



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

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)

Payment Methods: (Check one)

- Cash
- Check (Make checks payable to Celebrate Westlake)
- Online Registration with Credit Card @ 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.

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

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



North Coast **CHALLENGE**

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 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.

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/Rachei at (440) 617-4418 or email her at r.omalley@cityofwestlake.org. Register online at www.northcoastchallenge.com, visit www.cityofwestlake.org for additional information.

Sponsored By:



A partnership of
The Sisters of Charity
of St. Augustine Health System and **UniversityHospitals
HealthSystem**