

Entry Form

Name _____

Address _____

City/State/Zip _____

Phone _____ Sex _____ Age _____

Email _____ Birthday _____

1 Mile 5K Team/Club : _____

T-Shirt Size: Small Medium Large Extra Large

\$20, 5K Postmarked by Dec 31st, 2009 \$ _____

\$23, 5K After January 1st, 2010 \$ _____

\$10, 1 Mile by December 31st, 2009 \$ _____

\$13, 1 Mile after January 1st, 2010 \$ _____

Donations—ACBC \$ _____

Check # _____ Total: \$ _____

Make checks payable to: Emerald Race Series (ERS)

Mail to: ERS P.O. Box 2512 Stow, Ohio 44224



I know that running is a potential 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 and safely compete. I assume all risks associated with running including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the condition of the roads and trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Amsdell Companies, The City of Cleveland, North Coast Multisports, Inc. and all sponsors, their representatives and successors from all claims and 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. I also give my permission for the free use of my name and/or picture in any marketing materials.

Signature _____ Date _____

Parent or Guardian (if entrant if under 18 years) Date _____

Note: Because of insurance limitations, baby joggers, strollers, roller blades, etc. will not be allowed on the course. Only runners and competitive entrants will be allowed. The race directors reserve the right to refuse any entry.



Emerald Crossings 4 Mile Trail Run

Saturday, May 8, 2010

8:30 am - 1 Mile 9:00 am - 5K

Emerald Corporate Park

20445 Emerald Parkway Drive SW

Cleveland, Ohio, 44135





Registration

Registration and packet pickup will be available on race day, Saturday, May 8th at the Hilton Garden Inn located in the Emerald Corporate Park. On line registration is available at www.imAthlete.com

Entry Fees

Trail Run: \$20, postmarked by December 31, 2009
\$23, After January 1st, 2010
1 Mile Trail Run \$10 Postmarked by December 1st, 2009
\$13 After January 1st, 2010

Directions

Emerald Corporate Park is located off Grayton Rd near I-480
Take the Grayton Rd. (Exit # 9)

T-Shirts

High quality Tech-shirts will be given to all those who register by May 1, 2010. *Shirts for race day entrants based on availability.*

Thanks to our Sponsors

<i>Amsdell Companies</i>	<i>IDUTRI</i>
<i>Euphoria Health & Fitness</i>	<i>U.S. Multi-Sport Publications</i>
<i>FireFighters Community Credit Union</i>	
<i>Second Sole - Rocky River</i>	
<i>Hilton Garden Inn—Airport</i>	
<i>Grubb & Ellis</i>	
<i>Forest City</i>	



cleveland, ohio | www.euphoria-gym.com

Awards

Top Three Overall Male & Female will receive U.S. Saving Bonds provided by the FireFighters Community Credit Union.

1st Place -\$100 2nd Place -\$50 3rd Place -\$25

Top three men and women in the following age groups will receive age group awards:

14 <i>and under</i>	30 ~ 34	50 ~ 54
15 ~ 19	35 ~ 39	55 ~ 59
20 ~ 24	40 ~ 44	60 ~ 64
25 ~ 29	45 ~ 49	65 <i>and over</i>

Course

The 4 mile trail course will be a three loop course that starts and finishes near the Hilton Garden Inn. Plan to get dirty on this trail run!

1 Mile— One Loop Course

Results

Results will be posted at www.NCMultisports.com

Contact Information

North Coast Multisports
P.O. Box 2512
Stow, Ohio 44224
330-686-0993
NCMultisports@aol.com
www.NCMultisports.com

We will be collecting cans for
Aluminum Cans for Burned Children
Bring your cans to the race!
Please Help us Support ACBC

