but if there are more than two abreast (or those walking slowly), please move to the outside of the all-purpose trail to let other runners get by. This rule is to ensure safety and a right of way for everyone.

2) There is one road crossing - a driveway into the parking lot. Traffic should be extremely light. For most or all of the time there will be a ranger or volunteer stationed there for safety reasons. Follow that person's instructions! For that matter, always follow any and all safety instructions by volunteers and/or park rangers.

3) Runners may leave the course at any place or time. They may go where they please for as long as they please. When they re-enter the course, they *must* do so at the exact point where they left it. To assist the race committee, please tell a volunteer if you are leaving for good, or if you are leaving for an extended period with the intention of returning.

4) Runners may not run on the grass, either inside or outside the all-purpose trail.

5) There are plenty of restroom facilities and there will also be porta-johns. Use them, or face disqualification. 'nuff said.

6) There is no swimming after dark.

7) Runners may not use banned substances as defined by USATF and WADA. For more information, see <http://www.usatf.org/about/legal/antidoping/WADACode2009.asp>

8) Ohio state parks rules must be followed, including the one that states that **alcoholic beverages are prohibited**. For more information, see <http://ohiodnr.com/parks/resources/faq/tabid/84/Default.aspx>. In addition, runners must

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share the park path and facilities with any others who may be present.

9) Headphones are now allowed for all competitors. All runners may use them as long as they do not impede anyone else's progress or anyone's safety.

10) Runners may use mobile phones while off the course, but **not** while on the course.

11) Pacing is not allowed.

12) Aid must be given in the "aid area"; this can include the tent area near the main aid station. Crew members providing aid may not accompany the runners for more than a few steps.

Awards

All NC24 runners will receive a commemorative medal, regardless of the number of laps completed.

Overall male and female winners will receive a trophy.

Prize medals will be awarded to the top three runners in each gender for each of the following age categories: 0-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80+.

Runners who achieve 100 miles will receive a special award.

At this time, the NC24 race committee has not determined the amounts of any cash awards to be provided to the top finishers for each gender (in previous years, we have awarded cash prizes to the top three runners in each gender). Please check back closer to race day for more information.

Training Runs

As race day draws closer, we will schedule multiple training runs on the NC24 course. These training runs will be free to all and will be supported with water and Gatorade provided by the NC24 race committee.

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When the dates for these training runs are set, they will be provided in this document, as well as being announced via our Facebook group (<http://www.facebook.com/groups/80690561294>). Stay tuned for the latest developments.

Lodging

Edgewater Park is open 24 hours, but there are no camping areas. If you're from out of town, it would be best if you have a hotel for the night.

There are many fine hotels located within a few miles of the park. For specific hotel information, please refer to <http://www.northcoast24.org/hotels.html>. You may also want to use a website such as Hotels.com. The address of the park location is: "W. Shoreway Dr, Cleveland Ohio 44102".

Frequently Asked Questions

GENERAL INFORMATION

How did the NorthCoast 24 Hour Endurance Run get started?

A few of us local (Northeast Ohio) ultrarunners decided to create it. We wanted to provide a venue where top ultrarunners as well as those who may be new to ultra-distances could run their best distance. In the process of creating the event, we also became a national championship.

Why was Edgewater Park chosen for the location?

It's a beautiful park and it has a perfect 0.9 mile asphalt track for the event.

Why is it called "NorthCoast"?

The Great Lakes form the frontier of the United States with Canada. Cleveland, Ohio is on that coast. To those of us here south of Canada, it's our northern coast.

Please describe the course?

It is a 10' wide paved asphalt oval with gentle corners. USATF Certified .90075 mile (Certification Code OH 09008 PR). This venue was chosen specifically to promote personal and national record-setting performances. We anticipate that the direction of travel will be

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CLOCKWISE around the course. The RD will monitor the weather prior to the start and make a final decision at that time

Is the course closed?

Edgewater Park is state-owned public land and cannot be closed for the run. We will be sharing the venue with the public. However, park Rangers employed by the run, along with volunteers, will be out along the course to ensure that runners aren't distracted from their efforts. In general, the park will be much less crowded during our September weekend than in the summer months.

What are the rules?

Glad you asked. Please see the rules above.

Where should I park?

There is plenty of parking. As you enter Edgewater Park, drive straight through to the central parking area. If the gate is closed, or if a park officer disallows entry to this lot, you may park in the North lot. Instead of driving straight in, bear right to head north to this lot.

Will NC24 be the USATF National Championship 100 Mile Race in 2012?

Yes, for the Spring edition of the NC24.

What's this I hear about ["midges"](#)?

Midges (members of the *chironomidae* family, to be more specific) are small insects that are well-known among Cleveland's lake-shore communities. They appear each spring when the lake warms up, and again in the fall as the lake cools. As luck would have it, those are also the times of the year when the Spring and Fall NC24 races are held. They live for only a few days, then disappear until the next season. They are annoying but harmless bugs (they do not bite).

Will there be midges on race day? We won't know until race day is upon us. Just know that if they are present during the race (they really weren't in 2011), they are nothing to worry about.

Will there be more NC24 races in future years?

Well, there IS this whole idea that the Mayan calendar, when read a certain way (probably involving a strobe light), predicts that the world will end in December 2012. On the off chance that civilization continues past that date, we're planning to hold the NC24 (both Spring and Fall versions) again in 2013.

GETTING AROUND THE CITY, LODGING AND EATING

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Do I need to rent a car?

Not necessarily. Everything is accessible through some combination of hotel shuttle, light-rail train or taxi. All the downtown hotels are a short taxi ride to the run site. All hotels can be reached from Hopkins airport by low-cost shuttle and or train.

Please ask your hotel for details, or contact race management for help.

What hotels are in the area?

Plenty, including all of the major hotel chains. [Here is a map](#) showing the hotels nearest to Edgewater Park.

Where can I eat nearby?

The short answer is: plenty of places. Check out [this map](#) of nearby restaurants.

Is overnight parking/camping allowed?

Yes, on the day of the race. Please see the [Location page](#) on this website for a detailed map of the site.

What are the locations of camping facilities?

Camping is available in the park while the event is in progress. Please keep tents, tables, etc. a couple feet away from the all-purpose trail.

Is overnight parking allowed the night before the race?

No. The gate to the main parking area will open at 6am on race day.

THE EVENT

What meals will be served?

A post-race breakfast will be served at 9:00 AM on Sunday. The breakfast is FREE to registered NC24 runners. If you would like to purchase additional breakfasts for family members, support crew, etc., the charge is \$10 per person.

Restaurants, coffee shops and convenience stores are within 1.5 miles of the park. Please see map of dining suggestions for the weekend.

Is there an entry limit?

Yes, there is a limit of 200 entrants in the NC24.

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How will my distance be recorded?

Chip timing will be used. Runners will be given credit for total distance traveled during the run.

How will my final distance be measured?

The number of laps will be counted and multiplied by the lap distance, which is just over 0.9 miles. As the race concludes, runners will drop a marker that they'd been given to determine how far they ran on the final lap. This distance will be measured and added to the total.

What is the schedule of events?

6:00 am Saturday: Central parking lot opens
7:30 am – 9:00 am Saturday: Packet pick-up
8:30 am Saturday: Pre-race briefing
9:00 am Saturday: Race begins
9:00 am Sunday: Race ends
9:00 am – 11:00 am Sunday: Post-race breakfast
10:00 am Sunday: Awards presentation

What are the rules for leaving the course during the race?

A runner may step off the course at any time in order to receive aid from the volunteers (within the aid area), receive her/his own aid, rest, use facilities, change clothes, check progress, or for any other reason. Runners must return to the course at the same point that they exited it. It is important that all participants understand this rule. We do not want to have to DQ anyone for gaining advantage by cutting off any part of the course.

Where along the course is crew allowed?

Tents can be pretty much anywhere, as long as they are not in anyone else's way. But a runner's crew must provide aid within the designated area just past the start/finish area, on the western side of the course.

Are pacers allowed?

No. Please refer to the rules.

Can I get to my car?

Yes, parking is close by. Also see the answer to the leaving the course question above.

What restrooms/facilities are available?

There are restrooms in the park, and they're close by. Porta-johns will be provided as well.

What kind of aid is available?

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There will be one aid station that runners will encounter every .9 miles. The food selection will be plentiful and satisfying for ultrarunners. Runners with specific needs should pack their own.

What about drop bags?

Runners may drop them at the race HQ Start/End area, or anywhere along the course.

Will there be lighting on the course, or should I bring a headlamp?

There will be some lighting around the start/finish area, and there will be some ambient lighting from the nearby highway. There will, however, be some dark areas as well. Runners may indeed want to bring their own headlamps or other lighting devices with extra batteries.

In 2011, a majority of the runners ran at night without headlamps, so there is certainly enough ambient light to allow for running on the course without any headlamp.

Will there be medical assistance available?

Yes. We plan to have medical personnel, podiatrists, and massage therapists available during the event. These services will be located in/by the pavilion on the western edge of the course.

Will the medical personnel have pain relieving medications (Tylenol, Advil, Aleve, etc.) available?

No. Because of potential liability issues, our medical personnel will not be able to dispense any pain relieving medications to runners during or after the race. If you anticipate needing any of these medications during the race, you will need to provide your own supply, and you will be responsible for any illnesses/complications that arise from your use of such medications during the race.

OTHER

Where can I ask additional questions?

The [North Coast 24 Facebook group](#) is the best way to get your questions answered, as it is checked daily by the race directors and any number of runners who have run this race before. We encourage you to ask any questions on your mind – if you have a question, chances are that several other people are wondering about it as well.

Will there be any training runs?

Yes; please see the information above.

I've registered but I can't make it to the event. Can I transfer my registration to another person or can I apply it to next year's entry?

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Sorry but the answer is no to both questions: no transfers to other people and we can't apply one year's entry to another year. If you request your refund prior to the refund date, however, you will receive a full refund, minus a processing fee. See the refund policy stated on the registration form for more information.

I am an average runner. Will I be as welcome as the elite ultrarunners?

Absolutely! We do our best to treat every runner as an elite!

I have never run an ultra before. Is this a good place to start?

Try it; we think it's the best.

Will I be able to run my best distance?

Only if you train for it. But those of us on the race committee are doing all we can to help!