



2018 BURNING RIVER 100 INFORMATION GUIDE



Welcome

Welcome and thank you for participating in the Twelfth Annual Burning River 100-Mile, 50-Mile Endurance Runs and Relay! The following packet contains all the information you and your crew need to make your race and your weekend a success. Updates will be made periodically and we suggest checking our web site often. Participants will be emailed when the course packet is updated – please make sure emails from westernreserveracing.com are not going to your spam folder.

This guide contains information for the 100 mile race only. There are now separate guides for each distance which can be found on the Burning River page of our website.

After you have completed reading this document, if you have additional questions, the following options are available to you:

- Our web site contains the most current information (www.westernreserveracing.com)
- Check out the Burning River 100 Facebook event - <https://www.facebook.com/events/1806256926068650/>
- Email us at Info@westernreserveracing.com

History

The Cuyahoga River Valley has significant historical value. Many early American Indian tribes took advantage of the fertile valley to raise crops, hunt, and called the valley their home. As part of Connecticut's Western Reserve, the Cuyahoga River served as the western border of the United States. Many of the trails on the course originate from Indian and early settlers. The Cuyahoga River permitted transportation into the interior of the Western Reserve Territory, which led to the construction of the Ohio & Erie Canal. As you run on portions of the Towpath Trail, you will be following the same path the donkeys used to tow canal boats between Cleveland and Akron. Transportation methods continued to advance and the railroad replaced the canal system. The Cuyahoga Valley National Park is the only national park with a train – the Cuyahoga Valley Scenic Railroad. As the river valley continued to be developed, early industrialization led to a demise of the river valley. Yes, the Cuyahoga River has a history of catching on fire. These events are also accredited to helping lead the environmentalist movement of the late 1960's. We are moving forward with wonderful park systems, sustainable farming, and world-class trails. The flames of the Cuyahoga were extinguished long ago. Today, the Cleveland and Akron areas are on fire!



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Sponsors

Burning River is presented by NovaCare and RockTape!

[NovaCare](#) – Providing an exceptional patient care experience that promotes healing and recovery in a compassionate environment.

[RockTape](#) – Go stronger, longer!

[Tailwind Nutrition](#) - Complete calories, electrolytes, and hydration. Ditch the gels, bars, and pills, and go all day with just Tailwind and no gut bombs.

[Clif Bar](#) – Feed your adventure!

[Vertical Runner](#) - Adventure Starts Here.

[HiHo Brewing Company](#) – Spreading happiness, community and craft by brewing awesome beer in the most responsible, sustainable manner possible. HiHo will remain open Saturday evening and serve beer until 2:00a.m. they will reopen at 8:00a.m. Sunday morning.

[SaltStick](#) - Trusted by Professional Athletes, since 2006



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Awards

Solo 100 mile Participants will receive a newly designed belt buckle. A gold sub-24 buckle will also be offered for those participants finishing under the 24 hour mark. These one-of-kind special designs are buckles you'll be proud to wear! Top finisher awards will be recognized to the Top 5 Overall and Top 1 in the following age groups by gender: 0-29, 30-39, 40-49, 50-59, 60+.

100 mile award winners will be announced at the finish line at 8:00a.m., Sunday.

Those wishing to claim their awards immediately after finishing may do so by visiting the awards table.

Donations

Western Reserve Racing is proud to be an active community partner. A portion of this event's and all of our events' revenue goes to supporting the parks in our community. In addition, you can experience everything Burning River has to offer and waive your registration fees by helping to raise money and awareness for these three park systems. Please consider joining us in supporting the following fundraising campaigns:

Conservancy for Cuyahoga Valley National Park's Trails Forever Campaign - The Trails Forever mission is to directly engage the public in helping ensure that the trail system in Cuyahoga Valley National Park is adequately maintained, enhanced, expanded, and preserved for all time, for all people. Information is available at <http://www.conservancyforcvnp.org/help/trails-forever> .

The Cleveland Metroparks Trails Fund - Cleveland Metroparks is embarking on a long term effort to repair, rehabilitate, and redesign our trails to protect natural resources and enhance public experience. Trails are vital to community health and wellness and are a key economic tool in making our region a more desirable place to visit and live. We are committed to improving trails for all, including hikers, mountain bikers, equestrians, runners, and skiers. Information is available at <http://www.clevelandmetroparks.com/Main/Trails-United.aspx>

The Summit Metro Parks Foundation - The Summit Metro Parks Foundation is a nonprofit endowment that was established in 1991 to further the goals and mission of Summit Metro Parks. The Foundation accepts gifts and grants to support the park district's charitable, educational and scientific initiatives. Information is available at <http://www.summitmetroparks.org/GetInvolved/MetroParksFoundation.aspx>



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Volunteers

The point-to-point aspect of this race is beloved by participants. It also presents many challenges! The amount of volunteer hours needed to support this event easily exceeds the hours spent by participants. With almost twenty aid stations to setup and staff, supplies to deliver to each aid station, trash removal, drop bag service, 100 miles of course marking covered multiple times, traffic control, and various other activities, we want to thank all the people who volunteer their time to make this event special for our entire community. Please join us in recognizing and thanking the following individuals/organizations:

Vertical Runner - Vince Rucci
Medina County Road Runners - Renee Harden
OutRUN - Laurie & Paul Rehbergar
Cleveland Metroparks - Nancy Desmond & Michelle Pesho
Cleveland Clinic
Black Girls Run - Candice Toney
Mike and Jennifer Erhardt
NEOFit - Brenda Runion, Lee Anne Sabol
SARC - Steve Hailer
Ray Bovaird
Sugarstride - Jessica Croisant
Running Dog - Beverly Dillon
Cleveland Tri Club – Julie Sadar
Doug & Suzanne Paroff
Heidi Finiff
South University Physical Therapy Program - Pam Pickel

Special thanks to Michele Wisniewski for singing the National Anthem.



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Schedule

Friday, July 27th

2:00pm-8:00pm	Packet Pickup Drop Bag Collection	The Sheraton Ballroom 1989 Front St, Cuyahoga Falls, OH 44221
3:30, 5:00, 6:30	Rules Meeting	The Sheraton Ballroom Foyer
5:30pm-8:00pm	Optional Pre-Race Dinner	The Sheraton

Saturday, July 28th

2:15am-2:30am	Board Shuttle Buses 100M Solo Participants	Corner of Broad Blvd & 2nd, Cuyahoga Falls, Ohio
3:30am-5:45am	Late Arrival Packet Pickup	Start Line Squire's Castle North Chagrin Reservation Willoughby, Hills Ohio
4:00am	100M SOLO RACE START	Squire's Castles
6:16am	Sunrise	NE Ohio
8:47pm	Sunset	NE Ohio

Sunday, July 29th

6:19am	Sunrise	NE Ohio
8:00am	Awards Ceremony	HiHo Brewing Company 1707 Front St. Cuyahoga Falls, Ohio
10:00am	RACE CLOSE	HiHo Brewing Company 1707 Front St. Cuyahoga Falls, Ohio
10:30am	Drop Bag Pickup Deadline	HiHo Brewing Company 1707 Front St. Cuyahoga Falls, Ohio



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Course Description

The Burning River Endurance Run point-to-point course travels through the Cleveland Metroparks, Cuyahoga Valley National Park and Summit Metro Parks. The race begins in the North Chagrin Reservation of the Cleveland Metroparks at Squire's Castle in Willoughby Hills. Utilizing park and city roads, multi-purpose paths, and trails, the course connects to the South Chagrin Reservation, and then enters the Bedford Reservation of the Cleveland Metroparks. This leads runners into the Ohio Canal Corridor Towpath Trail in Valley View. Enjoy the scenic Towpath Trail and keep an eye out for the Bald Eagles as you head south to Station Road Bridge in Brecksville. Get ready now to go up up and away as the trails get hillier and more technical. This part of the course allows runners to embrace the true beauty of the Buckeye Trail, the trail systems within Brecksville Reservation of the Cleveland Metroparks and the Cuyahoga Valley National Park. Just when you think it cannot get any better, runners enter the final one-third of the course, which includes trails in southern areas of the region. Virginia Kendall Park, Covered Bridge, O'Neil Woods, and Cascade Valley will take your breath away since your legs might already be gone. The 100M solo, 50M Back Half, and relay races finish at HiHo Brewing Company, 1707 Front Street in downtown Cuyahoga Falls. The 50M race finishes at Boston Mills Ski Resort lot on the corner of Riverview and Boston Mills Road in Peninsula.

Course Markings

- ✓ “Wrong Way” signs MAY be posted at **key areas** on trail portions of the course. In general, we do not mark trails that you are not to enter. If the trail is not marked, don't take it.
- ✓ This is a 100-mile POINT-TO-POINT race through numerous PUBLIC parks, towns, villages, and urban areas. It is IMPOSSIBLE to prevent vandalism of the markings. We make every attempt to inspect the course ahead of the lead runners but cannot guarantee the markings will not be vandalized sometime during the entire race duration. PLEASE inform the closest Aid Station Captain if you observe an area which appears to have been vandalized so we can address the issue for other runners. Please attempt to be specific so we can respond more effectively. Using Racejoy will prevent you from going off course in the case of vandalized markings.

Marking Materials

- ✓ The primary course marking element will be a bright yellow flag with red letters “BR100.” Flags in parts of the course where we anticipate runners to be using headlights will have red or white reflective tape. These will be placed at a maximum of 1/10th of a mile apart. More frequent spacing may occur for more difficult portions of the course.
- ✓ Turns (only) will be marked with flags and a supplemental White PVC Stake with a directional arrow attached via zip-tie. The top of the stake has red or white reflective tape. Below the arrow will have bright pink non-reflective tape. The arrow will indicate a right OR left turn. No “Straight Ahead” arrows will be placed.



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Marking Materials Cont.

- ✓ Paved areas of the course will be marked with a combination of WHITE (Duct Tape) Arrows. The arrow will indicate direction of travel and will typically be placed on the left side of the road/trail where the runner shares the pavement with vehicles. Paved areas where no vehicular traffic is anticipated will be marked in the most conspicuous/convenient manner. Arrows will be placed to highlight the runners intended direction of travel. Flags will also be typically placed along the edge of paved areas. Flags will be on the left where you share the route with vehicles. Flags will typically be on the right where you will not share the route with cars. In select locations where flags cannot be placed on the right (sidewalk adjacent to curb & street), they will be on the left side of the sidewalk. **RUN ON LEFT, FACING TRAFFIC ON ACTIVE STREETS.**
- ✓ Street crossings: These will be marked with WHITE duct tape arrows on the pavement indicating the direction of the runner. Additional flags will be placed within 20-50 feet of the crossing on the far side of the crossing.
- ✓ RaceJoy has the capability to help you navigate the course. See details under Live Results/Participant Tracking. We strongly encourage you to use it.



Ground Marking



Ground Marking



Stake Marking



Posted Sign



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Timing

- ✓ The 2018 course will be chip timed at 8 locations/aid stations. Participants should pass within 3 feet of the timing antennas located just prior to the aid station. See image below.



- ✓ Timing points will be located at following locations (not all aid stations are timing points):
 - Polo Fields
 - Egbert
 - Oak Grove
 - Boston Mills
 - Ledges
 - Pine Hollow
 - Botzum
 - Front Street (100M Finish)
- ✓ Participants do not need to announce bib numbers or check in at each aid station.
- ✓ Participants should report their intention to DROP to the aid station.
- ✓ Participants should wear bibs pinned to the front of their person and on the outermost layer of clothing.

Results/Participant Tracking

- ✓ **Overall Participant Results** - all race day information including results will be available on our website westernreserveracing.com
- ✓ **Live On-Course Participant Tracking - RaceJoy** This service received rave reviews last year and we are looking forward to the advantages it offers. **This service is included with your race registration.** The participant keeps the app running during the race. The app displays the course and gives the participant the ability to know if they are on/off course. It also will notify when the participant enters into an aid station. Spectators can see where the participant is currently located and send messages. As this requires a smartphone, participants will need to make plans to have battery life throughout the event. Portable chargers work well and the Anker brand has worked well for participants in other events. This app does not report participant's times – it is to be used as a tracking device. We see many benefits for the participants, crew, and others that want real-time information on the location of a participant relevant to the course. Sign up now!



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Race Day Communications

- ✓ Please direct race day questions and report drops to br@westernreserveracing.com. This email will be monitored Thursday, July 19th through Tuesday, July 31st.
- ✓ A dispatcher will be available at all times during the race to answer questions or contact race directors as needed. The race day phone number is (330) 676-2155. This line will only be in use Thursday, July 26th through Monday, July 30th.
- ✓ We will do our best to update you on race day via
 - [Facebook](https://www.facebook.com/westernreserveracing/) - facebook.com/westernreserveracing/
 - [Twitter](https://twitter.com/WReserveRacing) - @WReserveRacing
 - [Instagram](https://www.instagram.com/western_reserve_racing) - western_reserve_racing

For those of you on Instagram, use #BR100 as your hashtag and your photos post live on our website - <https://www.westernreserveracing.com/br100/> This page is live NOW!

Aid Stations

There are aid stations approximately every 4 to 7 miles. (See Aid Station descriptions in the appendix of this packet.)

- ✓ Water will be available for sale at every aid station.*
- ✓ CLIF Shot is the official energy gel of Burning River.
- ✓ Tailwind Endurance Fuel (Orange) is the official calorie, hydration, and electrolyte drink of Burning River.
- ✓ Saltstick caps are the official electrolyte capsule of Burning River.
- ✓ First Aid supplies will be very limited such as band-aids, bug spray, and sunscreen. We cannot provide any form of medications. Marijuana is illegal in the state of Ohio even in brownie form.
- ✓ Runners cannot accept aid from anyone (crew, family, friend, Santa, moving vehicle, bicycle) beyond 100' of a Crew Access Aid Station.
- ✓ Please plan to put any special food requirements into drop bags. We will do our best to provide a variety of foods but cannot guarantee vegan, vegetarian, or gluten free foods at every aid station.
- ✓ An aid station survey will be sent after the completion of the race. You can vote for your favorite station-the top 3 favs will win prizes!
- ✓ There will not be cups provided at unmanned water stations. These should be used to refill handheld water bottles.

*Just kidding. All-you-can-drink water is included with your registration.



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Standard Aid Station Food

Standards are typical “ultra” food and are available at all manned aid stations.

- ✓ Standards include and are not limited to: pretzels, chips, Clif Gels, SaltStick, Tailwind, water, and candy.
- ✓ Aid station food is subject to change according to weather conditions. Ex-Hot soup at night, popsicles on a hot day.
- ✓ Ice is available at all manned aid stations.

Leftover food items are donated [to Campus Kitchen at Kent State University](#), a student-run kitchen that utilizes food from dining services, local farmers, and grocers for hunger relief.

Aid Station Food Availability

	Aid Station Name	Standards	Soda (Coke, Ginger Ale)	Coffee	Hot Chocolate	Vegan Ramen	PBJ or Nutella	Watermelon	Bananas	Cookies	Trail Mix	Potatoes	Pizza	Grilled Cheese	Grapes	Gluten Free Bread	Oranges	Cereal Bars Reg & Gluten Free	Pickles	Exceptions
A	START -	*																		*Water Only
B	Old Mill / Chagrin River Rd	*																		*Water & Tailwind Only
C	Polo Fields	✓	✓				✓	✓	✓	✓					✓	✓	✓			
D	Harper Ridge	✓	✓				✓	✓	✓		✓				✓	✓	✓			
E	Shadow Lake	✓	✓				✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	
F	Egbert	✓	✓				✓	✓	✓		✓				✓	✓	✓	✓	✓	
G	Alexander Road	✓	✓				✓	✓	✓			✓			✓	✓	✓	✓	✓	
G2	Frazeo	*																		*Water Only Unmanned
H	Meadows	✓	✓				✓	✓	✓		✓	✓			✓	✓	✓	✓	✓	
I	Oak Grove	*																		*Water & Tailwind Only
J	Snowville	✓	✓				✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	
K	Boston Mills/ 50M Finish	✓	✓	✓	✓	✓	✓	✓	✓							✓				
L	Brandywine Falls	✓	✓				✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	
M	Pine Lane	✓	✓	✓	✓		✓	✓	✓	✓	✓				✓	✓		✓	✓	
M2	Boston Mills H&B	*																		*Water Only Unmanned
N	Ledges	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	
O	Pine Hollow I	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	



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P	Pine Hollow II	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Q	Covered Bridge I	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓		✓	✓		
R	Covered Bridge II	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓		✓	✓		
S	Botzum Parking	✓	✓	✓	✓	✓	✓		✓	✓			✓		✓	✓	✓	✓	✓	✓	
T	Memorial Parkway	✓	✓	✓	✓	✓	✓			✓				✓		✓	✓	✓	✓	✓	
U	Front Street/ 100M/ Back 50 Finish	✓	✓					✓													Breakfast burritos and soup



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Participant Rules & Responsibilities

- ✓ Participants cannot accept any aid from anyone (crew, family, friend, Santa Claus, moving vehicle, bicycle) beyond 100 feet of a **Crew Access Aid Station**.
- ✓ Runners receiving aid from crews outside the designated crew access points are subject to disqualification.
- ✓ **Crews must abide by the instructions of the aid station personnel.** Runners are responsible for their crew.
- ✓ Absolutely no littering! You may not stash supplies along the course. Violators will be subject to disqualification.
- ✓ Wear your Race Bib in front (Relay runners will also have a back bib) where it is visible.
- ✓ Know which direction to enter and exit the Aid Station.
- ✓ Properly tag your drop bags.
- ✓ Review the maps of the course and be familiar with race trail markings.
- ✓ Adhere to posted signs and rules of the race and park districts.
- ✓ If you find yourself off-course, take time to assess your situation. Re-trace your steps until you come to a race/trail marking.
- ✓ Do NOT drop out of the race without notifying an aid station or Finish Line. BR100 dispatch phone number- (330) 676-2155 can also be used to report drops.
- ✓ Participants choosing to drop from the race are responsible for arranging their own transportation. Volunteers may or may not be willing to transport runners. As an example, Uber may be a viable option for participants without crew. We understand this is not ideal; however that is one of the challenges for participants who choose not to have a crew on a point-to-point race course!
- ✓ 100M participants who wish to drop to the 50M distance mid-race are not eligible for 50M awards, but will be given the option of being posted in the official results and receive a 50M medal. This drop can be reported at Boston Mills. **Please allow 2-3 days for these results to be posted.**
- ✓ The following 3 Burning River officials have the sole authority to disqualify a runner and make decisions regarding the official rules: Jim Christ, Joe Jurczyk, and Vince Rucci. Disqualification may be done in person or via telephone. If you feel a decision has been made in error, you have the right to request a review of the decision by another race official. Notify an aid station volunteer or call the dispatch phone at (330) 676-2155 to request a review.
- ✓ In case of inclement weather (thunderstorm, tornado) your safety is your own responsibility. Aid stations may be shut down temporarily until the storm passes.
- ✓ Use common sense! Know your limits, take care of yourself and enjoy your run!
- ✓ Runners can use cell phones on the course, but in some areas there may be limited coverage.
- ✓ **The close times are firm. Participants entering an aid station after the close time will not be required to turn in their bib. They are required to report to the aid station whether they plan on dropping. Course markings, aid stations, race support, and other associated activities will not be available if the participant chooses to continue. We strongly encourage participants to drop if they cannot make the close time at each aid station. Participants who complete the course after the close time are not eligible to have their times posted.**



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Pacers & Crew Rules & Responsibilities

- ✓ Pacers are allowed for 100M solo participants beginning at Boston Mills Aid Station, mile 50.
- ✓ 100M Pacers are welcome to register for the Back Half 50M distance and start when their runner enters the Boston Mills Aid Station by notifying timing of their start time. Back Half 50M runners who start before or after the official Back Half start time are not eligible for awards.
- ✓ No pacing by bicycles, tricycles, motorized vehicles, rickshaws, or other wheeled vehicle is allowed.
- ✓ We will not be able to provide transportation for pacers.
- ✓ Pacers cannot carry supplies/water bottles for the runner – no muling.
- ✓ Pacers are allowed anytime throughout the course for 100M solo runners 60 years or older.
- ✓ Only one pacer at a time. A runner may have several pacers, but only one pacer at a time.
- ✓ All pacers will register, sign a waiver, and pick up a PACER BIB at the Aid Station before he/she joins the runner.
- ✓ Pacers may pre-register at <https://www.westernreserveracing.com/race-registration/burning-river-registration/>
- ✓ **Pacers must be at least 15 years old.**
- ✓ The only case when multiple pacers are acceptable is at Mile 99 (Front St.). Families and friends are welcome to join runners during mile 99 to the finish. If doing so, please follow the rules of the road.
- ✓ Pacer bibs are not required for family and friends joining their runner for the final mile (but it would make a cute photo if you pinned one to your two year old).
- ✓ See course overview for pacer pickup locations.



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Rules for Participants, Pacers, and Spectators

BR100 utilizes trails in the CVNP, Cleveland Metroparks, and Summit Metro Parks. Please be courteous and observe all park rules. Some of these rules include:

- ✓ ***NO ACCESS Aid Stations – only the participant is permitted in these areas. Crew, family, and spectators supporting participants at these locations are not allowed. Race Directors reserve the right to disqualify participants if their crew is violating this rule.***
- ✓ Do not exceed park speed limits.
- ✓ No campfires.
- ✓ No camping overnight at aid stations.
- ✓ Vehicle parking only at designated areas.
- ✓ No nailing or stapling on any forest property.
- ✓ Put garbage in OUR bags. Do not use park barrels.
- ✓ DO NOT LITTER – may result in disqualification.
- ✓ Dogs must be on leashes.
- ✓ When on a horse trail, runners are very strongly advised that it is good practice to announce yourself when approaching a horse/rider, wait until the rider acknowledges your presence and gives you an all-clear. Horses spook if surprised or they feel threatened (or if they smell something that reminds them of death). Be safe and do not crowd or startle the horse. Walk past the horse. DO NOT RUN, as this may spook the horse and could injure the rider, the horse, or most likely YOU. Runners identified as failing to practice this courtesy to horses/riders may be penalized, beaten, or disqualified.
- ✓ Children and leashed pets are welcome at Burning River; aid station volunteers are not responsible for them.
- ✓ To insure there is sufficient food and beverages for runners, the crew, including children and pets, are asked NOT to eat/drink from the Aid Station supplies. This includes water.
- ✓ Please clean up after your pets, including on the trail or towpath.
- ✓ Please be responsible for your family and friends.
- ✓ Spectators and crew are asked to carry out any trash that they bring onto the course. Aid station and park trash cans should not be used by spectators and crew.
- ✓ [2018 Spectator Guide – Available now!](#)



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Drop Bags

- ✓ Drop bag service is available for 100M solo runners.
- ✓ All 100M Drop Bags must be brought to the Packet Pickup on FRIDAY no later than 8PM with the exception of Finish Line Drop Bags. All Finish Line Drop Bags should be brought to the Start Line.
- ✓ Drop bags will be organized at aid stations according to race bib numbers.
- ✓ For faster and easier drop bag access at aid stations, mark each drop bag clearly with your Bib Number, Last Name and Aid Station Letter. Example: #201 Simpson H (Bart Simpson with bib #201 at H-Meadows).
- ✓ Maximum drop bag size is 16"x20." NO hard cases. **We will NOT accept drop bags in hard cases or larger than this size.**
- ✓ Waterproof your drop bag ID tags. We suggest using duct tape and permanent marker.
- ✓ 100M solo runners choosing to start with a flashlight or headlamp, a drop will be available at Polo Fields Aid Station. **Headlamps will then be available for pick up at your respective finish line. If you will need a headlamp later in the race, pack an additional light in your drop bag.** Please mark your headlamp with Bib number and last name. Headlamps are not provided.
- ✓ A bag can be left at the start for transport to the finish. Please use drop bag labeling instructions above.
- ✓ 100M drop bags will be brought to the Cuyahoga Falls finish line on SUNDAY morning.
- ✓ Items left at the Finish Lines will NOT be mailed and will be either donated, recycled, or tossed. 100M drop bags must be picked up by 10:30am on Sunday. Please check that you have everything or make arrangements for others to pick up your items.
- ✓ Don't use black plastic garbage bags-they can be mistaken for trash and disposed of accidentally.
- ✓ Don't use plastic grocery bags-they tear easy and may rip during transport.
- ✓ Don't pack any glass containers.
- ✓ Use large ziplock bags or string packs.
- ✓ Pack any special diet needs/medications that are not available at aid stations
- ✓ See course overview for drop bag locations.



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Medical

- ✓ IN CASE OF EMERGENCY CALL 9-1-1 and be prepared to communicate your position.
- ✓ The entire course is located within several minutes of public services, including EMS.
- ✓ Each entrant is responsible for knowing his or her own physical limitations. We encourage each entrant to get a complete physical before participating in this race.
- ✓ If in the opinion of the race director or aid station captains, your physical or mental condition deteriorates to the point of endangering your safety, you will be withdrawn from the race and an ambulance may be called.
- ✓ Any medical expenses incurred are the responsibility of the individual.
- ✓ Please complete the emergency medical information on the back of your bib prior to starting the race.
- ✓ ***We strongly recommend participants and pacers print and carry the following chart containing emergency aid station information. While 911 is always an option, both the CVNP and Cleveland Metroparks recommend calling their emergency numbers first. Their rangers are extremely familiar with the trails and can dispatch responders and emergency vehicles to the precise location of the emergency. All aid stations are also equipped with this information. A [printable pdf](#) is available on the Western Reserve Racing website.***

**2018 BURNING RIVER
EMERGENCY/NON-EMERGENCY CONTACT LISTING BY AID STATION (CALL 911 FOR EMERGENCIES)**

Aid Station	Address	GPS	Police Dept Non-Emergency	Nearest Hospital	Park System
Old Mill/Chagrin River Road	7625 Old Mill Rd, Gates Mills, 44040	41.58142621, -81.41823613	Gates Mills (440) 423-4456	Hillcrest Hospital 6780 Mayfield Rd, Mayfield Heights, (440)312-4500	N/A
Polo Fields	3601 Chagrin River Rd, Moreland Hills, 44022	41.45685269, -81.40419	Moreland Hills (440)333-4911		
Harper Ridge Picnic Area	Hawthorne Pkwy, B/w SOM & Harper, S Chagrin Reservation, Solon	41.41341, -81.45981	Solon (440)248-1234	UH Solon Health Center 34055 Solon Rd, Solon 44139 (866)844-2273	Cleveland MP Emergency (440)333-4911 Other (440) 331-5530
Shadow Lake	Hawthorn Pkwy in S Chagrin Reservation, b/ Solon & Richmond Rd	41.38238, -81.48083			
Egbert	Gorge Pkwy, Bedford Reservation, off Egbert Road in Walton Hills, 44146	41.38507, -81.53991	Walton Hills (440) 232-1313	UH Bedford Medical Center 44 Blaine Ave Bedford, 44146 (440) 333-5530	
Alexander Road	15449 Alexander Rd, Walton Hills 44146	41.35739, -81.56834			
Meadows	Meadows Dr in Brecksville Reservation b/w Chippewa Creek Dr & Valley Pkwy	41.31525, -81.617708	Brecksville (440) 526-8900	Sagamore Hills Medical Center, 863 W Aurora Rd Sagamore Hills, 44056 (330)468-0190	
Oak Grove	1.5 miles east of Brecksville Rd. in Brecksville, OH 44141	41.307868, - 81.602709			
Snowville	15347 Snowville Rd, Brecksville 44141	41.28468, -81.5759			



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2018 BURNING RIVER EMERGENCY/NON-EMERGENCY CONTACT LISTING BY AID STATION (CALL 911 FOR EMERGENCIES)

Aid Station	Address	GPS	Police Dept Non-Emergency	Nearest Hospital	Park System
Boston Mills/50M Finish	7100 Riverview Rd, Peninsula 44264	41.28468, -81.5759	Peninsula (330) 657-2995	Sagamore Hills Medical Center, 863 W Aurora Rd Sagamore Hills, 44056 (330)468-0190	CVNP Emergency Line (440) 546-5945
Brandywine	1146 W. Highland Rd, Sagamore Hills 44607	41.276819, -81.540297	Sagamore Hills (330) 468-0190		
Pine Lane	1281 Pine Lane, Peninsula 44264	41.23963, -81.53785	Peninsula (330) 657-2995	Akron General Medical Center, 1 Akron General Avenue, Akron OH 44307 (330)344-6000	
Ledges	701 Truxell Rd, Peninsual 44264	41.22342, -81.511			
Pine Hollow	5465 Quick Rd, Peninsula 44262	41.2141, -81.53125			
Covered Bridge	2370 Everett Road, Peninsula 44264	41.20441, -81.58266	Akron (330)375-2390		
Botzum Parking	2928 Riverview Rd, Akron, OH 44607	41.14929, -81.57438			
Memorial Parkway	499 Memorial Pkwy, Akron, OH 44303	41.10488, -81.52768			
Front Street/100M Finish	HiHo Brewing Co. 1707 Front Street, Cuyahoga Falls, OH 44221	41.128244, -81.52768	Cuyahoga Falls (330) 971-8135	Western Reserve Hospital 1900 23rd Street Cuyahoga Falls, OH 44225 (330) 971- 7436	N/A

WESTERN RESERVE RACING
(CALL 911 IN AN EMERGENCY)

br@westernreserveracing.com
Dispatch Phone # (330) 676-2155

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Parking & Transportation

Transportation to Start Line –

- ✓ Shuttle buses will take 100M solo runners to start line from the intersection of 2nd Street and Broad Blvd. (in front of Pilgrim Church, 130 Broad Blvd.) in Cuyahoga Falls at 2:15am Saturday morning.
- ✓ Shuttle buses are an optional add on during race registration. A shuttle bus info email will be sent on July 10th including instructions on how to register if you did not do so during registration.

Parking at Start Line - Parking at Squire's Castle is limited only for the race start. Any vehicles remaining at Squire's Castle after 9:00am will be towed at the owner's expense per Cleveland Metroparks.

Parking at Finish Line - Free weekend finish line parking is available at the public parking garages on Olde Town Loop near Broad Blvd and 2nd Street. Please place a Burning River sticker on your dashboard when parking in one of these garages. Stickers will be provided at packet pickup.

Lodging - Burning River is happy to return to The Sheraton for lodging in 2018!

The Sheraton in Cuyahoga Falls-Sheraton Suites Akron Cuyahoga Falls is located only steps from the BR 100M finish line and will host the 2018 packet pick up and optional prerace dinner. The Sheraton is the area's most established full-service hotel, offering all-suite rooms, intimate dining options and superb comfort and hospitality. This hotel stands out in that the rooms aren't just rooms, they are full suites. These suites include separate sleeping and living quarters, wet bar and kitchen with refrigerator. For Burning River participants this means suites with 2 double beds, a pull out couch and no additional guest fees for \$149/night* - perfect for sharing with pacers and crew! Your reservation is fully refundable until 24 hours before your stay.

*Booking by phone or using the regular Sheraton booking site will not give you our negotiated rate and you will be charged a per person fee. Please review details and book by clicking [here](#).



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Packet Pickup

- ✓ Packet Pickup will be held on Friday, July 27th, from 2:00 p.m. until 8:00p.m. at The Sheraton located at 1989 Front St, Cuyahoga Falls, OH 44221.
- ✓ An optional pre-race dinner at the Sheraton from 5:30 p.m. until 8:00 p.m. This dinner includes a pasta buffet. It is available for pre-order during registration and through the gear store on our website.
- ✓ An extremely limited quantity of BR Gear will be available for sale at packet pick up and the finish line. For the best selection, please [preorder now](http://westernreserveracing.com) at westernreserveracing.com
- ✓ Bibs will be available at both start lines for participants who cannot make it to packet pick up. Swag for these participants will then be available at the finish line in Cuyahoga Falls beginning at 7:00 pm on Saturday.
- ✓ Pre-race rules meetings will be held at 3:30, 5:00, and 6:30 in the Ballroom Foyer of the Sheraton. These recommended meetings are brief and will conclude with a question/answer period.

Post-Race

- ✓ Showers for 100 mile solo participants will be available at the Cuyahoga Falls Natatorium on Sunday, July 29th, between 9:00am-1:00pm. You will need ID to access. Bring your own towels - Nat does not supply towels. The facility is located within ¼ mile of the finish line.
- ✓ [Kent State College of Podiatric Medicine](http://kentstate.edu) will be at the finish line to take care of your feet.
- ✓ An awards ceremony will be held at the 100M Finish Line at 8:00 a.m. on Sunday. Stick around (or come back) for awards and cheer on the final 2 hours of finishers!
- ✓ [HiHo Brewing Company](http://hiho.com) will remain open Saturday evening and serve beer until 2:00a.m. Their kitchen will close at 9:00p.m. however, Eddie's Cheesesteak truck will be onsite from 5:00p.m. until 1:00a.m. HiHo will reopen at 6:00a.m. Sunday morning.



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Appendix A – Course Overview

Segment Distances & Drop Bag/Crew Access/Pacer Locations

	Aid Station Name	Strava Map Links	Dist. from Prev	Total Elapsed Dist.	Terrain to Next Aid Station	Pacer, Crew, & Drop Bag Locations	GPS Coordinates
A	START - Squires Castle	https://www.strava.com/segments/12085617	0		Road	CREW ACCESS	41.581398, -81.418726
B	Old Mill / Chagrin River Rd	https://www.strava.com/segments/12085650	6.8	6.8	Road	NO ACCESS	41.518867, -81.404239
C	Polo Fields	https://www.strava.com/segments/17344675	4.9	11.7	Bridle Trail	CREW ACCESS/ FLASHLIGHT DROP	41.45689, -81.407143
D	Harper Ridge Picnic Area	https://www.strava.com/segments/17344768	5.7	17.4	75% Bridle Trail, 25% Road	NO ACCESS	41.413513, -81.459916
E	Shadow Lake	https://www.strava.com/segments/17587774	3.3	20.7	25% Bridle Trail, 55% Single Track, 20% Road	DROP BAG/CREW ACCESS	41.382602, -81.480678
F	Egbert	https://www.strava.com/segments/17587841	4.8	25.5	75% Bridle Trail, 20% Single Track, 5% Road	NO ACCESS	41.385084, -81.539813
G	Alexander Road	https://www.strava.com/segments/17602494	4.4	29.9	10% Bridle Trail, 40% Single Track, 40% Crushed Limestone, 10% Road	NO ACCESS	41.3581609, -81.5682786
	Frazee	N/A	2	31.9	Part of segment G-H – see description above	NO ACCESS	41.352278, -81.593064
H	Meadows	https://www.strava.com/segments/17602555	5.5	37.4	75% Bridle Trail, 25% Single Track	DROP BAG/CREW ACCESS	41.31525, -81.617708
I	Oak Grove	https://www.strava.com/segments/17587579	2.1	39.5	Single Track	NO ACCESS	41.307868, -81.602709
J	Snowville	https://www.strava.com/segments/17587593	5.6	45.1	Single Track	NO ACCESS	41.285102, -81.575903
K	Boston Mills	https://www.strava.com/segments/17587479	5	50.1	50% Crushed Limestone, 25% Road, 15% Single track (rocky), 10% boardwalk	DROP BAG/ CREW ACCESS/ PACERS	41.2626392, -81.5605951
L	Brandywine	https://www.strava.com/segments/17587511	3.5	53.6	80% Single Track, 10% Crushed Limestone, 10% Road	NO ACCESS	41.276819, -81.540297
M	Pine Lane	https://www.strava.com/segments/17587532	5.6	59.2	10% Bridle Trail, 35% Single Track, 55% Road	NO ACCESS	41.239444, -81.537809
	BM H&B Trailhead	N/A	2.4	61.6	Part of Segment M to N– see description above	NO ACCESS	41.254926, -81.518300



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N	Ledges	https://www.strava.com/segments/12279846	4.4	66	10% Crushed Limestone, 65% Single Track, 25% Grassy Trail	CREW ACCESS/PACERS	41.223964, -81.510577
O	Pine Hollow I	https://www.strava.com/segments/12279867	5.8	71.8	85% Single Track, 15% Road	PACERS/DROP BAG/CREW ACCESS	41.2141, -81.53125
P	Pine Hollow II	https://www.strava.com/segments/12503502	3.8	75.6	10% Grassy Trail, 80% Bridle Trail, 10% Road	PACERS/DROP BAG/CREW ACCESS	41.2141, -81.53125
Q	Covered Bridge I	https://www.strava.com/segments/12503506	6.5	82.1	Single Track	NO ACCESS	41.20441, -81.58266
R	Covered Bridge II	https://www.strava.com/segments/12503524	4.6	86.7	45% Road, 45% Single Track, 10% Crushed Limestone	NO ACCESS	41.20441, -81.58266
S	Botzum Parking	https://www.strava.com/segments/12503487	5	91.7	85% Crushed Limestone, 10% Concrete Sidewalk, 5% Wood Boardwalk	PACERS/DROP BAG/CREW ACCESS	41.15929, -81.57438
T	Memorial Parkway	https://www.strava.com/segments/15264727	5.4	97.1	40% Road, 50% Single Track, and 10% Compacted Gravel	PACERS/CREW ACCESS	41.10488, -81.52768
U	Finish	N/A	4.2	101.3		EVERYONE! DROP BAG	41.128244, -81.485178



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Composite Trail Maps

Please note that these are composite maps and in order to upload the sections as one file, multiple runs have been compiled into one map/activity. You may notice that there is additional distance in the composite maps as the runs were completed without stopping the Garmin devices used to measure the course during familiarization runs. During these runs we pause and recollect the group similar to what happens race day as you are fueling at aid stations. The moral to this story is, be careful how much time you spend at aid stations and even a dozen steps per station can add up quickly to become serious distance on race day! These maps can be used to get a general feel for the entire course and its elevation. For accurate detailed maps, please see the individual section maps above.

100 Mile Composite Map: **Part One:** <https://www.strava.com/segments/17715917>

Part Two: <https://www.strava.com/segments/17714681>

Terrain Descriptions

Road – Paved surface, open to traffic.

Bridle Trail – Wide dirt trail, constructed to withstand horse traffic and usually more durable than a typical hiking trail. Runners MUST yield to horses until riders acknowledge runner and indicates it is alright to pass. Do not run – walk – past the horse and do not attempt to pet. They won't like the smell of you, especially later in the day!!!

Single Track – Hiking trail, typically dirt but may also consist of other erosion prevention materials.

Crushed Limestone – Towpath, flat, firm surface similar to the unpaved shoulder of a rural road.

Terrain Percentages

Terrain percentages are not exact. These have been estimated to give an overall feel for each segment.



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2018 Burning River Aid Station Setup/Open/Close & Race Cut-Off times							
Aid Station	Dist. to Next Station	Elapsed	ARRIVE/ SET-UP	Aid Station OPEN	Aid Station CLOSE	100 mile cutoff times	
START - Squires Castle	6.8		3:00 AM	3:30 AM	6:00 AM	4:00 AM	
Old Mill / Chagrin River Rd	4.9	6.8	4:05 AM	4:35 AM	7:50 AM	6:00 AM	
Polo Fields	5.7	11.7	4:45 AM	5:15 AM	9:12 AM	7:26 AM	
Harper Ridge Picnic Area	3.3	17.4	5:25 AM	5:55 AM	11:00 AM	9:07 AM	
Shadow Lake	4.8	20.7	5:55 AM	6:25 AM	11:53 AM	10:06 AM	
Egbert	4.4	25.5	6:35 AM	7:05 AM	1:00 PM	11:30 AM	
Alexander Road	2	29.9	7:10 AM	7:40 AM	2:13 PM	12:48 PM	
Frazee	5.5	31.9	7:25 AM	7:55 AM	2:46 PM	1:24 PM	
Meadows	2.1	37.4	8:10 AM	8:40 AM	4:17 PM	3:01 PM	
Oak Grove	5.6	39.5	8:30 AM	9:00 AM	4:51 PM	3:38 PM	
Snowville	5	45.1	9:25 AM	9:55 AM	6:31 PM	5:17 PM	
Boston Mills	3.5	50.1	10:15 AM	10:45 AM	8:01 PM	6:45 PM	
Brandywine	5.6	53.6	10:50 AM	11:20 AM	8:44 PM	7:47 PM	
Pine Lane	2.4	59.2	11:40 AM	12:10 PM	10:16 PM	9:26 PM	
BM H&B Trailhead	4.4	61.6	12:05 PM	12:35 PM	10:56 PM	10:09 PM	
Ledges	5.8	66	1:00 PM	1:30 PM	12:33 AM	11:53 PM	
Pine Hollow I	3.8	71.8	1:45 PM	2:15 PM	1:53 AM	1:18 AM	
Pine Hollow II	6.5	75.6	2:20 PM	2:50 PM	2:55 AM	2:25 AM	
Covered Bridge I	4.6	82.1	3:20 PM	3:55 PM	4:43 AM	4:20 AM	
Covered Bridge II	5	86.7	4:05 PM	4:40 PM	5:59 AM	5:41 AM	
Botzum Parking	5.4	91.7	4:45 PM	5:25 PM	7:21 AM	7:10 AM	
Memorial Parkway	4.2	97.1	5:30 PM	6:10 PM	8:50 AM	8:45 AM	
Finish		101.3	6:15 PM	6:40 PM	10:00 AM	10:00 AM	



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Segment Descriptions

Segment A - Squire's Castle to Old Mill Rd

Start in the field at Squire's Castle and make a right turn out to River Rd. Stay on River Rd. through the intersection of Ox Bow Lane and Rogers Road. Turn right onto the second occurrence of Oxbow Rd. Continue (stay left) on Ox Lane to the top of the hill. Veer to the left onto Cleveland Metro Park Drive, cross the road and merge onto the Multi-Purpose Path. Follow the paved path all the way down the hill on the Multi-Purpose Path to Wilson Mills Rd. Left onto Wilson Mills Rd. followed by an immediate right onto Chagrin River Rd. Continue south on Chagrin River Road. Cross Rt. 322 and continue south on Chagrin River Road to Gates Mills. The aid station will be on the right side of the road just south of the post office.

Distance 6.8 miles.

ATTN: BE SURE TO RUN SINGLE FILE AS THE COURSE IS OPEN TO TRAFFIC!!!

Segment B - Old Mill to Polo Fields

Turn right as you leave the Aid Station and cross the pedestrian bridge. Turn left onto the street (Old Mill Road). In approximately 200m, turn right (south) onto Chagrin River Road. Continue south on Chagrin River Road for approximately 4.3 miles. Turn left on South Woodland Road and right into the Polo Fields entrance drive. Follow the driveway straight ahead through the parking lot. Veer right to the Aid Station located in the Pavilion.

Distance 4.9 miles.

ATTN: BE SURE TO RUN SINGLE FILE AS THE COURSE IS OPEN TO TRAFFIC!!!

Segment C - Polo Fields to Harper Ridge Picnic Area

Leave the aid station at the southeast corner of the pavilion and head east along the dirt perimeter road keeping the tree line on your left. Follow the dirt road to the south side of the polo fields and turn left onto the bridle trail at the trailhead kiosk. In approximately 100 feet turn right onto the bridle trail and follow this wide horse trail to Miles Road. Remain on this trail and do not turn off on side trails. The course will go under the bridge at Chagrin Blvd (stay on the trail as it veers to the left just before Chagrin Blvd.). Continue on this trail as it winds through the woods and meadows finally emerging beside the south end of Chagrin River Road at Miles. As you climb a slight grade parallel to Chagrin River Road, veer to the left and follow the trail down the hill and under the Miles Road bridge. Cross the stream at the far side of the bridge. As you emerge from the stream take the trail to the right and continue to follow this horse trail up a slight grade, cross a paved driveway for a picnic area and continue until the trail dead ends into another horse trail. Turn RIGHT and follow the trail as it goes down a slope and bends to the left. In approximately a quarter mile, take the first trail to the right and cross Hawthorn Parkway and cross the paved multipurpose trail. Continue straight on the horse trail and veer to the right as it comes into a clearing and follow this horse trail up a long (approximately 3/4 mile) up to SOM Center Road (Rt. 91). Carefully cross Rt. 91, watching for traffic and follow the horse trail for approximately another 3/4 mile. Turn left on a secondary horse trail connector and cross Hawthorn Parkway and the paved multipurpose trail. Follow the horse trail for approximately 75 yards and turn right into a grassy area just as you approach a split rail wood fence. Proceed west through the grass to the aid station at the Harper Ridge pavilion (it is just beyond the restroom building).

Distance 5.7 miles.



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Segment Descriptions Cont.

Segment D - Harper Ridge to Shadow Lake

Leave Harper Ridge shelter and turn left on paved multi-purpose trail (stay on paved trail) until it comes to Harper Road. Turn LEFT on Harper Road and run in the bike lane facing traffic down the hill. Carefully cross Harper Road at the stoplight and turn RIGHT (west) onto Cannon Road and proceed under RT 422. Follow Cannon Road across Hawthorn Parkway and turn left onto the horse trail at the west side of Hawthorn Parkway. This portion of the horse trail is also the Buckeye Trail (marked with light blue blazes on trees). Follow horse trail as it crosses the parkway (again), then Aurora Road and finally Solon Road. After crossing Solon Road, proceed through the open grassy valley and veer left at the far end - climb up the slope to follow the horse trail into the woods. In approximately .25 miles, take a sharp right turn and follow this short connector to emerge at the Shadow Lake picnic area. Note this trail is a very sharp right and can be hard to see as you approach it. On race day it will be clearly marked with streamer tape at ground level. Do not cross the tape or you will miss the aid station as you will rejoin the course in a short distance. **Segment Distance 3.3 miles.**

Segment E - Shadow Lake to Egbert Shelter

Leave Shadow Lake aid station heading west toward the lake. Follow the trail to the left and climb the stairs at the far side of the lake. Turn LEFT at the top of this slope. In approximately 200m turn RIGHT and follow the BT down the hill until the trail emerges at Richmond Road. Turn left at Richmond Rd (follow BT blazes). Continue across the railroad tracks and the bridge. At the far side of the bridge, cross the road and turn right onto the multipurpose trail on the north side of Bedford Chagrin Parkway. Follow the multipurpose trail approximately 300m (far end of a wood rail fence) turn right into the woods on the BT (blue blazes). Follow the BT along the river and continue on the BT until it rejoins the multipurpose trail (slight right). Follow the Multipurpose trail under the Rt. 271 bridges and continue on the paved path approximately another 200m and turn right onto the BT as it re-enters the woods. Follow the BT along the river, and across the parkway. Continue on the BT and climb the hill on the south side of the Parkway. Watch closely for the right hand turn near the top of the hill. Turn right on the BT, down the hill and cross the parkway again to the multipurpose trail on the north side of the street. Turn left onto the multipurpose trail and remain on this as it crosses Rt. 14 (Broadway), under Northfield Road cross Union Street. After a long climb and crossing a bridge over railroad tracks, turn right into Bedford Reservation and follow BT to Egbert Shelter aid station. **Distance 4.8 miles.**

Segment F - Egbert Shelter to Alexander Rd

From Egbert Shelter, run across the grass field behind the pavilion towards the Bridle trail where it enters the woods. Continue straight on this bridle trail as the BT rejoins the course. Follow the BT/Bridle Trail through Bedford Reservation. Cross Egbert Road and continue to follow the BT. Cross Dunham Road and continue on the BT until it emerges from the woods and turn RIGHT on the multipurpose trail approximately 400m before the Alexander Rd. aid station.

Distance 4.4 miles.



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Segment Descriptions Cont.

Segment G - Alexander Rd. to Meadows Picnic Area

Leave Alexander Rd. aid station on Hike and Bike (Multipurpose) Trail for 300 meters and turn right down a short, steep single track trail marked with blue blazes. Follow this trail until it emerges on the north side of Sagamore Road. Follow the road west (slight downhill) until it dead ends into Canal Road. Turn RIGHT and run on the RIGHT side of Canal Road to the Frazee House Parking Lot. (There will be a water station in this area – it is NOT a crew access point – nor a full aid station. It will be approximately 1.9 miles into this segment.) Turn Left and cross Canal Road, cross the canal on the wood bridge and immediately turn LEFT and head SOUTH on the towpath for approximately 2.5 miles. You are approaching Station Bridge area when you begin to see a large arched bridge ahead of you. When the towpath splits just before the bridge, stay to the right along the river (on your right - canal on left). After going under the bridge, stay to the right where the towpath comes back together. In approximately 150 feet, turn RIGHT onto the connector trail for Station Road Bridge. Cross the bridge and railroad tracks. Turn left and pass between the station and tracks (you may use the restrooms and refill your water at the bottle fill station). Turn RIGHT onto the paved multipurpose trail just beyond the south end of the station. Follow the paved trail and cross River Road and enter Brecksville Reservation. Continue on the paved multipurpose trail on the north side of Chippewa Creek Drive. Cross the stream on the footbridge. Approximately 200 yards past the bridge, veer right onto the dirt and mulch trail. Follow dirt trail over a cable and wood suspension bridge (slight left at far side of bridge) and stay on the main trail. Continue on trail, over a short wood bridge and straight ahead. As you approach a split in the trail ahead, veer to the left over the wooden boardwalk. Climb the hill and continue to follow this trail keeping the split rail wood fence, drop-off and creek (below) on your right. DO NOT take trails to the left. Follow trail (and fence) until it opens to a grass area and parking lot. Turn left through the grass along the tree line (on your left-hand side) and to the right of the kiosk. Climb the short dirt trail to the paved multi-purpose trail and turn left. Follow paved multi-purpose trail to the first crosswalk sign and cross the road at the painted crosswalk graphics on the road. Enter the trail directly ahead and follow it for approximately 200 feet to the Harriet Keeler Memorial. Turn right at Memorial and another immediate right onto the first trail after leaving the memorial. Within 10-20 feet, turn (sharp) left onto dirt trail and descend the hill/stairs. Follow the trail along a stream, and turn RIGHT at the FIRST trail intersection. Follow this trail straight to the Meadows Picnic Area and turn LEFT onto the paved path. Aid Station will be to the ahead on LEFT in a small pavillion or on the grass near the pavillion. This is the 100-mile and 50-mile Aid Station. This is NOT the end point of the relay!

Segment Distance 2.0 + 5.5 = 7.5 miles

Segment H – Meadows Picnic Area to Oak Grove

Leave the aid station on the paved trail. In approximately 200 yards, the trail turns to the left and into the trees. At the first intersection, turn RIGHT onto a short connector trail (watch the roots). Follow this trail several 100 yards. At intersection with bridle trail, veer to the left. At the next split in the trail, veer to the right and follow this trail along the rim of a valley and descend a gradual slope. DO NOT TAKE SMALL UNMARKED TRAILS TO THE RIGHT. Veer slightly right at the bottom of the hill where this trail dead-ends into a bridle trail. Follow the bridle trail through a water crossing and straight ahead. When the bridle trail splits, follow the trail to the RIGHT along the bottom of the hill (on your right-hand side). Remain on this bridle trail and do NOT turn onto trails (marked or unmarked) that turn off to the right. Cross 2 water



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Segment Descriptions Cont.

crossings and climb a moderately steep hill. At the top of the hill TURN LEFT onto the single track Buckeye Trail. Follow trail approximately .25 miles. Turn right as the Buckeye Trail turns and cross the road and veer LEFT and continue to follow the BT. as it returns to the woods. At the next trail intersection, turn RIGHT onto the side trail (formerly known as Salamander Trail). Follow this trail as it emerges into the Oak Grove Shelter area. Continue across the road - WATCH FOR CARS IN DRIVEWAY! Cross the paved trail and continue into the grass. Turn left and follow the course markings to the Aid Station/ Exchange Point at the stone shelter building. **This is the 8-person relay exchange point, no 100M or 50M Crew are allowed at this aid station.**

Distance 2.1 miles.

Segment I – Oak Grove to Snowville Rd

Leave the aid station through the grass to and follow the paved path for approximately .25 miles. Turn LEFT on the paved multipurpose trail. In approximately 100 yards, turn LEFT onto Bridle Trail 3. Follow the bridle trail, which merges with the Buckeye Trail in approximately one half mile. Continue to follow the joined Buckeye Trail and bridle trail until they split at the road by the stables. DO NOT CROSS THE ROAD. Veer slightly left and follow the single track Buckeye Trail (follow the blue blazes on the trees). The BT will emerge onto a driveway for Me Point Picnic Area. Turn left and follow the driveway (along a split rail wood fence on your left). Follow the driveway until it opens into the parking area. Cross the parking lot and continue to follow the Buckeye Trail. Turn right onto the Buckeye Trail. Follow this trail ALL THE WAY to the bottom of the hill until it comes to a stream. Turn right and cross the stream. Proceed up the bank and onto the trail at the top of the slope. Follow it a short distance and turn RIGHT and proceed to follow the NEW BT as it veers off uphill to the LEFT. DO NOT FOLLOW THE OLD BT ROUTE DOWN THE OLD PAVED ROAD BED THRU THE HIGH WEEDS). (Good news - they've rerouted the Buckeye Trail around the first 2/3 of the Bog of Despair...; Bad News, that leaves 1/3 for your "enjoyment"!). Follow the new BT section of trail until it merges with the existing BT course and continue south as it turns to the RIGHT. Continue to follow the single track trail (BT with the blue blazes on the trees) to Snowville Aid Station.

Distance 5.6 miles.

Segment J - Snowville Rd. to Boston Mills Ski Resort (south end of parking area)

Continue on Buckeye Trail south, cross Columbia Road and Boston Mills Road, and proceed along Buckeye Trail to the bottom of the hill where it opens onto Boston Mills Road just west of Riverview Road. CROSS BOSTON MILLS ROAD and follow markings to cross split rail wood fence to reach the aid station and Front 50-mile Finish.

Distance 4.9 miles.

Segment K: Boston Mills Ski Resort to Brandywine Falls

From the aid station, turn east (left), cross Riverview Road. Run on left (north side of Boston Mills Road and turn LEFT onto the Towpath and run north on Towpath. DO NOT TURN OFF ON CONNECTOR TO STANFORD HOUSE. Continue on towpath approximately one mile north of Boston Mills Road. As the towpath begins to curve to the right, take a sharp right (U-turn) turn down a small slope and onto the Valley Bridle Trail. Follow the bridle trail paralleling the Towpath (where you just ran) and continue as it turns to the left heading east. Continue to follow the trail as it makes a sharp right into the woods and emerges at the



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Segment Descriptions Cont.

corner of Stanford Road (abandoned). Turn LEFT onto the road and run UP THE HILL. Continue down the other side of the hill on the road and at the bottom of the slope, turn LEFT onto the Brandywine Gorge Trail. Cross the stream and continue on the trail on the far side of the trail. Follow the trail up the slope on the far side of the stream. At the top of the hill, turn RIGHT onto the paved bike and hike trail. Immediately after it crosses a bridge over Brandywine Creek, turn RIGHT (do not go through the tunnel) and proceed on the trail down several steps to the head of Brandywine falls and proceed along the wooden walkways. At the far end of the walkways, turn RIGHT onto the gravel road/path (you can stop at the restrooms near the end of the walkway). Aid Station will be located adjacent to gravel path. **S**

Distance 3.5 miles.

Segment L – Brandywine Falls to Pine Lane

Follow the gravel path for approximately 200 yards and turn LEFT onto Stanford Trail connector. Follow this trail and at the bottom of the stairs, take the trail to the LEFT. Cross the stream on 2 separate bridges. In approximately .5 miles (after climbing stairs and a minor slope), turn LEFT and follow the trail 200 yards. Stay to the right where the trail appears to split. Continue on the Stanford Trail until it emerges at the trailhead at the Stanford house barn. Turn LEFT on the driveway and right again at the far side of the barn. (note there is a "water buffalo and port-a-potty in the parking lot behind the barn - feel free to use these.) Continue through the grass to the pond and run counterclockwise along the west end of the pond and join the Valley Trail heading south. Follow the trail through the grass/woods along each side of Stanford Road. Where Stanford Road dead-ends into Boston Mills Road, continue across the road and continue to follow the Valley Bridle trail south under Route 271 and take the paved LEFT trail up a small climb (DO NOT CONTINUE ON TOWPATH). In approximately 200 yards, veer LEFT onto the Buckeye Trail (dirt single track which enters the woods and climbs the hill). Follow the Buckeye Trail across Boston Mills Road. When the BT emerges at Boston Mills Road for a second time, turn LEFT and follow the road across the bridge over Route 80 and down the hill (DO NOT cross guardrail to BT). Turn RIGHT into Hudson Woods. Run thru parking lot and enter the single track trail. Continue up the hill and follow until it intersect the Valley Bridle Trail. Turn LEFT on the Valley Bridle Trail and follow it straight to an abandoned paved road bed. Continue straight across the road onto a small single track trail (former piece of the BT). Continue on this trail and merge with the BT (continue straight - do not turn right on BT). Continue to follow the Buckeye Trail and the blue blazes on the trees to the Pine Lane Aid Station. There is a larger creek crossing about 0.5 mile before the Pine Lane aid station.

Distance 5.6 miles.

Segment M - Pine Lane to Ledges Shelter

Pine Lane to Ledges Shelter - Leave Pine Lane aid station turning left onto the Valley Bridle Trail, turn right on the abandoned section of old Akron Peninsula Road go around the red metal gate and continue on AP Road past the girl scout camp (Camp Ledgewood) and follow it to Boston Mills Road. Turn right on Boston Mills Road and immediately right again onto the Bike & Hike Trail heading SOUTH. (There will be an unmanned – NO CREW ACCESS – water station in the gravel parking area located between the Hike & Bike and Old AP Road – do not cross Boston Mills Road! It is located approximately 2.4 miles after Pine Lane Aid Station.) Stay on the Bike & Hike for 1.5 miles and turn right on a small trail through the grass and pines to the Boston Run Trail. Go RIGHT on Boston Run Trail, turn left on "shortcut trail" (how many races actually



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Segment Descriptions Cont.

allow you to take the shortcut?! - especially in a 100-mile race!?!). Turn left at end of shortcut trail. Follow the trail, staying to the right at all trail intersections to the Happy Days Visitor Center parking lot. Continue counter-clockwise around the outside of the parking lot in the grass adjacent to the pavement, descend the stairs and pass through the tunnel under Rte. 303. At the far end of the tunnel, turn left onto the driveway and run to the trail entrance at the far end of the driveway. Follow the trail to the Ledges trail connector. Turn LEFT and climb the steps. Veer left on the Ledges trail loop towards Ice Box Cave. Continue on the trail past the Caves and rock outcroppings. DO NOT TAKE ANY TRAILS WHICH TURN TO THE RIGHT OFF THE MAIN TRAIL. When the trail crosses a paved driveway (watch for traffic), proceed across the road and continue directly into the mown grass field. Run through the grass up the hill and turn RIGHT at the top of the hill. Follow along the tree line (tree line will be on your right between you and the parking lot beyond). The Aid Station is ahead near the Ledges Shelter.

Distance 2.4 + 4.4 = 6.8 miles.

Segment N - Ledges Shelter to Pine Hollow ONE

Depart Ledges Shelter north through grass and connect to the gravel drive along the outside the field, follow the trail along the tree line counterclockwise & continue to Ledges Overlook. Descend half the way down the stairs, and take a SHARP RIGHT onto the Ledges Trail. Caution - this section is more technical than the preceding trails. Continue to follow the Ledges trail along the base of the rock outcroppings above. Take the first primary trail to the left. Turn left near the kiosk onto the Pine Grove/Ledges connector. Follow the Connector trail across a paved driveway and up a set of stairs. TURN RIGHT at the intersection with Pine Grove Trail. Follow the trail and take the second main trail to the right, down a series of stairs and across a bridge. Continue to follow this trail to Truxell Road. Cross Truxell Road and run along the paved exit drive to the Lake Shelter. Run along the paved trail between the lake and shelter. You may use the restroom and refill water bottles at the lower level of the shelter - this is not an aid station. Continue past the shelter and through the grass to the far side of the grassy area. Take the trail that veers left into the woods and follow this trail until it dead-ends into the Lake Loop trail. Turn LEFT away from the tunnel. In approximately 50 yards, turn RIGHT uphill onto the Cross Country Loop. Follow the Cross Country Loop (do NOT take trails to Buckeye Sports, or Little Meadow). Follow the trail down a steep grassy hill. At the intersection with several trails, turn to the LEFT and run straight up the "Sound of Music Hill". Continue down the "Sound of Music Hill" and straight up the next grassy hill to the Pine Hollow Aid Station. This is THE FIRST ENTRY to the Pine Hollow Aid Station.

Distance 5.8 miles.

Segment O - Pine Hollow ONE to Pine Hollow TWO

Leave the station and run down the slope through the grass. join the trail and veer slightly to the right onto Salt Run Connector trail. In approximately 50 yards take a SHARP LEFT UP a hill onto the Salt Run Trail. Note - if you reach the lake, you missed your turn. Follow the Salt Run Trail for approximately 1.7 miles. Take a right OFF of the Salt Run Trail and take the connector trail approximately 100 yards to Akron Peninsula Road. Turn LEFT (south) and run along the berm of the road. WATCH TRAFFIC!! Cross Quick Road. In approximately .25 miles, turn LEFT onto the Valley Bridle Trail. Follow this trail through a grassy/meadow area. When the trail turns and descends into the woods, take the first LEFT onto Wetmore Trail and climb the hill. Continue to follow the Wetmore Trail through 2 stream crossings and up a climb. At the top of the



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Segment Descriptions Cont.

climb continue straight to the road (DO NOT TAKE THE TRAIL TO THE RIGHT). Cross Quick Road, climb the embankment on the other side and carefully cross the parking lot and return to the Pine Hollow Aid Station. This is your SECOND stop at this Aid Station.

Distance 3.8 miles.

Segment P - Pine Hollow to Covered Bridge (via Langes Trail)

Depart Pine Hollow aid station running through grass along edge of parking lots (parking will be on right). Continue along the trail through the grass to the far end of the furthest parking area. Turn RIGHT and cross the parking lot and cross the road. Enter the trail connector on the far side of the Road and take Wetmore Trail to the LEFT. Follow Wetmore Trail for approximately 1.5 miles. Turn LEFT onto Langes Trail. Follow Langes Trail. It will cross Wetmore Road and continue on the far side. Follow the trail until it descends a long hill and emerges into a grassy field. Run across the field (slight left turn from bottom of hill) across a small bridge and along the gravel driveway out to Akron Peninsula Road. Cross the road and veer left onto the Valley Bridle Trail. Stay on the Bridle Trail until you reach Bolanz Road. Take Bolanz Road to the Bridle Trail entrance behind the white buildings. Stay on the Bridle Trail to the Towpath Trail. Turn right on the Towpath until you cross the bridge. Take an immediate left onto the bridle trail. Cross Riverview Road and continue on the trail. Veer right as you approach a corn field and stay on the trail until you reach the Everett Road Covered Bridge ONE. This is your FIRST entry to the Covered Bridge Aid Station.

Distance 6.5 miles.

Segment Q - Covered Bridge ONE to Covered Bridge TWO

NOTE: In order to avoid confusion and runners missing the Loop, the Aid Station has been redesigned. Covered Bridge One aid station is located on the EAST or bridge side) of the guard rail/barrier. Once you've completed the Loop, you will return on the paved road to the WEST side of the guard rail for Covered Bridge Two Aid Station. Depart Covered Bridge leaving to your right and follow along the guardrail (keep rail on your left). At the end of the guard rail, veer to the LEFT across Oak Hill Road and enter Perkins Trail. Proceed up the first steep hill and follow the trail. Stay to the left at ALL trail intersections. We will be running the loop in a CLOCKWISE direction. Cross Everett Road and continue on the trail. Turn LEFT and climb the trail gently uphill. At the top of the hill, turn RIGHT and enjoy the next mile or so of trail (long gentle runnable downhill - enjoy it - you earned it) until you reach the next road. Cross the road and follow the trail through the pines along the river. It will emerge onto the closed portion of Oak Hill Road and you continue straight **ON THE PAVED ROAD** to the Covered Bridge Aid Station TWO (west side of the guard rail). This is your SECOND entry to the Covered Bridge Aid Station.

Distance 4.6 miles. (When you leave the aid station the second time, know you only have approximately three somewhat significant climbs and a lot of generally flat miles ahead of you!)

Segment R - Covered Bridge TWO to Botzum

Leave the Covered Bridge Aid Station heading SOUTH on Oak Hill Road. Note this is an active road so watch for traffic. Follow the road PAST Hale Farm. Continue along the road straight through the intersection with Ira Road. At the point Martin Road intersects with Ira proceed straight across the street and into the woods onto the Buckeye Trail. Follow the Buckeye Trail across the stream and up the hill and continue straight



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Segment Descriptions Cont.

ahead on this trail (do not take trails to left). At the split in the Buckeye Trail, continue straight ahead (do not turn left). Turn Right where the trail dead ends into the O'Neil Woods (Deer Run) trail. Follow the trail down the hill to the right and veer left through the O'Neil Woods parking lot. At the far side of the parking lot, turn left and follow the trail through the grass and down the hill into the woods. **Turn LEFT onto Bath Road.** (BATH ROAD MAY BE VERY BUSY - USE CAUTION). Veer left and continue on Bath Road at the next intersection. Immediately after crossing the railroad tracks, turn right (south) onto the Towpath. Continue on Towpath as it opens into the Botzum Parking Lot Aid Station. Restroom available at Botzum Aid Station (no running water).

Distance 5.0 miles.

Segment S - Botzum Parking Lot to Memorial Parkway

Continue to follow the Towpath across Riverview Road at the crosswalk. Follow towpath behind the Compost Plant. Approximately 2 miles after leaving the aid station, you will emerge onto concrete sidewalk with street lights and run along Riverview Road. Follow the sidewalk south until the towpath veers to the left (east) near a drive-through bank. Follow the Towpath around curve, down the hill and around the parking lot/car wash. Continue on towpath under bridge and up the ramp, west (left) along the sidewalk and turn left (south) on the Towpath Trail at the statue of the Indian carrying a canoe just before the street intersection. Follow the Towpath (do not take trails to the left or right) ending at the Memorial Parkway Aid Station. This section is all Towpath Trail. Restroom Available at Memorial Parkway Aid Station.

Distance 5.4 miles.

Segment T - Memorial Parkway to HiHo Brewing Co. (Finish)

Leaving the Memorial Parkway Station, cross the Cuyahoga River on Memorial Parkway, then turn left onto Uhler Street (brick road). At the top of the hill, turn left on Cuyahoga Street and head down the hill. Turn right into the Chuckery Metro Park entrance road. Enter the trail to the **RIGHT** at the painted crosswalk. Stay on this trail until it becomes the Highbridge Trail. **DO NOT DESCEND** the stone steps (**on left-hand side**) - continue straight onto the High Bridge Trail. Follow the High Bridge Trail until it dead ends at Front Street. Go left onto Front Street and continue up the hill on Front Street to the Finish Line. (Front Street veers to the right at the traffic light at the top of a climb. From that traffic light you have approximately 3/4 mile to the finish! Run like the wind!!

Distance 4.2 miles.