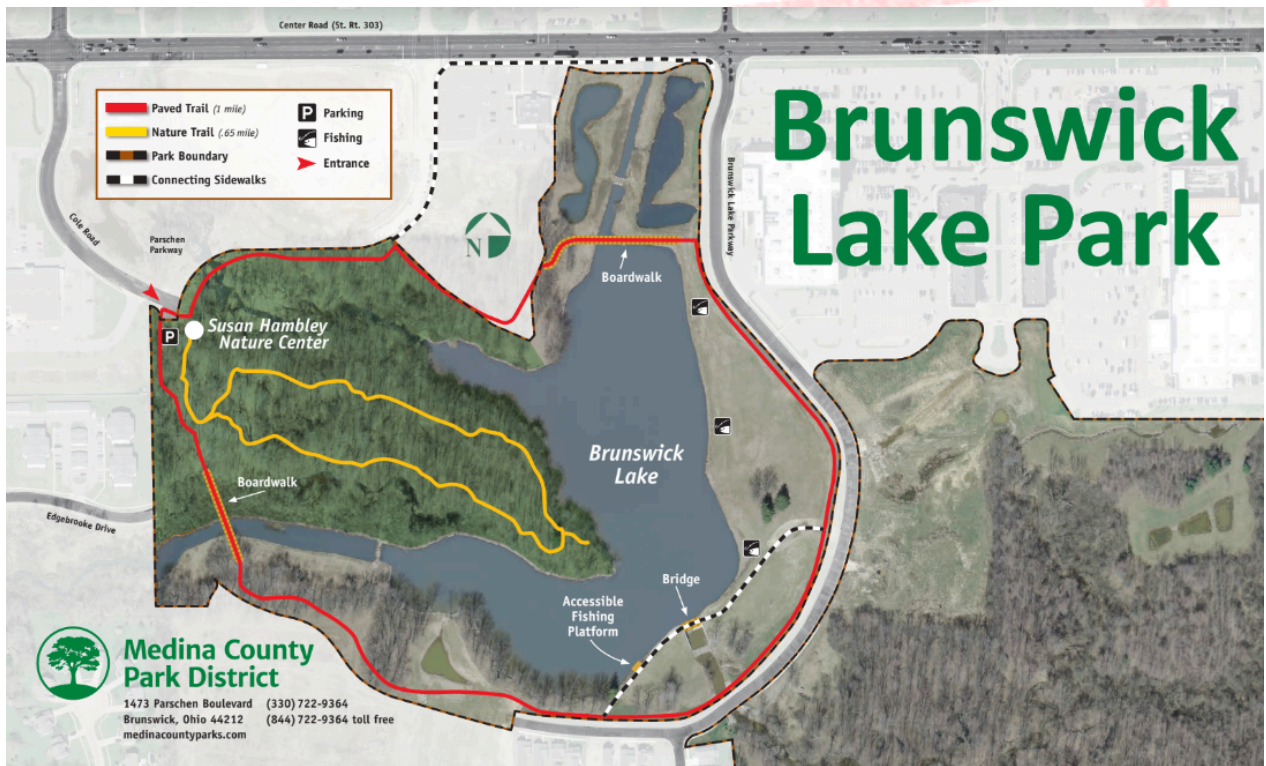


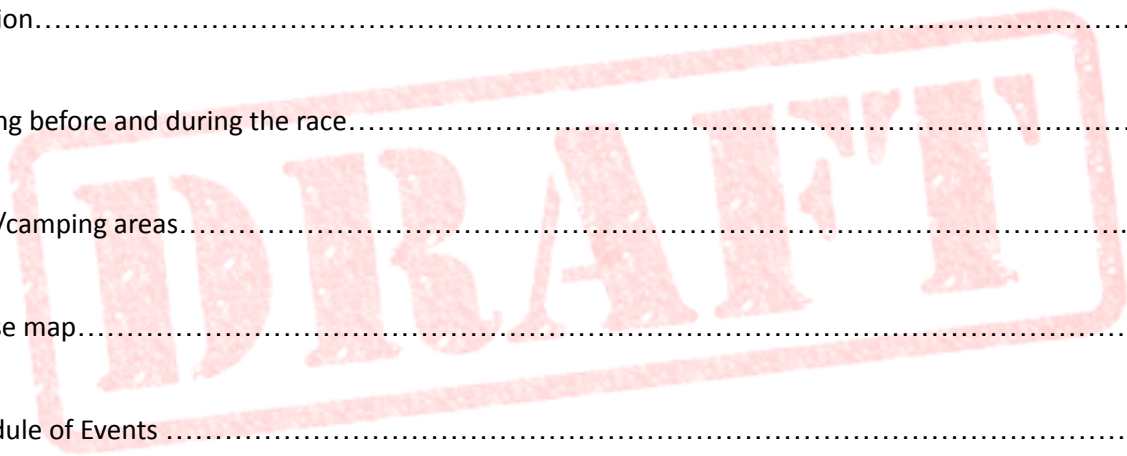
# NEO 24

## Northeast Ohio 24 Hour Run



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## ***Introduction***

Established in 2024, the NEO24 (Northeast Ohio 24-hour run) is the race that succeeds the very popular NorthCoast 24 (NC24) that existed in Cleveland from 2009-2019 and was held annually at Edgewater Park in the City of Cleveland, Ohio. Many of the people who put on the NC24 are now associated with the NEO24, including Dan Horvath who was the RD for the NC24 from 2009-2015. Your race team (Larry Orwin, Dan Horvath, Rich Schlenk, Bill Wagner, Frank Dwyer, Roy Heger) is extremely excited to bring back this iconic race to NE Ohio for runners of all abilities. The race is for runners, by runners. We intend for the race to be INCLUSIVE and suitable for someone looking to complete their first 24-hour event (or running as long as they like) or for a seasoned ultrarunning veteran seeking to set a personal record or USATF record. The aid station will be staffed by experienced ultra runners who know how to cater to the needs of endurance athletes.

Runners will traverse a loop that is roughly one mile (the course will be measured and certified by a USATF representative in March) 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 clock starts at 8 am on Saturday, September 14th, and will stop at 8 am on Sunday, September 15th. The overall winners will be those who cover the most distance within the 24-hour time limit.

We, on the organizing committee, sincerely hope that all runners enjoy the NEO24 to its fullest. Please let us know how we can help you enjoy it even more!

**Running Forward Giving Back and Run To Share** ([RFGB FB page](#)) are two Ohio 501(c)(3) nonprofits, host and manage high-quality running events to organize the community around giving back to the people and places of Northeast Ohio. Our motto is to run hard, be thankful, and give more than you take. Our events encourage runners from all over the map to experience the outdoors in a supportive, encouraging social setting while feeding the local economy and giving back to local nonprofit organizations.

**Run to Share** ([R2S FB page](#)) will be our primary beneficiary this year. All profits from this event will be donated. 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. R2S was incorporated in order to avoid the tax liability on the additional income the events generated. R2S gives generously to other organizations and on an individual level and offers assistance to disabled veterans.

## ***The Course***

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).

We anticipate that the direction of travel will be CLOCKWISE around the course.

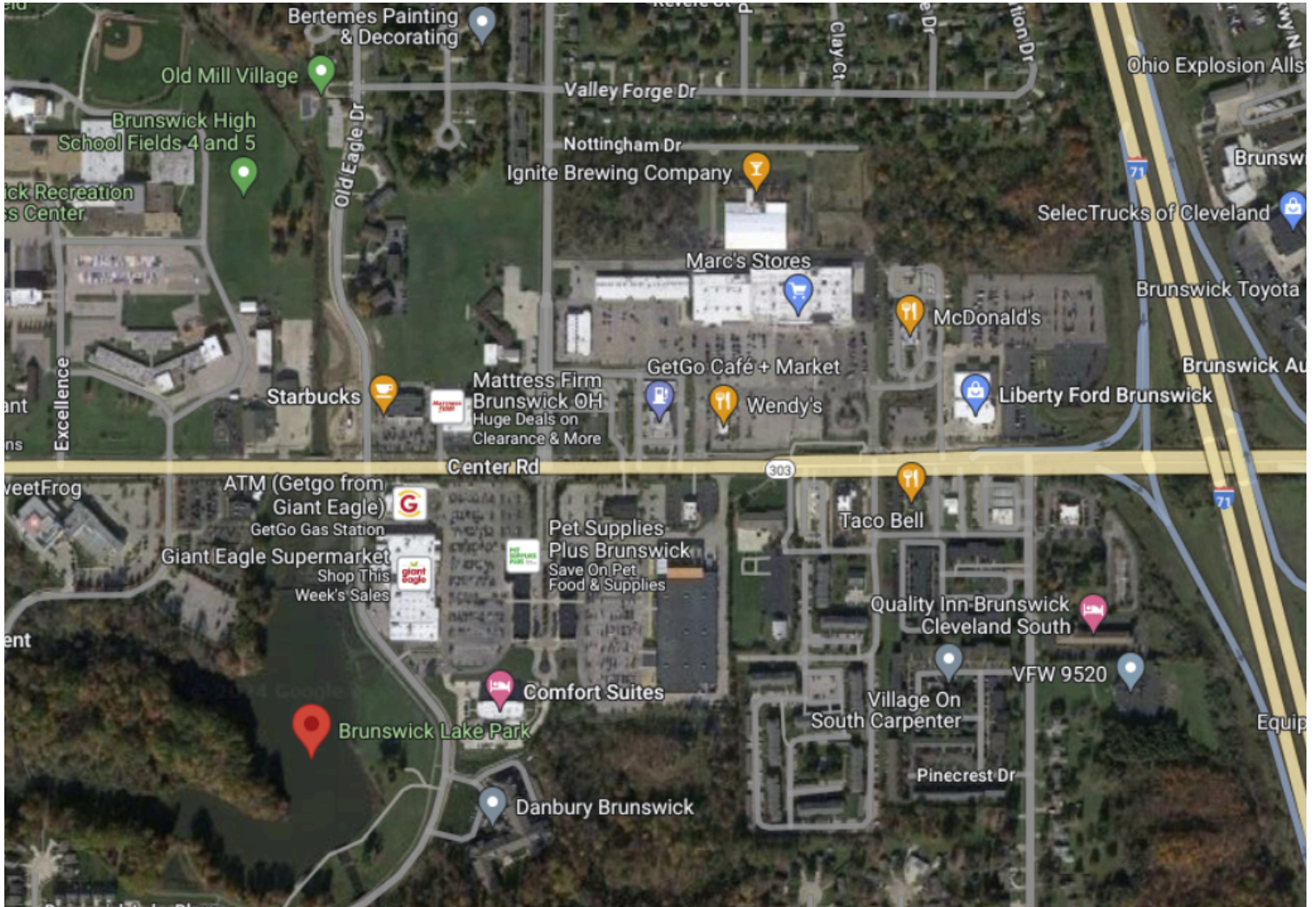
Please note that we cannot close the course to all non-NEO24 related traffic during the race. Brunswick Lark Park is a public park, and you can expect to see some walkers, runners, and the occasional dog on a leash during the race. In general, the park is less crowded in mid-September than during the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

## ***General Overview of Surrounding Area***

There are several amenities located directly adjacent to the Park:

- Cleveland Clinic emergency 24-hour facility
- Giant Eagle Grocery store (open 8 AM to 10 PM with a pharmacy)
- Comfort Suites Inn Hotel
- Panera Bread
- Chick-fil-A
- Paninis
- Moxies Pizza
- Get Go with an ATM
- Human Bean and Starbucks
- Home Depot
- Pizza Hut
- Meijer Grocery store
- Winking Lizard
- Human Bean

# Location



## ***Parking before and during the race***

Please only park in these designated areas. We have made arrangements with these businesses for parking:



### Crew/Camping areas



### Course Map (the **RED** line)





## **Schedule of Events** - All times are Eastern Time Zone

### **Friday, September 13, 2024**

**5:30 pm to 7:30 pm** Optional meet/greet dinner. Come and meet other runners and crew and hear a short presentation with Q&A from Pete Kostelnick- 2X Badwater 135 winner and Transcon World Record holder.

Location TBD at a restaurant near the course. We will need a count of attendees, and will solicit this on our Facebook page a month prior to the event.

**There will be NO PACKET pick up at this event. First come, first served.**

### **Saturday, September 14, 2024**

**6:00 to 7:45 am:** Packet Pickup and Race Check-in; get your ankle bracelet from Mike!

**7:45 am:** Pre-race meeting, final instructions, National Anthem

**8:00 am: Race start**

**Run for 24 hours or as long as you can...**

### **Sunday, September 15, 2024**

**8:00 am: Race finish**

**8:30 am:** Post-race breakfast. Please feel free to grab something at Panera (opens at 6:30 am) for you or your crew. **We will not be providing breakfast after the race ends.**

**9:00 am:** Award presentation.

**9:30 am:** Get to sleep!

### **RESTROOMS**

We will have several porta potties and your race staff will ensure they are properly maintained and stocked during the event!

### **RUNNER TRACKING**

Timing will be performed by **MCM Timing** and Mike

Melton(<https://my.raceresult.com/timers/4286/>). Mike's organization is THE GOLD standard in timing. MCM leaves nothing to chance, your race bib will have a timing chip and you will also wear a timing chip around your ankle (consider wearing a high sock to prevent chafing from the ankle chip). Tracking link will be provided a few days before the race.

## ***Aid Station***

The course will feature one fully stocked aid station with classic ultra fare throughout the entire 24 hours. You won't starve! There will be vegan and gluten-free items. We will also have many beverages available, including water, electrolyte drinks, and various soft drinks.

## ***Race Rules***

The following rules are established for safety, fairness, and decency. The NEO24 is intended to be a competitive but also a fun event. No one on the race committee wants to be in the position 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 the 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 follow the rules, and everyone - the runners and those of us on the committee - will be extremely happy. We apologize in advance for the number of rules, but they are designed to keep everyone safe and allow for a wonderful experience for runners OF ALL ABILITIES.**

### **Our Golden Rule: NO HATE**

Seriously. There are a bunch of rules we have to abide by to keep this event safe and smooth, but the most important one is that we expect that no one involved with our race will communicate hate or act on hate. This is a race intended to be about community, with runners supporting other runners.

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 outer edge of the path to let other runners get by. This rule is to ensure safety and a right of way for everyone.

2) Runners may leave the course at any place or time. They may go where they please for as long as they please. (Just remember the clock keeps running!) 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. If leaving for good, **please ensure you return your ankle timing device** to the event timing crew. You will be charged \$100 if you don't return your ankle bracelet.

3) Runners may not run on the grass, either inside or outside the paved path.

- 4) There are plenty of porta-johns. Use them, or face disqualification. 'Nuff said.
- 5) There is no swimming.
- 6) 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>
- 7) [Medina County Parks rules](#) must be followed, including the one (Item 8.0) that states that **alcoholic beverages are prohibited**. (It's not our rule – believe us, we'd love you to be able to enjoy a celebratory beer after running for 24 hours – but please comply with it, as we want to continue to get permits for future races.
- 8) Headphones **are allowed** for all competitors. All runners may use them as long as they do not impede anyone else's progress or anyone's safety.
- 9) The bridges on the course are wide enough for two runners to run side by side, but please be respectful of other runners.
- 10) If you *must* use your phone during the race, please do so in a way that does not impact runners around you.
- 11) We would respectfully ask that runners and or pacers not bring dogs or strollers onto the course.
- 12) Partial laps will not be counted toward total mileage, only full laps.
- 13) **Crew** should administer aid either at the main aid station or at the runner's personal support area (e.g. tent, table). To minimize unnecessary traffic on the path, crew should not run alongside their runner for more than a few steps. Also crew must ensure all support equipment (chairs, tables, tents, etc.) are well off the paved path.
- 14) **Pacers** will be allowed after 8 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 any aid, clothing, food, or water unless it is an emergency situation, in which case the runner may be disqualified. The role of a pacer is for safety, not for aid or gaining an advantage over fellow participants. Pacers are expected to provide their own food and hydration.

## **Awards**

All NEO24 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: 1, 2, 3 overall and top 3 in age groups: <20, 20-29, 30-39, 40-49, , 50-59, 60-69, 70-79, 80+. Ages are what your actual age is on race day.

Runners who achieve 100 miles will receive a special award.

Runners who are on the course for a minimum of 1 lap each of the 24 hours will receive a special award.

## **Weather** - No Guarantees, but September is one of the nicest months in Brunswick, Ohio!

Daily average temperatures on September 14:

- High: 74.6 Record: 94
- Low: 57.8 Record: 37

Sunrise/Sunset Times for September 14:

- Sunrise: 6:40 am
- Sunset: 8:08 pm

## **Lodging**

The two closest options are:

[Comfort Suites](#), immediately adjacent to the course, literally right behind the paved path. **We have blocked 24 rooms, under "NEO24", that are first come, first served and available at a ~15% discount**

[Quality Inn](#), located about 0.7 miles east of the course, near I-71.

## ***Frequently Asked Questions***

### **Is the course closed to the public?**

Brunswick Lake Park is 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.

### **Do I need a headlamp?**

Most of the course is lit or there is ambient light. We recommend a headlamp, just like at NorthCoast so you don't trip on any aberrations on the surface of the course.

### **Where should I park?**

See the map above.

### **What hotels are in the area?**

See above.

### **Where can I eat nearby?**

The short answer is: plenty of places. Here is a partial list of restaurants within walking distance (less than 1/2 mile) of the venue:

- Paninis Grill
- Panera Bread
- Arby's
- Hot Head Burritos
- Chick-fil-A
- Winking Lizard
- Jimmy John's
- Pizza Hut
- Wild Fusion
- Penn Station East Coast Subs
- Romeo's Pizza
- Moxie's Pizza
- Mucho Buenos
- Applebee's
- Jersey Mike's Subs
- Human Bean

Lots more places within a very short drive. Google it!

**Is overnight parking/camping allowed?**

Yes, on the day of the race. Please see above for detailed maps.

**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 of feet away from the all-purpose trail.

**Is overnight parking allowed the night before the race?**

No, it is not.

**What meals will be served?**

We will have an ample aid station for the runners. With all the various breakfast spots close to the course, we will not be serving a post-race breakfast.

**Is there an entry limit?**

Yes, there is a limit of 200 entrants in the NEO24. We want to provide each and every runner with a fabulous experience and believe that 200 is the upper limit. Don't wait, sign up today!

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

Yes, you can run as long or as little as you like. The clock will start at 8 am Saturday and stop at 8 am Sunday.

**How will runners be tracked?**

Chip timing will be used. There is a chip in your race bib and you will wear an ankle bracelet as well. Runners will be given credit for total distance traveled during the run, but NOT PARTIAL LAPS. MCM timing will be posting LIVE results on their website as they always do! The link will be made available a couple of days prior to the start.

**How will my final distance be measured?**

The number of laps will be counted and multiplied by the lap distance, which is roughly one mile. The course distance will be measured and certified by a USATF member.

**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 are 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 50 feet of the designated aid station OR at their runner's personal support area.

**Are pacers allowed?**

Yes, 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?**

Porta-johns will be provided.

**What kind of aid is available?**

There will be one aid station that runners will encounter every loop. The food selection will be plentiful and satisfying for ultrarunners. Runners with specific needs should plan on supplying their own food accordingly.

**Will you be offering vegan/gluten-free options at the aid station?**

See above. We will do our best to provide at least a few vegan/gluten-free options.

**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 businesses. 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.

**Will there be medical assistance available?**

There is a 24-hour Cleveland Clinic Emergency Care facility adjacent to the course, so we do not see the need to have medical staff on site.

**Where can I ask additional questions?**

The NEO24 Facebook page ([NEO24 Facebook](#)) 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.

**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?**

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. There are no refunds for this race.

**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!

**What NEO24 policies regarding transgender runners?**

We will be adhering to the USATF policies regarding this matter. See [USATF Statement Regarding Transgender/Transsexual Policy | USA Track & Field](#)