



# 2019 BURNING RIVER RELAY 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](http://westernreserveracing.com) are not going to your spam folder.

**This guide contains information for the 4 and 8 Person Relay 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](http://www.westernreserveracing.com))
- Check out the Burning River 100 Facebook event - <https://www.facebook.com/events/1018303371711136/>
- Email us at [Info@westernreserveracing.com](mailto: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!



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### 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.



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### Awards

Relay Participants will receive a relay specific finisher's medal featuring the Burning River logo. Top finisher awards will be given to the Top 3 Men's Teams, Women's Teams, and Co-Ed Teams in the 4-Person Relay. Awards will be given to the Top 1 Men's Team, Top 1 Women's Team and Top 5 Co-Ed Teams in the 8-Person Relay. Each team member will receive a pin to attach to their medal. For co-ed teams, female participants must run at least 25% of the segments to be considered for awards.

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

Those wishing to claim their awards 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>



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### 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 Rehberger  
Mike & Jennifer Erhardt  
Cleveland Clinic - Michael Schaefer  
Pam Pickel  
Black Girls Run - Candice Toney & Tanjulla Tyson-Wearren  
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.



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### Schedule

Friday, July 26th

2:00pm-8:00pm	Packet Pickup	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

5:00am	Packet Pickup late arrivals – first leg only	Start Line HiHo Brewing Company 1707 Front St. Cuyahoga Falls, Ohio
7:00am	RELAY 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	Awards Announcements	HiHo Brewing Company
10:00am	RACE CLOSE	HiHo Brewing Company



# 2019 BURNING RIVER RELAY INFORMATION GUIDE



## 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 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.



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### Course Markings Cont.

- ✓ 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





## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### Timing

- ✓ The 2019 course will be chip timed at 8 locations/aid stations. Participants should pass within 3 feet of the timing antenna 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
  - Valley Picnic
  - Kendall Lake
  - Silver Springs
  - Kendall Lake 2
  - Valley Picnic 2
  - North Hawkins 2
  - 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 as well as their Relay bib pinned to their back.
- ✓ Outgoing relay runners should not go near the aid stations/timing points while waiting for their incoming runner. If the outgoing runner is picked up on the timing antenna, we will record the outgoing relay runner as the person finishing the segment instead of the incoming runner. The incoming runner will NOT have a posted time. Once your incoming runner passes by the antenna, you can greet them and start your leg.

### Results/Participant Tracking

- ✓ **Overall Participant Results** - all race day information including results will be available on our website [westernreserveracing.com](http://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!





## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### Race Day Communications

- ✓ Please direct race day questions and report drops to [br@westernreserveracing.com](mailto:br@westernreserveracing.com). This email will be monitored Thursday, July 19<sup>th</sup> 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 330-842-5120. 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.

### Drop Bags

- ✓ There is no drop bag service for the relay
- ✓ We recommend using a leap frog approach with the items you'd like to have after your leg. Have the 2nd leg Runner bring the 1st leg runner's post-race bag and on down the line.
- ✓ You'll want to arrange getting post-race bags to each other ahead of time. Packet Pickup would be the perfect opportunity.



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### Relay Exchange Instructions

- ✓ Relay runners do not need to declare which legs they are running. You are free to decide which legs each registered team member runs.
- ✓ Relay runners are asked to wear a back bib to be easily identified by solo runners.
- ✓ Relay runners should announce "Relay" when passing out of courtesy to solo runners.
- ✓ Exchanges at aid stations are on the honor system. There will be no formal exchange area. Once the incoming runner has entered the aid station, the outgoing runner is free to start the next leg.
- ✓ Relay runners must not drop between exchange points.
- ✓ If a relay participant cannot complete their segment due to injury, the next person can start at the last aid station completed that allows crew access. If this is not an exchange area, the results will show that the second runner completed both segments. You cannot start mid-course or at aid stations that do not permit access.
- ✓ If for some reason a relay runner cannot make it to the next designated relay exchange point due to injury or aid station time cut off, later runners may still complete their legs and receive their medals. Team results will not be posted. Please notify timing crew if your team is unable to complete all legs.
- ✓ 4 person team members can run consecutive sections or choose to alternate legs. **Example:** Runner#1 on a 4 person team may choose to run legs 1 and 5, Runner#2 may choose legs 2 and 3, Runner#3 may choose legs 4 and 6 and let Runner#4 run legs 7 and 8.
- ✓ Relay participants are asked to only eat and drink from aid station supplies during their leg of the race. Relay runners who graze at aid stations other than their own may be shot or laughed and pointed at. This is an area of emphasis this year based on previous year aid station feedback.
- ✓ **Due to limited parking, relay team vehicles will only have parking available at the start line in Cuyahoga Falls and the 50 mile aid station at Silver Springs. Relay teams may take the shuttle bus to all other relay exchange areas along the course or choose to be dropped off at their desired location by a friend, Uber, or team driver.**
- ✓ **IMPORTANT– Relay runners are not considered spectators and are only permitted at Relay Exchange Aid Stations, NOT Crew Access areas. Relay teams will be disqualified for violating this rule.**
- ✓ A tentative shuttle bus schedule is located below. Only a relay race bib is required to access the bus and you may hop on and off as desired.
- ✓ Relay runners parking vehicles at any aid stations other than the start/finish and Silver Springs subject their team to disqualification.
- ✓ Relay teams wishing to cross the finish line together are welcome to park at the finish line and meet their final runner at mile 99. You must walk/hike the course back 1 mile from the finish to meet them. Please have team members remove bibs – **only final leg runner should wear their bib across finish.**
- ✓ Outgoing relay runners should not go near the aid stations/timing points while waiting for their incoming runner. If the outgoing runner is picked up on the timing antenna, we will record the outgoing relay runner as the person finishing the segment instead of the incoming runner. The incoming runner will NOT have a posted time. Once your incoming runner passes by the timing antenna, you can greet them and start your leg.



# 2019 BURNING RIVER RELAY INFORMATION GUIDE



## 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.
- ✓

## 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.



# 2019 BURNING RIVER RELAY INFORMATION GUIDE



## 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	*																	*Water & Tailwind Hydration Only
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	✓	✓	✓	✓	✓	✓	✓	✓										



# 2019 BURNING RIVER RELAY INFORMATION GUIDE



	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.



# 2019 BURNING RIVER RELAY INFORMATION GUIDE



## Participant Rules & Responsibilities

- ✓ Relay participants cannot accept any aid from anyone (Family, friend, teammate, Santa Claus, moving vehicle, bicycle) beyond 100 feet of a **Relay Exchange Aid Station**.
- ✓ Runners receiving aid outside the designated relay access points are subject to disqualification.
- ✓ 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.
- ✓ 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.
- ✓ 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.

## Pacers

- ✓ Pacers are not permitted for Relay runners.
- ✓ Relay teams wishing to cross the finish line together are welcome to park at the finish line and meet their final runner at mile 99. You must walk/hike the course back 1 mile from the finish to meet them. Please have team members remove bibs – only final leg runner should wear their bib across finish.



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### Rules for Participants 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. Family, and spectators supporting participants at these locations are not allowed. Race Directors reserve the right to disqualify participants and teams for 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!**





## 2019 BURNING RIVER RELAY INFORMATION GUIDE



### 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.***



# 2019 BURNING RIVER RELAY INFORMATION GUIDE



## 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 RELAY 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.

## Parking at Relay Exchange Points and Aid Stations

- ✓ Due to limited parking, relay team vehicles will only have parking available at the start line in Cuyahoga Falls and the 50 mile aid station at Silver Springs. Relay teams may take the shuttle bus to all other areas along the course or choose to be dropped off at their desired location by a friend, Uber, or team driver.
- ✓ A tentative shuttle bus schedule is located below. Only a relay race bib is required to access the bus and you may hop on and off as desired. Park at either end of the course (HiHo or Silver Springs) and take the bus to your desired location.
- ✓ Relay runners parking vehicles at any aid stations other than the start/finish and Silver Springs subject their team to disqualification.
- ✓ Please take a look at the **tentative** schedule below and provide any feedback you may have to [info@westernreserveracing.com](mailto:info@westernreserveracing.com)

BURNING RIVER RELAY BUS SCHEDULE										*Tentative Times (to the best of their ability)					*Valley Picnic will depart when boarded				
		(20 MIN)		(30 MIN)		(10 MIN)		(20 MIN)		(20 MIN)		(10 MIN)		(20 MIN)		(20 MIN)			
BUS #	HIHO DEPART	NORTH HAWKINS ARRIVE	HAWKINS DEPART	VALLEY PICNIC ARRIVE	PICNIC DEPART	KENDALL LAKE ARRIVE	LAKE DEPART	SILVER SPRING ARRIVE	SPRING DEPART	KENDALL LAKE ARRIVE	LAKE DEPART	VALLEY PICNIC ARRIVE	PICNIC DEPART	NORTH HAWKINS ARRIVE	HAWKINS DEPART	HIHO ARRIVE			
OUT -> To Silver Springs										BACK -> To HiHo									
1	7:00: AM	7:30: AM	8:20: AM	---	---	---	---	---	---	---	---	---	---	---	---	8:50: AM			
2	7:30: AM	8:00: AM	9:20: AM	---	---	---	---	---	---	---	---	---	---	---	---	9:50: AM			
1	9:00: AM	---	---	9:30: AM	9:40: AM	9:50: AM	10:00: AM	10:20: AM	10:30: AM	10:50: AM	11:00: AM	11:10: AM	11:20: AM	---	---	11:50: AM			
2	10:00: AM	---	---	10:30: AM	10:40: AM	10:50: AM	11:00: AM	11:20: AM	11:30: AM	11:50: AM	12:00: PM	12:10: PM	12:20: PM	---	---	12:50: PM			
3	11:00: AM	---	---	11:30: AM	11:40: AM	11:50: AM	12:00: AM	12:20: PM	12:30: PM	12:50: AM	1:00: PM	1:10: PM	1:20: PM	---	---	1:50: PM			
1	12:00: PM	---	---	12:30: PM	12:40: PM	12:50: PM	1:00: PM	1:20: PM	1:30: PM	1:50: PM	2:00: PM	2:10: PM	2:20: PM	---	---	2:50: PM			
2	1:00: PM	---	---	1:30: PM	1:40: PM	1:50: PM	2:00: PM	2:20: PM	2:30: PM	2:50: PM	3:00: PM	3:10: PM	3:30: PM	---	---	4:00: PM			
3	2:00: PM	---	---	2:30: PM	2:40: PM	2:50: PM	3:00: PM	3:20: PM	3:30: PM	3:50: PM	4:00: PM	4:10: PM	4:20: PM	4:40: PM	4:50: PM	5:10: PM			
1	3:00: PM	---	---	3:30: PM	3:40: PM	3:50: PM	4:00: PM	4:20: PM	4:30: PM	4:50: PM	5:00: PM	5:10: PM	5:20: PM	5:40: PM	5:50: PM	6:10: PM			
2	4:15: PM	---	---	4:45: PM	4:55: PM	5:05: PM	5:15: PM	5:35: PM	5:45: PM	6:05: PM	6:15: PM	6:25: PM	6:35: PM	6:55: PM	7:05: PM	7:25: PM			
3	5:30: PM	5:50: PM	6:00: PM	6:30: PM	6:40: PM	6:50: PM	7:00: PM	7:20: PM	7:30: PM	7:50: PM	8:00: PM	8:10: PM	8:20: PM	8:40: PM	8:50: PM	9:10: PM			
1	6:30: PM	6:50: PM	7:00: PM	7:30: PM	7:40: PM	7:50: PM	8:00: PM	8:20: PM	8:30: PM	8:50: PM	9:00: PM	9:10: PM	9:20: PM	9:40: PM	9:50: PM	10:10: PM			
2	7:45: PM	8:05: PM	8:15: PM	8:45: PM	8:55: PM	9:05: PM	9:15: PM	9:35: PM	9:45: PM	10:05: PM	10:15: PM	10:25: PM	10:35: PM	10:55: PM	11:05: PM	11:25: PM			
3	9:30: PM	9:50: PM	10:10: PM	10:40: PM	10:50: PM	11:00: PM	11:10: PM	--	--	--	--	11:20: PM	11:30: PM	11:50: PM	12:00: AM	12:20: AM			
1	10:30: PM	10:50: PM	11:00: PM	11:30: PM	11:40: PM	--	--	--	--	--	--	--	--	--	--	12:20: AM			
2	11:45: PM	12:05: AM	12:10: AM	12:40: AM	12:50: AM	--	--	--	--	--	--	--	--	--	--	1:20: AM			
3	12:45: AM	1:05: AM	1:15: AM	1:45: AM	1:55: AM	--	--	--	--	--	--	--	--	--	--	2:25: AM			
2	1:45: AM	2:05: AM	2:15: AM	2:45: AM	2:55: AM	--	--	--	--	--	--	--	--	--	--	3:25: AM			
3	2:45: AM	3:05: AM	3:15: AM	--	--	--	--	--	--	--	--	--	--	--	--	3:35: AM			
3	3:45: AM	4:05: AM	4:15: AM	--	--	--	--	--	--	--	--	--	--	--	--	4:35: AM			
3	4:45: AM	5:05: AM	5:15: AM	--	--	--	--	--	--	--	--	--	--	--	--	5:35: AM			
3	5:45: AM	6:05: AM	6:15: AM	--	--	--	--	--	--	--	--	--	--	--	--	6:35: AM			
3	6:45: AM	7:05: AM	7:15: AM	--	--	--	--	--	--	--	--	--	--	--	--	7:35: AM			



## 2019 BURNING RIVER RELAY INFORMATION GUIDE



**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 at [westernreserveracing.com](http://westernreserveracing.com)
- ✓ Relay team members can send one team mate to pick up all bibs and swag or pick them up individually.
- ✓ 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 7:00 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

- ✓ [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.



## 2019 BURNING RIVER RELAY 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 RELAY INFORMATION GUIDE



## Course Overview -Segment Distances & Exchange Locations

	Aid Station Name	Course Map Strava Links	Dist. from Prev	Total Dist.	Terrain to Next Aid Station	Relay Exchange	GPS Coordinates
A	Start – HiHo Brewing	Leg 1 – Start to North Hawkins <a href="https://www.strava.com/segments/20753837">https://www.strava.com/segments/20753837</a>		0.0	50% Paved, 50% Bridle Trail	(1) HIHO to North Hawkins 9.54	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 <a href="https://www.strava.com/segments/20622530">https://www.strava.com/segments/20622530</a>	4.7	9.5	45% Towpath, 55% Single Track	(2) North Hawkins to Valley Picnic 17.01 (BUS/DROP-OFF ONLY)	41.130646, -81.567838
D	Botzum		5.9	15.4	40% Paved, 10% Towpath, 50% Single Track	NO 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	NO ACCESS	41.219213, -81.577430
G	Valley Picnic	Leg 3 – Valley Picnic to Kendall Lake <a href="https://www.strava.com/segments/20622828">https://www.strava.com/segments/20622828</a>	4.4	26.6	10% Paved, 40% Towpath, 50% Bridle Trail	(3) Valley Picnic to Kendall Lake Shelter 13.6 (BUS/DROP-OFF ONLY)	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	NO ACCESS	41.214260, -81.530882
J	Kendall Lake Shelter	Leg 4 – Kendall Lake to Silver Springs <a href="https://www.strava.com/segments/20614997">https://www.strava.com/segments/20614997</a>	5.8	40.2	10% Paved, 40% Bridle Trail, 60% Single Track	(4) Kendall Lake Shelter to Silver Springs 11 (BUS/DROP-OFF ONLY)	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
L	Silver Springs	Leg 5 – Silver Springs to Kendall Lake <a href="https://www.strava.com/segments/20614906">https://www.strava.com/segments/20614906</a>	6.5	51.2	90% Paved, 5% Towpath, 5% Single Track	(5) Silver Springs to Kendall Lake Shelter 11 (TEAM ACCESS)	41.193623, -81.412013
K2	303 Hike &		6.5	57.7	10% Paved, 40%	NO ACCESS	41.230993, -



# 2019 BURNING RIVER RELAY INFORMATION GUIDE



	Bike				Bridle Trail, 60% Single Track		81.493641
J2	Kendall Lake Shelter	Leg 6 – Kendall Lake to Valley Picnic <a href="https://www.strava.com/segments/20618323">https://www.strava.com/segments/20618323</a>	4.5	62.2	20% Bridle Trail, 80% Single Track	(6) Kendall Lake Shelter to Valley Picnic 13.6 (BUS/DROP-OFF ONLY)	41.217032, -81.525773
I2	Pine Hollow		5.8	68.0	100% Bridle Trail above	NO ACCESS	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 <a href="https://www.strava.com/segments/20622364">https://www.strava.com/segments/20622364</a>	3.7	75.8	40% Bridle Trail, 60% Single Track	(7) Valley Picnic to North Hawkins 17.01 (BUS/DROP-OFF ONLY)	41.224700, -81.558254
F2	Oakhill		4.4	80.1	35% Paved, 10% Towpath, 55% Single Track	NO 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	NO ACCESS	41.159241, -81.574357
C2	North Hawkins	Leg 8 – North Hawkins to HiHo Brewing <a href="https://www.strava.com/segments/20753241">https://www.strava.com/segments/20753241</a>	5.9	92.8	30% Towpath, 30% Bridle Trail, 40% Single Track	(8) North Hawkins to HIHO 9.5 (BUS/DROP-OFF ONLY)	41.130646, -81.567838
B2	Memorial		4.7	97.5	50% Paved, 50% Bridle Trail	NO ACCESS	41.104376, -81.528110
A2	HiHo Brewing		4.8	102.3		TEAM ACCESS	41.128375, -81.485082





## 2019 BURNING RIVER RELAY INFORMATION GUIDE



Burning River 2019 Course - OUT & BACK						
	Station	Distance	From previous station	Aid Station OPEN	Aid Station CLOSE	Relay Cut-off Times
<b>A</b>	HIHO	0.0		3:30 AM	7:00 AM	7:00 AM
<b>B</b>	Memorial	4.8	4.8	4:20 AM	8:17 AM	8:17 AM
<b>C</b>	North Hawkins	9.5	4.7	4:50 AM	9:33 AM	9:33 AM
<b>D</b>	Botzum	15.4	5.9	5:45 AM	11:10 AM	11:10 AM
<b>E</b>	O'Neil Woods	17.1	1.6	5:55 AM	11:38 AM	11:38 AM
<b>F</b>	Oakhill	22.2	5.2	6:40 AM	1:02 PM	1:02 PM
<b>G</b>	Valley Picnic	26.6	4.4	7:15 AM	2:13 PM	2:13 PM
<b>H</b>	Robinson Field	30.3	3.7	7:45 AM	3:09 PM	3:09 PM
<b>I</b>	Pine Hollow	34.4	4.1	8:20 AM	4:16 PM	4:16 PM
<b>J</b>	Kendall Lake Shelter	40.2	5.8	9:00 AM	5:28 PM	5:28 PM
<b>K</b>	303 Hike & Bike	44.7	4.5	9:45 AM	6:43 PM	6:43 PM
<b>L</b>	Silver Springs	51.2	6.5	10:40 AM	8:30 PM	8:30 PM
<b>K</b>	303 Hike & Bike	57.7	6.5	11:40 AM	10:16 PM	10:16 PM
<b>J</b>	Kendall Lake Shelter	62.2	4.5	12:25 PM	11:31 PM	11:31 PM
<b>I</b>	Pine Hollow	68.0	5.8	1:10 PM	12:43 AM	12:43 AM
<b>H</b>	Robinson Field	72.1	4.1	1:50 PM	1:50 AM	1:50 AM
<b>G</b>	Valley Picnic	75.8	3.7	2:15 PM	2:46 AM	2:46 AM
<b>F</b>	Oakhill	80.1	4.4	2:55 PM	3:57 AM	3:57 AM
<b>E</b>	O'Neil Woods	85.3	5.2	3:50 AM	5:21 AM	5:21 AM
<b>D</b>	Botzum	86.9	1.6	4:00 PM	5:49 AM	5:49 AM
<b>C</b>	North Hawkins	92.8	5.9	5:00 PM	7:26 AM	7:26 AM
<b>B</b>	Memorial	97.5	4.7	5:40 PM	8:42 AM	8:42 AM
<b>A</b>	HIHO	102.3	4.8	6:10 PM	10:00 AM	10:00 AM