



2019 BURNING RIVER 100 INFORMATION GUIDE



Welcome

Welcome and thank you for participating in the Thirteenth 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/1018303371711136/>
- 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!

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

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

[Hammer Nutrition](#) - ENERGY • ENDURANCE • RECOVERY • SINCE 1987

[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 6:00a.m. Sunday morning.

[ALTRA](#) – Run the way you were born to.



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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 two park systems. Please consider joining us in supporting the following fundraising campaigns:

[Conservancy for Cuyahoga Valley National Park's Trails Forever Campaign](http://www.conservancyforcvnp.org/help/trails-forever) - 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 Summit Metro Parks Foundation](http://www.summitmetroparks.org/GetInvolved/MetroParksFoundation.aspx) - 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

Staffing aid stations for 30 hours 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:

Running Dogs - Theresa Sroka
Marie Rote & Jeff Sanda
OutRun - Laurie Rehbergar
Mike & Jennifer Erhardt
Cleveland Clinic - Michael Schaefer
Pam Pickel
Black Girls Run - Candice Toney
NEOFit - Brenda Runion & Lee Anne Sabol
SARC - Steve.Hailer
Douglas & Suzanne Paroff
Becky Steiner
CAMBA - Michael Ryba
SugarStride - Jessica Croisant
CTC - Julie Sadar & Mark Durno
MCRR - Renee Harden
Vertical Runner - Vince Rucci

Special thanks to Michele Wisniewski for singing the National Anthem. Michelle founded Voice of Honor whose mission is to bring our National Anthem back to sporting events of all levels.



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Schedule

Friday, July 26th

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 Cuyahoga Room

Saturday, July 27th

3:30am	Packet Pickup 100M late arrivals	Start Line HiHo Brewing Company 1707 Front St. Cuyahoga Falls, Ohio
4:00am	100M SOLO RACE START	HiHo Brewing Company
6:17am	Sunrise	NE Ohio
8:48pm	Sunset	NE Ohio

Sunday, July 28th

6:18am	Sunrise	NE Ohio
8:00am	Drop Bags Arrive	HiHo Brewing Company 1707 Front St. Cuyahoga Falls, Ohio
8:00am	Awards Announcements	HiHo Brewing Company
10:00am	RACE CLOSE	HiHo Brewing Company
10:30am	Drop Bag Pickup Deadline	HiHo Brewing Company



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Course Description

This year's Burning River Course has been redesigned to be an out and back 100-mile course. The course winds through the scenic valley formed by the Cuyahoga River including the parks and trails of Summit Metro Parks, Cuyahoga Valley National Park and Stow Parks. The 100-mile course includes approximately 70 miles of single track and bridle trail with approximately 12 miles of crushed limestone towpath and 18 miles of road. Along the deceptively runnable rolling route you will experience the wide diversity of flora and fauna that Northeast Ohio has to offer. Along your journey, you will run beside streams and rivers and follow the historic Ohio-Erie Canal Towpath. Feel free to stop and read the historical markers along the way and catch your breath before you climb the trails through hardwood forests and experience the landscape formed by glaciers and the erosion by fast running streams of the area. If you tire of the leaf covered trail, you'll have your opportunities to bask in the sun (hopefully) of the open meadows and race bicycles along the rails to trails Bike & Hike on your way to the 50-mile mark at Silver Springs Park - and the finish for those running the Front 50!

The real beauty of this course is that if you missed something along the way, the 100-mile competitors will have the chance to see it on their return trip to the epic finish at HiHo Brewing Company! (The Back 50 Runners, daring the darkness of the night, will have the benefit knowing that refreshment awaits you also at HiHo!) We look forward to hearing your many exciting tales of the incredible trails, amazing feats (or blistered feet) and (potentially heated) debates of which climb (and in which direction) is the steepest as you relax and enjoy one last cup of refreshing Tailwind or tip back a locally crafted pint and toast the Mighty Burning River!

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 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 such as a grouping of three flags close together before and after a turn.
- ✓ Yellow Streamer tape with printed black arrows will be used in locations which are more difficult to mark or to reinforce the course. It is also placed at ground level on side trails if it could be confusing which trail



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Course Markings Cont.

to follow. We do NOT mark across all side trails as this can be an issue for horses, dogs or areas with heavy foot traffic.

- ✓ Turns 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.
- ✓ Paved areas of the course will be marked with a combination of PINK (first 50 Miles/OUT) or WHITE (second 50 Miles/BACK) 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 PINK duct tape arrows on the pavement indicating the direction of the runner on the first 50 Miles of the course (OUT) and WHITE duct tape arrows on second 50 Miles (BACK). 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
OUT (first 50 miles)



Ground Marking
BACK (second 50 miles)



Posted Sign



Stake Marking



Ground Marking
OUT (first 50 miles)



Ground Marking
BACK (second 50 miles)



Flags



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Timing

- ✓ The 2019 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):
 - North Hawkins
 - Kendall Lake 2
 - Valley Picnic
 - Valley Picnic 2
 - Kendall Lake
 - North Hawkins 2
 - Silver Springs
 - 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 11th through Wednesday, 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 330-842-5120.** This line will only be in use Thursday, July 25th through Monday, July 29th.
- ✓ 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.

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 at every aid station.
- ✓ Hammer Gel is the official energy gel of Burning River.
- ✓ Tailwind Endurance Fuel (Orange) is the official calorie, hydration, and electrolyte drink of Burning River.
- ✓ Hammer Endurolytes 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. Recreational marijuana is illegal in Ohio even in gummy bear 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.



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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, Hammer Gels, 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	Dist. From Previous	Total Distance	Standards	Soda (Coke, Ginger Ale)	Coffee	Hot Chocolate	Chicken & Vegan Ramen	PBJ or Similar	Watermelon	Bananas	Cookies	Trail Mix	Potatoes	Pizza	Grilled Cheese	Grapes	Oranges	Cereal Bars	Pickles	Exceptions
A	START - HIHO		0.0	*																	*Water & Tailwind Hydration Only
B	Memorial	4.8	4.8	*																	*Water & Tailwind Hydration Only
C	North Hawkins	4.7	9.5	✓							✓	✓									
D	Botzum	5.9	15.4	✓	✓				✓	✓	✓		✓				✓				
E	O'Neil Woods	1.6	17.1	*																	*Water Only Unmanned
F	Oakhill	5.2	22.2	✓	✓				✓	✓	✓		✓				✓		✓	✓	
G	Valley Picnic	4.4	26.6	✓	✓				✓	✓	✓		✓				✓		✓	✓	
H	Robinson Field	3.7	30.3	*																	*Water Only Unmanned
I	Pine Hollow	4.1	34.4	✓	✓				✓	✓	✓	✓					✓		✓	✓	
J	Kendall Lake Shelter	5.8	40.2	✓	✓	✓	✓		✓	✓	✓	✓	✓				✓		✓	✓	
K	303 Bike & Hike	4.5	44.7	✓	✓				✓	✓	✓	✓	✓	✓			✓		✓	✓	
L	Silver Springs	6.5	51.2	✓	✓	✓	✓	✓	✓	✓	✓										



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	Aid Station Name	Dist. From Previous	Total Distance	Standards	Soda (Coke, Ginger Ale)	Coffee	Hot Chocolate	Chicken & Vegan Ramen	PBJ or Similar	Watermelon	Bananas	Cookies	Trail Mix	Potatoes	Pizza	Grilled Cheese	Grapes	Oranges	Cereal Bars	Pickles	Exceptions
K2	303 Bike & Hike	6.5	57.7	✓	✓				✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	
J2	Kendall Lake Shelter	4.5	62.2	✓	✓	✓	✓		✓	✓	✓	✓	✓				✓		✓	✓	
I2	Pine Hollow	5.8	68.0	✓	✓				✓	✓	✓	✓					✓		✓	✓	
H2	Robinson Field	4.1	72.1	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	
G2	Valley Picnic	3.7	75.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
F2	Oak Hill	4.4	80.1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
E2	O'Neil Woods	5.2	85.3	*																	*Water & Tailwind Hydration Only
D2	Botzum	1.6	86.9	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	
C2	North Hawkins	5.9	92.8	✓	✓	✓	✓	✓	✓		✓	✓		✓		✓	✓	✓	✓	✓	
B2	Memorial Parkway	4.7	97.5	✓	✓	✓	✓	✓	✓			✓			✓		✓	✓	✓	✓	
A2	Front Street/ 100M/ Back 50 Finish	4.8	102.3	*																	*Water & Tailwind Hydration, soup, donuts, & breakfast burritos beginning at 5:30a.m.



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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-330-842-5120 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 100 mile 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 Silver Springs. 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 330-842-5120 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 Silver Springs Aid Station, mile 50.1.
- ✓ 100M Pacers are welcome to register for the Back Half 50M distance and start when their runner enters the Silver Springs 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.
- ✓ Race Directors reserve the right to disqualify participants if their pacer is not registered or not wearing a PACER BIB.
- ✓ 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, Summit Metro Parks, and City of Stow 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.
- ✓ **2019 Spectator Guide – Coming Soon!**



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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.
- ✓ One bag is allowed per Drop Bag Aid Station location that you will access twice: once on the way out and then again on the way back.
- ✓ 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 F (Bart Simpson with bib #201 at I-Pine Hollow).
- ✓ 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.
- ✓ A bag can be left at the start for access the finish. Please use drop bag labeling instructions above.
- ✓ 100M drop bags will be brought to the Cuyahoga Falls finish line by 8:00AM 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.

Head Lamps

- ✓ At the start of the race, we suggest that using inexpensive hand-held flashlights. You will need lighting as you will be on trails after the first 3/4 of a mile and it will be dark. Drop buckets will be available at North Hawkins, Botzum and O'neil Woods aid stations for dropping the lights when they are no longer needed. These flashlights will NOT be returned, but will be available to runners/pacers on their return in the event they are experiencing issues with their headlights or need additional light.
- ✓ If you choose to use a headlamp, you will be responsible for placing the headlamp in your own drop bag at Oakhill, carrying it with you, or giving it to a crew member. We will not be responsible for returning headlamps to runners.



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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.***



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2019 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
Start – HiHo Brewing	HiHo Brewing Co. 1707 Front Street, Cuyahoga Falls, OH 44221	41.128375, -81.485082	Cuyahoga Falls (330) 928-2181	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	N/A
Memorial	499 Memorial Pkwy, Akron, OH 44303	41.104376, -81.528110	Akron (330) 375-2552	Cleveland Clinic Akron General 1 Akron General Ave, Akron, OH 44307	Summit Metro Parks (330)475-0029
North Hawkins	800 N Hawkins Ave Akron, OH 44313	41.130646, -81.567838	Akron (330) 375-2552	Cleveland Clinic Akron General 1 Akron General Ave, Akron, OH 44308	Summit Metro Parks (330)475-0029
Botzum	2928 Riverview Rd, Akron, OH 44607	41.159241, -81.574357	Akron (330) 375-2552	Cleveland Clinic Akron General 1 Akron General Ave, Akron, OH 44308	CVNP Emergency Line (440) 546-5945
O'Neil Woods	2550 Martin Rd, Akron, OH 44333	41.170596, -81.591271	Akron (330) 375-2553	Akron General Medical Center, 3358 Ridgewood Rd, Fairlawn, OH 44333	Summit Metro Parks (330)475-0029
Oakhill	3901 Oak Hill Road Peninsula, OH 44264	41.219213, -81.577430	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Emergency Line (440) 546-5945
Valley Picnic	5530 Riverview Road Peninsula, OH 44264	41.224700, -81.558254	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Emergency Line (440) 546-5945
Robinson Field	4751 Akron Peninsula Rd Cuyahoga Falls, OH 44223	41.210369, -81.555087	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Emergency Line (440) 546-5945
Pine Hollow	5465 Quick Road Peninsula, OH 44264	41.214260, -81.530882	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Emergency Line (440) 546-5945
Kendall Lake Shelter	1000 Truxell Road Peninsula, OH 44264	41.217032, -81.525773	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44224	CVNP Emergency Line (440) 546-5945
303 Hike & Bike	64 W Streetsboro St. Boston Heights, OH 44264	41.231795, -81.493863	Boston Heights (330) 653-5911	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44223	Summit Metro Parks (330)475-0029
Silver Springs	5027 Stow Road Stow, OH 44224	41.193623, -81.412013	Stow (330) 689-5700	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44224	City of Stow

WESTERN RESERVE RACING
CALL 911 IN AN EMERGENCY
DISPATCH PHONE # 330-842-5120



2019 BURNING RIVER 100 INFORMATION GUIDE



Parking & Transportation

Parking at Start and 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 2019!

The Sheraton in Cuyahoga Falls-IS located only steps from the BR 100M finish line and will host the 2019 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. The suites include separate sleeping and living quarters, wet bar and kitchen with refrigerator. For Burning River participants this means 2 double beds, a pull out couch and no additional guest fees for \$149/night* - perfect for sharing with pacers and crew! *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.

Packet Pickup

- ✓ Packet Pickup will be held on Friday, July 26th, 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 the start line 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 7:00a.m. 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

- ✓ [Novacare](#)'s specially trained sports medicine team will be at the finish line.
- ✓ [Kent State College of Podiatric Medicine](#) will be at the finish line to take care of your feet.
- ✓ Award winners will be announce 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! Those wishing to claim their awards immediately after finishing may do so by visiting the awards table.
- ✓ [HiHo Brewing Company](#) will remain open Saturday evening and serve beer until 2:00a.m. Their kitchen will close at 9:00p.m. however, Korasada Food Truck-Korean BBQ and Taqueria will be onsite from 6:00p.m. until 1:00a.m. HiHo will reopen at 5:30a.m. Sunday morning serving breakfast burritos and will be joined by an Akron Coffee Roasters popup.
- ✓ 100 Mile finishers will receive a ticket at the finish line for a HiHo breakfast burrito. Burritos will be served beginning at 5:30a.m Sunday morning.



2019 BURNING RIVER 100 INFORMATION GUIDE



Course Overview

Segment Distances & Drop Bag/Crew Access/Pacer Locations

	Aid Station Name	Course Map Strava Links	Dist. from Prev	Total Dist.	Terrain to Next Aid Station	100M Pacer, Crew, & Drop Bag Locations	GPS Coordinates
A	Start – HiHo Brewing	Leg 1 – Start to North Hawkins https://www.strava.com/segments/20753837		0.0	50% Paved, 50% Bridle Trail	DROP BAG/CREW ACCESS	41.128375, - 81.485082
B	Memorial		4.8	4.8	30% Towpath, 30% Bridle Trail, 40% Single Track	NO ACCESS	41.104376, - 81.528110
C	North Hawkins	Leg 2 –North Hawkins to Valley Picnic https://www.strava.com/segments/20622530	4.7	9.5	45% Towpath, 55% Single Track	CREW ACCESS	41.130646, - 81.567838
D	Botzum		5.9	15.4	40% Paved, 10% Towpath, 50% Single Track	CREW ACCESS	41.159241, - 81.574357
E	O'Neil Woods		1.6	17.1	35% Paved, 10% Towpath, 55% Single Track	NO ACCESS	41.170596, - 81.591271
F	Oakhill		5.2	22.2	40% Bridle Trail, 60% Single Track	DROP BAG/CREW ACCESS	41.219213, - 81.577430
G	Valley Picnic	Leg 3 – Valley Picnic to Kendall Lake https://www.strava.com/segments/20622828	4.4	26.6	10% Paved, 40% Towpath, 50% Bridle Trail	NO ACCESS	41.224700, - 81.558254
H	Robinson Field		3.7	30.3		NO ACCESS	41.210369, - 81.555087
I	Pine Hollow		4.1	34.4	100% Bridle Trail 20% Bridle Trail, 80% Single Track	CREW ACCESS/DROP BAGS	41.214260, - 81.530882
J	Kendall Lake Shelter	Leg 4 – Kendall Lake to Silver Springs https://www.strava.com/segments/20614997	5.8	40.2	10% Paved, 40% Bridle Trail, 60% Single Track	NO ACCESS	41.217032, - 81.525773
K	303 Hike & Bike		4.5	44.7	90% Paved, 5%Towpath, 5% Single Track	NO ACCESS	41.230993, - 81.493641



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L	Silver Springs	Leg 5 – Silver Springs to Kendall Lake https://www.strava.com/segments/20614906	6.5	51.2	90% Paved, 5% Towpath, 5% Single Track	PACERS/DROP BAG/CREW ACCESS	41.193623, -81.412013
K2	303 Hike & Bike		6.5	57.7	10% Paved, 40% Bridle Trail, 60% Single Track	NO ACCESS	41.230993, -81.493641
J2	Kendall Lake Shelter	Leg 6 – Kendall Lake to Valley Picnic https://www.strava.com/segments/20618323	4.5	62.2	20% Bridle Trail, 80% Single Track	NO ACCESS	41.217032, -81.525773
I2	Pine Hollow		5.8	68.0	100% Bridle Trail above	PACERS/CREW ACCESS/DROP BAG	41.214260, -81.530882
H2	Robinson Field		4.1	72.1	10% Paved, 40% Towpath, 50% Bridle Trail	NO ACCESS	41.210369, -81.555087
G2	Valley Picnic	Leg 7 – Valley Picnic to North Hawkins https://www.strava.com/segments/20622364	3.7	75.8	40% Bridle Trail, 60% Single Track	NO ACCESS	41.224700, -81.558254
F2	Oakhill		4.4	80.1	35% Paved, 10% Towpath, 55% Single Track	PACERS/DROP BAG/CREW ACCESS	41.219213, -81.577430
E2	O'Neil Woods		5.2	85.3	40% Paved, 10% Towpath, 50% Single Track	NO ACCESS	41.170596, -81.591271
D2	Botzum		1.6	86.9	45% Towpath, 55% Single Track	PACERS/CREW ACCESS	41.159241, -81.574357
C2	North Hawkins	Leg 8 – North Hawkins to HiHo Brewing https://www.strava.com/segments/20753241	5.9	92.8	30% Towpath, 30% Bridle Trail, 40% Single Track	NO ACCESS	41.130646, -81.567838
B2	Memorial		4.7	97.5	50% Paved, 50% Bridle Trail	PACERS/CREW ACCESS	41.104376, -81.528110
A2	HiHo Brewing		4.8	102.3		DROP BAG/CREW ACCESS	41.128375, -81.485082



2019 BURNING RIVER 100 INFORMATION GUIDE



Composite Trail Map

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 map 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! This map can be used to get a general feel for the entire course and its elevation. For accurate detailed maps, please see the individual leg maps above.

[100 Mile Composite Map](#)

Terrain Descriptions

- ✓ Paved – Roads which are open to traffic and Hike & Bike trails which are open to bike traffic. Cyclists should announce when passing, use caution.
- ✓ Bridle Trail (or other similar) – 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.
- ✓ Towpath (or other similar) – Crushed limestone, flat, firm surface similar to the unpaved shoulder of a rural road.
- ✓ Terrain percentages are not exact. These have been estimated to give an overall feel for each segment.



2019 BURNING RIVER 100 INFORMATION GUIDE



Aid Station Open/Close Times

Burning River 2019 Course - OUT & BACK						
	Station	Distance	From previous station	Aid Station OPEN	Aid Station CLOSE	100 mile cutoff times
A	HIHO	0.0		3:30 AM	7:00 AM	4:00 AM
B	Memorial	4.8	4.8	4:20 AM	8:17 AM	5:26 AM
C	North Hawkins	9.5	4.74	4:50 AM	9:33 AM	6:50 AM
D	Botzum	15.4	5.87	5:45 AM	11:10 AM	8:38 AM
E	O'Neil Woods	17.1	1.64	5:55 AM	11:38 AM	9:08 AM
F	Oakhill	22.2	5.15	6:40 AM	1:02 PM	10:42 AM
G	Valley Picnic	26.6	4.35	7:15 AM	2:13 PM	12:01 PM
H	Robinson Field	30.3	3.7	7:45 AM	3:09 PM	1:04 PM
I	Pine Hollow	34.4	4.1	8:20 AM	4:16 PM	2:17 PM
J	Kendall Lake Shelter	40.2	5.8	9:00 AM	5:28 PM	3:38 PM
K	303 Hike & Bike	44.7	4.5	9:45 AM	6:43 PM	5:01 PM
L	Silver Springs	51.2	6.5	10:40 AM	8:30 PM	7:00 PM
K2	303 Hike & Bike	57.7	6.5	11:40 AM	10:16 PM	8:58 PM
J2	Kendall Lake Shelter	62.2	4.5	12:25 PM	11:31 PM	10:21 PM
I2	Pine Hollow	68.0	5.8	1:10 PM	12:43 AM	11:42 PM
H2	Robinson Field	72.1	4.1	1:50 PM	1:50 AM	12:55 AM
G2	Valley Picnic	75.8	3.7	2:15 PM	2:46 AM	1:58 AM
F2	Oakhill	80.1	4.35	2:55 PM	3:57 AM	3:17 AM
E2	O'Neil Woods	85.3	5.15	3:50 AM	5:21 AM	4:51 AM
D2	Botzum	86.9	1.64	4:00 PM	5:49 AM	5:21 AM
C2	North Hawkins	92.8	5.87	5:00 PM	7:26 AM	7:09 AM
B2	Memorial	97.5	4.74	5:40 PM	8:42 AM	8:33 AM
A2	HIHO	102.3	4.8	6:10 PM	10:00 AM	10:00 AM