

NEO24 2025 Runner's Guide

October 4-5, 2025
Brunswick Lake Park
Brunswick, OH





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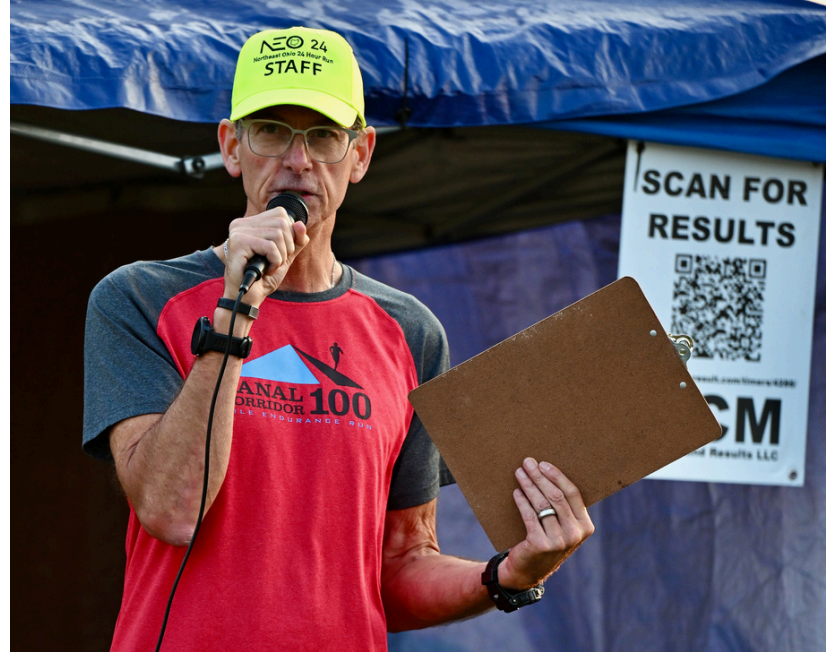
Welcome

Established in 2024, the Northeast Ohio 24 & 12 Hour Run is held annually at Brunswick Lake in Brunswick, Ohio. The NEO24 race is for runners, by runners. We intend for the race to be inclusive and suitable for someone looking to complete their first 12-hour or 24-hour event or seasoned ultrarunners seeking to set a personal record. Whatever your goal, we on the race organization team will do our best to help you achieve it.

Runners will traverse a loop that is roughly one mile in length. The course has been measured, certified, and sanctioned by USATF.

Please read through this guide to help you prepare for your NEO24 experience. If you have further questions about the race, please email Larry Orwin at larry.orwin@gmail.com.

We can't wait to have you join us in Brunswick, Ohio!





Charities

Running Forward Giving Back is an Ohio 501(c)(3) nonprofit that hosts and manages high-quality running events to organize the community around giving back to the people and places of Northeast Ohio. The motto is: *run hard, be thankful, and give more than you take.*

The events encourage runners from all over the map to experience the outdoors in a supportive and encouraging social setting while feeding the local economy. Also, we give back to local nonprofit organizations.

Run to Share (R2S) will be our primary beneficiary this year. The purpose of the corporation is to promote and hold sporting events, the proceeds of which are donated to other charities and those in need.

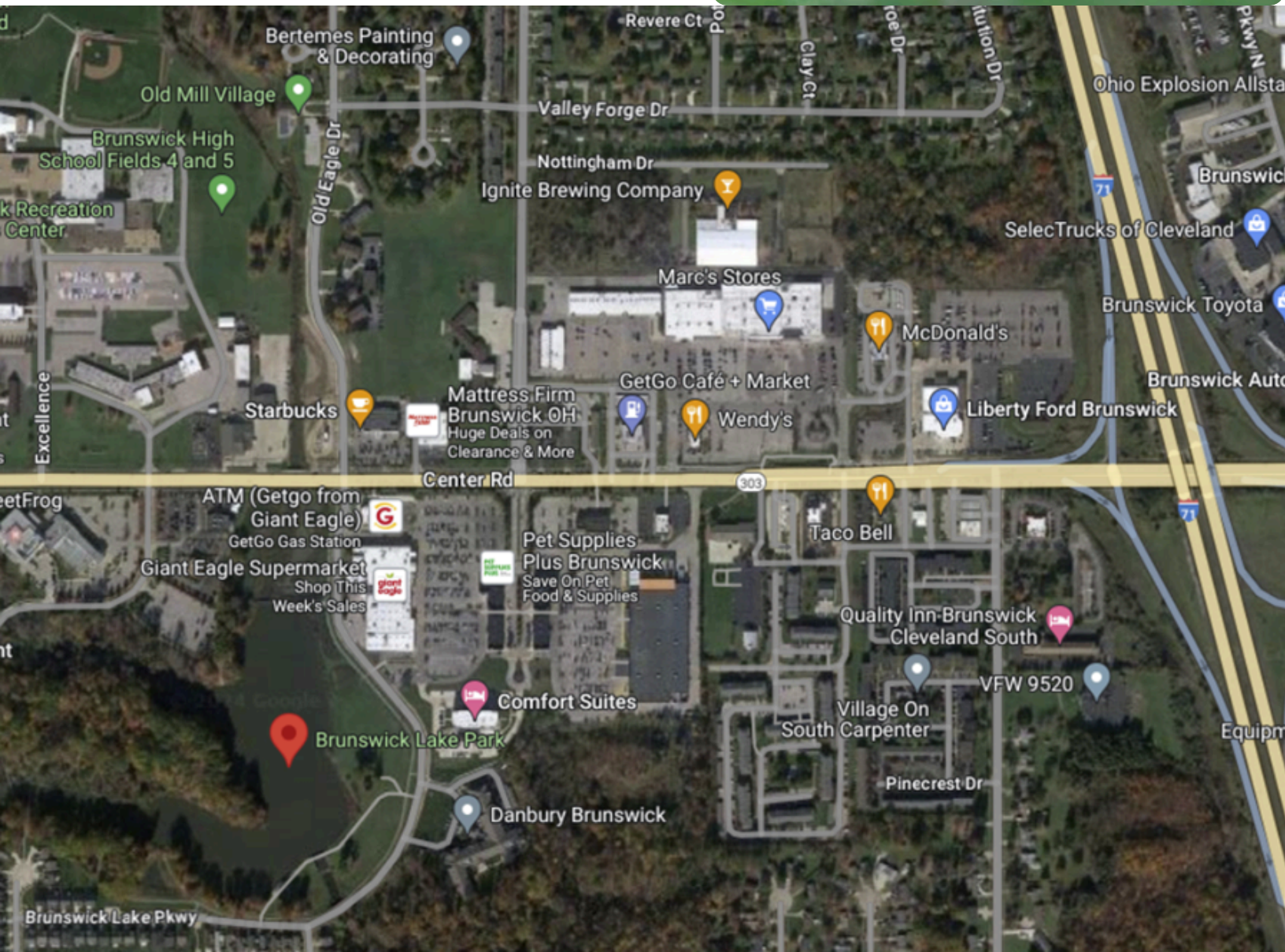
We've also added **Friends of Breakthrough Schools** this year. Breakthrough is a free, public charter school (K-8) that offers 3,000 children in Cleveland a choice-filled life.

All profits from the event will be donated!





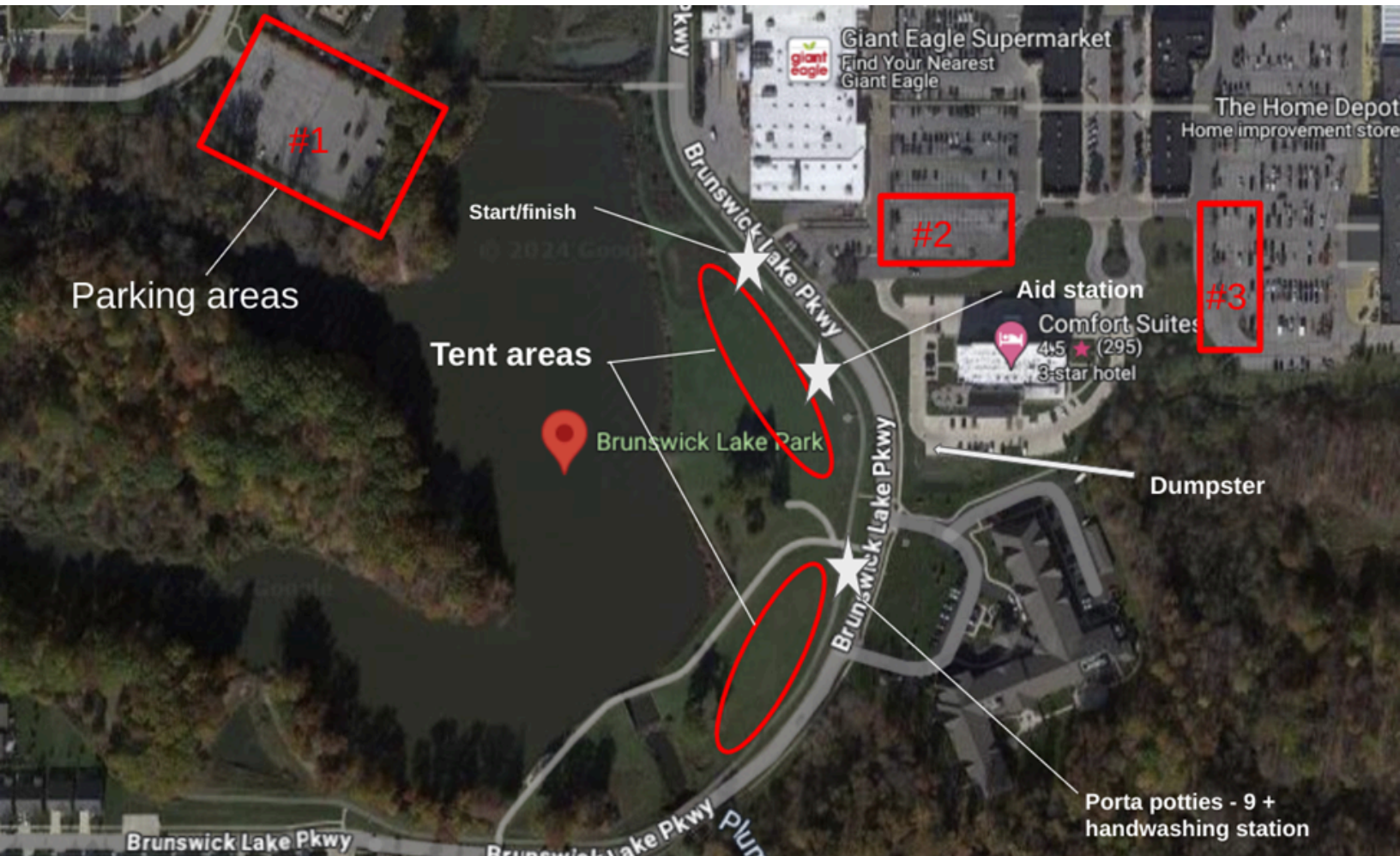
Location Overview NEO24





Location Overview

NEO24



Please only park in these designated areas. We have made arrangements with these businesses for parking in advance. No other locations are acceptable. We recommend dropping off your belongings near the start/finish area. Then, park your car.

Preferred parking area #1 - <https://maps.app.goo.gl/NnMpGrczupjtpudq9> Cleveland Clinic Visitors lot (for those who want to use their car as an aid station)

Preferred parking area #2 - Giant Eagle, East side of lot

Preferred parking area #3 - Home Depot, East side of lot



Course Details

The NEO24 course is an approximately 1.0-mile, mostly flat, paved loop that encircles beautiful Brunswick Lake Park ([Park location](#)). It is all asphalt with the exception of 2 wooden bridges. The park is situated 13.7 miles south of Cleveland Hopkins Airport and roughly 7 miles south of the Ohio Turnpike (I-80).

The direction of travel will be CLOCKWISE around the course.

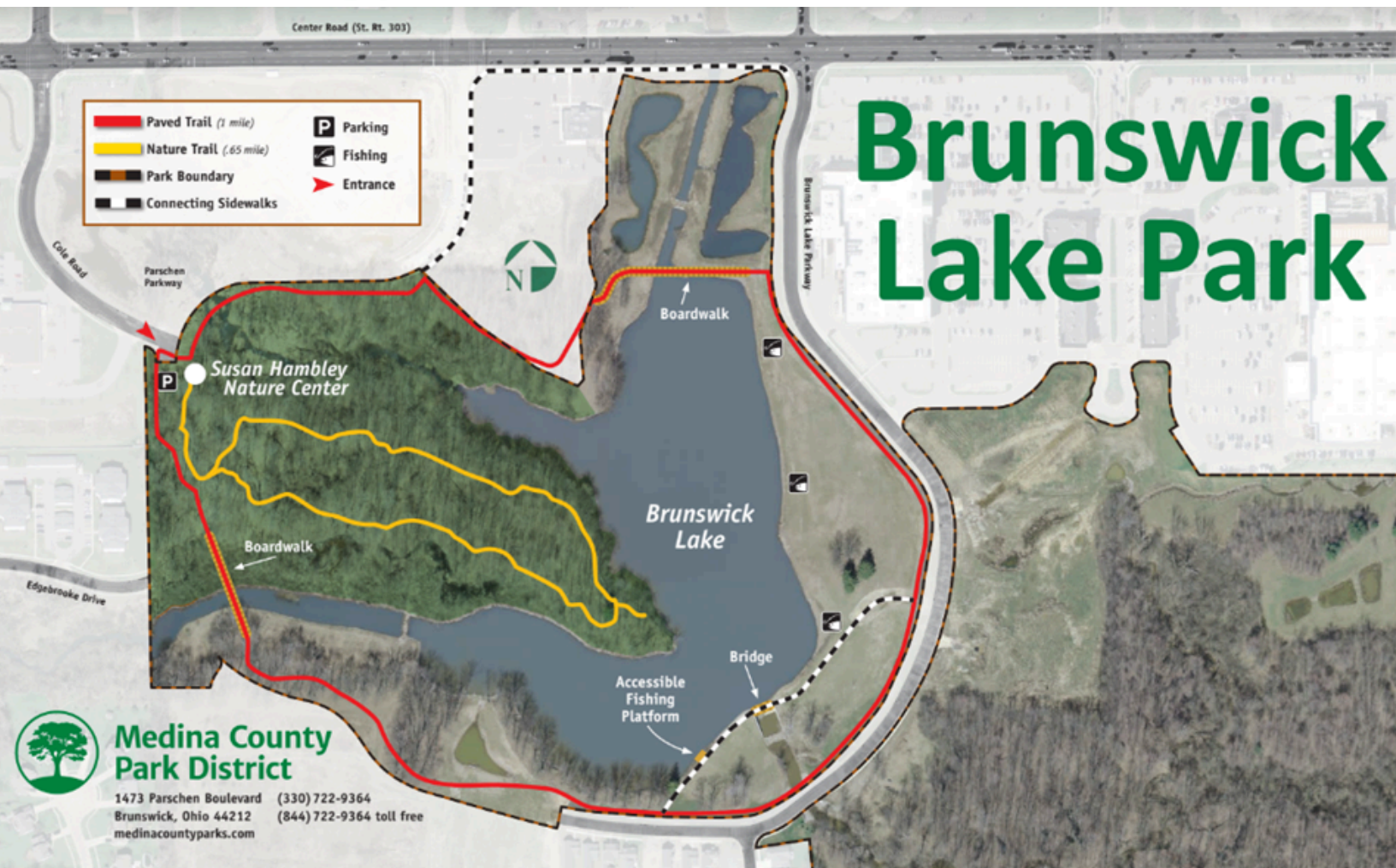
Please note that we cannot close the course to all non-NEO24 related traffic during the race. Brunswick Lark Park is a public park, and you can expect to see some walkers, runners, and the occasional dog on a leash during the race. In general, the park is less crowded in October than during the summer months. Please be respectful of everyone's right to enjoy this public path. We will post signage the day before the event that the event will be occurring.





Course Details

The course is on the paved trail that is indicated in red.





Schedule of Events

Friday, October 3, 2025

- Tent setup is allowed after 6 PM

Saturday, October 4, 2025

- 7:00-8:00 AM Packet Pickup and Race Check-in (get ankle bracelet)
- 8:15 AM Welcome, Pre-race meeting, final instructions
- 8:25 AM National Anthem
- 8:30 AM Race starts for 12 hour (AM) and 24 hour participants
- 8:30 PM Race starts for 12-hour (PM) and finishes for 12-hour (AM) participants

Sunday, October 5, 2025

- 8:30 AM Race Finishes for 12-hour (PM) and 24-hour participants
- 8:45 AM Award Ceremony for 12-hour and 24-hour participants
- 9:00 AM Clean up your camp and get some sleep!





Good to Know



Timing Chips, Bibs, and Tracking

MCM Timing by Mike Melton <https://my.raceresult.com/timers/4286/>. Each participant will be issued a bib with a timing chip **and** a timing chip for around your ankle (consider wearing a high sock to prevent chafing) **both** should be worn **at all times** during your event to have the laps counted for the race. If you proceed to the course without the bib the timing system cannot count missed laps. The number of laps will be counted and multiplied by the lap distance, which is roughly one mile. In the event of a possible record, MCM timing will also add any partial lap distance to arrive at the total distance traveled. This event is certified and sanctioned by USATF and IUA.

Race Drop Downs

We do not allow runner drop downs in distance once the races have started. In other words, you're in either the 12- or the 24- hour run, and once the race starts, you'll stay that way.

Pacers and Guest Laps

24-hour runners are allowed pacers after 8:30 PM (12 hours into the race). Only one pacer per runner at any given time. Runners are responsible for their pacer's conduct. Disruptive behavior by a pacer may result in disqualification of the runner. Pacers cannot mule (carry things) for their runners. Pacers may not give their runner aid, clothing, food, or water unless it is an emergency situation, in which case the runner may be disqualified. The role of the pacer is for safety, not for aid or gaining an advantage over fellow runners. Pacers are expected to provide their own food and hydration. Runners competing for USATF or IAU records are not permitted to have a pacer at any time and will be asked to wear a back bib.

Crew

There is plenty to do around the park! With close-by restaurants, grocery stores, hotels, and coffee shops, everything you and your runner could need is just a short walk or away. Crew can administer aid either at the main aid station or at the runner's personal support area. To minimize traffic on the path, crew should not run alongside their runner for more than a few steps. Crew must ensure all support equipment (chairs, tables, tents, cots, etc.) are well off the paved path!



Good to Know

Medical

We will have first aid kits on-site. Cleveland Clinic 24 hour ER is next door in the event of a medical emergency.

Restrooms

There will be eight porta potties. Your race staff will ensure they are properly maintained throughout the event. They will have motion activated lights in each porta potty. Also, a handwashing station will be provided.

Showers

We do not have shower facilities available at the park.

Course Lighting

The course is fairly well lit at night in sections, but there are some dark stretches. We recommend bringing a headlamp or flashlight. We highly recommend bringing extra batteries. We will **not** provide lights or batteries at the aid station.

Pets and Strollers

Dogs are allowed at Brunswick Lake on a leash. We love pets, but for the safety of our runners we ask you to keep them off the course, away from tents, and aid station. Do not bring strollers on the course at any time.





Manners Matter

- We want the race to be competitive, but fun. Safety, fairness, and decency are required. We don't want to police runners or disqualify (DQ) anybody. Nevertheless, we will enforce the rules. At the race committee's discretion, a minor offense, where the advantage is not gained, will result in a warning to the runner. Major infractions, or minor ones by runners who have already had a warning, will result in a DQ. Please follow the rules, and everyone will be extremely happy.
- No Hate. There are a bunch of rules we must follow to keep this event safe, smooth, and retain our permits. This is a race intended to be about community with runners and supporting runners. Do 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 they will have to pass slower runners on the outside. The only exception is runners who are together in groups. Registered runners may run together, but if there are more than two moving slowly, please move to the outer edge of the path to let other runners pass.
- There is no swimming in the lake.
- The bridges are wide enough for two runners to run side-by-side, but please be respectful of runners passing.





Manners Matter

- Runners may leave the course at any place or time. They may go where they please for as long as they please. The clock keeps running. When a runner re-enters the course, they **must** do so at the **exact point** where they exited. To assist the race committee, please tell a volunteer if you are leaving the race for good or for an extended period of time with the intention of returning. If leaving for good, **please ensure you return your ankle timing device to the timing crew.** If not, you will be charged \$100 for the ankle device.
- Runners may not run on the grass, either inside or outside the paved path.
- Runners may not use banned substances as defined by USATF and WADA. For more information, see [USATF antidoping](#).
- The City of Brunswick allows alcoholic beverages in the park, but **only** if the City's Designated Outdoor Refreshment Area (DORA) rules are strictly followed. Please see <https://brunswickohio.gov/dora/> for the details.
- Headphones **are allowed** for competitors. All runners may use them as long as they do not impede anyone else's progress or safety.
- If you must use your phone during the race, please do so in a way that does not impact runners around you.



Awards

Given for each category below, for both 24-Hour and 12-Hour (AM and PM combined)*

1st Overall Male - 1st Overall Female

2nd Overall Male - 2nd Overall Female

3rd Overall Male - 3rd Overall Female

1st Male Master - 1st Female Master

1st Male Grandmaster - 1st Female Grandmaster

1st Male Senior Grandmaster - 1st Female Senior

Grandmaster

** Awards are based on age on race day*



Runner wins the “highest” award possible.
Ranking is as follows:

- First Place Overall
- Second Place Overall
- Third Place Overall
- Masters
- Grandmasters
- Senior Grandmasters

Example- A 54-year-old woman wins the women’s race. She would be awarded First Overall Female even if she’s a Grandmaster runner as well. the next female age 50+ would win the Female Grandmaster award unless she finished Second Overall or Third Overall.

We use USATF definitions of Master, Grandmaster, Senior Grandmaster, etc.

Runners who achieve 100 miles will receive a custom buckle with ribbon.

Runners who achieve 50 miles in either the 12-hour event or the 24-hour event will received a custom medal and ribbon.



Awards

The finalized medal (for 50 miles in either 12- or 24-hours) as well as the 100 mile buckle (which is bigger this year)



Thank You To Our Sponsors



Frequently Asked Questions

Where are the closet hotels?

- Comfort Suites, immediately adjacent to the course. Literally right behind the paved path. We have blocked 30 rooms, under “NEO24”, that are first come, first serve at a 15% discount. *The block will be held until September 4th, one month before race day.*
- Quality Inn, located about 0.7 miles east of the course, near I-71.

Where can I eat nearby?

There are a lot of options within a close walk or drive. Google it! Here's just a few to wet your appetite:

- Panini's Grill
- Panera Bread
- Arby's
- Hot Head Burritos
- Chipotle
- Chick-fil-A
- Winking Lizard
- Pizza Hut
- Wild Fusion
- Penn Station
- Pulp
- Jersey Mike's
- Romeo's Pizza
- Mucho Buenos
- Mexican Applebee's
- Human Bean Starbucks
- Bob Evans
- First Watch
- Mission BBQ

Is overnight parking allowed the night before the race?

No, it is not.

Is overnight camping allowed?

Yes, on the day of the race **only**. Not the night before. See the map. Keep tents and tables away from the path.

Will meals be served?

We will have ample food at aid stations for runners. Food is not for crew or family members attending. With various breakfast spots close to the course, we will **not** be serving a post-race breakfast.



Frequently Asked Questions

Is there an entry limit?

Yes, there is a limit of 200 entrants. We want to provide each runner with a fabulous experience. Don't wait. Sign up today!

Can I run for 4, 10, or 12 hours?

Yes, you can run as long or as little as you would like. The clock will start at 8:30 AM on Saturday and stop at 8:30 am on Sunday. Same for the 12 hour event, starting at 8:30 PM on Saturday.

Where along the course are crew allowed?

We recommend crew areas be in the grassy areas as shown on the map. A runner's crew must provide aid within 50 feet of the designated aid station OR at their runner's personal support area. ***There are no tents allowed in parking lot #1, per our agreement with the Cleveland Clinic (owners of the lot).***

Can I get in my car?

Yes, parking is close to the path. Also, see the answer to leaving the course on page 13.

Where can I ask additional questions?

The [NEO24 Facebook](#) page is the best way to get your questions answered. The page is checked daily by the Race Directors and any number of runners who have run the race before. We encourage you to ask any questions and all questions. They will be answered within 48 hours.

Can I transfer my registration to another person? Can I apply the entry to next year?

Unfortunately, no to both questions.

I am an average runner/walker.

Will I be as welcome as the elite runners?

Heck yes! Everybody gets treated the the same. Come one. Come all. Have fun!

What is the NEO24 policy regarding transgender runners?

We will be adhering to the USATF policies. See the [USATF Statement Regarding Transgender/Transsexual Policy](#).

