

Northcoast Inland Trail Relay

October 7th, 2018 at 8am



Join us for the Northcoast Inland Trail Relay! Journey from Clyde, Ohio to Elmore, Ohio via the Bike Trail and take in the beauty of the trail!

21.9 Miles (Because 22 Miles is just too far!)

- **This is a 4 person relay.** First leg starts at the Gazebo in downtown Clyde, Ohio. and finishes at Walter Ory Park trail entrance in Elmore.
- **Exchange Points:** Smith Rd. in Fremont and Main St. in Lindsey
- **Distances:** First Leg = 6.4M / Second Leg = 5.0M / Third Leg = 5.0M / Fourth Leg = 5.5M
- **Awards given for:** 1st all male team, 1st all female team, 1st mixed gender team., and closest to estimated finish time.
- Of course, everyone will get a cool, one of a kind, soft T-shirt!
- **Entry Fee:** \$10 per runner (\$40 per team). Checks payable to Fremont Elite Runners Club. **Each team member must complete and sign a form**– they may be turned in together or separately.
- **Deadline to register is September 29th.** There will be **NO race day registration available.**
- All participants will meet in Clyde for the start. Teams are responsible for their own transportation to exchange points and to the finish.
- Water will be available at exchange points. Food and drinks at the finish point in Elmore.

Mail Completed Entries to: Fremont Elite Runners Club PO Box 202 Fremont, OH 43420

TEAM Name: _____

Estimated Team Finish Time: _____

Category: (circle one) All Male All Female Male/Female Mixed

First Name: _____ Last Name: _____

Address: _____

Phone: _____ Email: _____

Date of Birth: _____ Shirt Size: S M L XL

I know that running a 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 course, all such risks being known and appreciated by me. The RRCA and its membership strongly discourage the use of headphones. Pets are not permitted on the courses. 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