



**14th ANNUAL  
BURNING RIVER ENDURANCE RUN & RELAY  
VOLUNTEER INFORMATION GUIDE**



## AID STATIONS - PREPARING FOR RACE DAY

- Review aid station layout for your station. Visit your station location to familiarize yourself with the area. Identify bathroom locations, power sources (if any), parking, etc.
- Know the location of and the distance to the next aid station and inform your volunteers.
- Contact Aid Station Captain at station before and after your station and introduce yourself; you will receive a updated list of captains with contact information at least one week prior to the event
- Review registered volunteers at your station.. Contact volunteers and establish a schedule based on your aid station open/close times.
- Please, no more than 4 volunteers at an aid station. You will want more as wearing a mask for prolonged periods is not a lot of fun. Rotate people, give them breaks, etc. Your volunteers can still be on location - just not at the aid station when not helping.
- Consider some things you may want to bring to make it more enjoyable:
  - We are supplying masks for volunteers. You may prefer your own?
  - Your own food and drink, water bottle
  - Flashlights and/or lanterns....maybe some cool lighting?
  - Camp Chairs, lounges or stools
  - Large cooler(s) for storing bags of ice and any perishable foods.

Note: - If you can bring a minimum of two large coolers to hold ice to save yourself time - the more you can hold - the more ice you can get!
  - Permanent marker, scissors (Duct tape will be provided).
  - Any decorations you want. It is important to note that we cannot nail, staple, hang,..., on anything within our park systems. We also want to avoid going beyond the established footprint for the aid station. Yep, the parks ask us to let people have fun and, at the same time, not go too far. Yes, they will be monitoring for compliance.
- Study the predicted peak hours at the end of this document. Think about your staffing during this time period...this is when your team will want to take breaks as it might get hectic. If a line forms, it is ok - please do not take shortcuts. Keep smiling. Everything will be ok.
- Read the guides published for the participants:  
<https://www.westernreserveracing.com/races/burning-river-information-guide/>

## AID STATIONS - ARRIVAL, SETUP, & DELIVERY OF SUPPLIES

- Please arrive 30 minutes prior to your aid station open time. You will want to have the water, heed, pop, gels, and endurolytes available as soon as possible. We recognize this isn't very much time - our estimates are based on course record pace. If that is happening, that person won't be interested in more than the basics.
- Check-off items (checklist) when delivered. You wouldn't want the supply truck to leave without having ice, right?
- Besides your supplies, there will be a bundle of BR100 flags and some extra marking supplies will be included. These will be used by the Marking Team. Please set aside for them. Please do not use them for aid station decorations. :o)



## 14th ANNUAL BURNING RIVER ENDURANCE RUN & RELAY VOLUNTEER INFORMATION GUIDE



- We will have staff there to help you set up the aid station according to a predetermined layout. We have a video produced to give you an overview of an aid station::

<https://www.youtube.com/watch?v=fCo3VRbA1hE&t=194s>

### AID STATIONS - OPERATIONS

- The staff of four will work as a team - two people will be at back tables breaking food down into smaller portions (ex: putting M&M's into dixie cups, pouring cans of pop into dixie cups). The other two people will be at the front tables filling order requests. These two will take the participants' requests and obtain it from the back table and place it on the front table. Please make sure the participant takes it "to go". No congregating at the aid station.
- Fill participant water bottles and/or hydration bladders directly from the gallon jugs or from the coolers. Please do not let the participants do it.
- Use tongs or other utensils instead of touching food. Wear gloves if you cannot use utensils.
- Remember to use sanitizer and disinfectant often (at least hourly).
- Feel free to mix it up and take turns. You will get into a flow with it so much that you will break into singing and dancing...okay maybe not that far?
- Do NOT administer first aid to anyone. We understand we all want to help. It is important to note that due to liability associated with administering first aid, it isn't permitted. You can hand them supplies from the first aid kit.
- Have the emergency contact sheet readily available. Call 911 in an emergency and be prepared to communicate your location.
- Write down the BIB NUMBERS of the first THREE participants and contact the next aid station and tell them the numbers and time they came through your station - after each one arrives.
- In the 30-45 minutes prior to closing, write down ALL the bib numbers. Communicate the last 5 bib numbers to the next aid station at closing.
- Please help participants and do not worry yourself about being "in charge". You can call the dispatch number at any time and ask to speak with a race director (Jim, Joe, or Vince). We can resolve any participant issues for you quickly. We want to help - we don't want the burden on the volunteers to interpret/enforce participant rules.

### AID STATIONS - ADDITIONAL SUPPLIES (RESTOCK)

- We will have what we are calling an "Alamo Station" at Pine Hollow. If you need more supplies, please contact them between 12PM and 9PM on Saturday to have her confirm the supplies you need are in the Alamo Station. Ask her to set them aside for your pickup. Before Noon and after 9PM you will be able to access the Alamo Station (trailer) on your own. See contact information at the end of this document.
- Ice freezers will be at the Tiki Bar, 5893 Akron Cleveland Rd, Hudson. Feel free to head on down to the Tiki Bar and grab more ice as needed. If you need help in locating the ice freezers, please stop and see the Tiki Bar Aid Station. We cannot endorse stopping in at the Tiki Bar and using the ice for a cocktail.
- We will have a delivery truck on hand during peak hours 12-8 pm. If you want your restock delivered, feel free to call them. See contact info at the end of this document.



# 14th ANNUAL BURNING RIVER ENDURANCE RUN & RELAY VOLUNTEER INFORMATION GUIDE



- Please review the predicted peak hours. Think ahead - don't wait until you run out to ask or go get more!

## AID STATIONS - CLOSING BACK 50 AID STATIONS

- Stage all of your aid station supplies together.
- Put trash in trash bags and separate recyclables into clear or blue bags.
- Please discard or take home any opened containers. We cannot donate it. (Front 50 Keep)
- Completely empty the 5-gallon drink coolers (front 50 keep)
- The supply truck may or may not be at your aid station when you close. If you were supplied a generator, they will be doing their best to be there on time as we don't want the risk of the generator being stolen! If they are running late, give them a call and work together with them on a plan.
- Sleep for the next 3 days straight. Yes, that is what we do.

## CONTACTS

- Alamo Station (trailer located at Pine Hollow)
  - Saturday 9AM - 9PM only: Catherine Swank 440-231-1010
- Supply Delivery Replenishment
  - Saturday: 4AM - 10PM: Dave 330-283-6885
  - Saturday: 10PM - Sunday 7AM: Joe 440-391-0067
  - Sunday: 7AM - 12:30PM: Dave 330-283-6885
- General Inquiries
  - Supplies: Dave Kutcher: [davekutcher@live.com](mailto:davekutcher@live.com)
  - Other: Joe Jurczyk: [joe@westernreserveracing.com](mailto:joe@westernreserveracing.com)
- Race Dispatch
  - [info@westernreserveracing.com](mailto:info@westernreserveracing.com) - email any drops please!
  - (330) 548-1963 - call for urgent matters not regarding supplies.



14th ANNUAL  
BURNING RIVER ENDURANCE RUN & RELAY  
VOLUNTEER INFORMATION GUIDE



## COVID-19 COMPLIANCE

- Volunteers will wear masks when unable to maintain six feet of social distance.
- Volunteers will wear masks when working at an aid station.
- Volunteers will complete a symptom assessment and waiver at the beginning of their first shift.
- Sanitizer and disinfectant will be available at all event locations for volunteers and participants.
- Volunteers are required to sanitize their hands often and avoid directly touching food items - use utensils and/or gloves.
- Aid stations will be sanitized hourly (fluid containers, utensils, serving tables and preparation tables).
- No more than 4 total volunteers at the aid station.
- Aid Station Process Overview can be viewed at :  
<https://www.youtube.com/watch?v=fCo3VRbA1hE>

## SYMPTOM ASSESSMENT AND WAIVER

- All volunteers are required to complete a symptom assessment and sign a waiver on site prior to volunteering for their initial task. Signage will be provided at each aid station.
- The volunteer will complete the symptom assessment and waiver by scanning a QR code using their phone's camera. The camera will identify the QR code and ask you if you wish to open the site that maintains the symptom assessment and waiver. As an additional option, the volunteer can complete the waiver at the following link: [SYMPTOM ASSESSMENT AND WAIVER](#)
- Once completed, the volunteer will receive an email. The volunteer will follow the instructions in the email to confirm the process and will receive a second email confirming the completion of the process and instructions on how to download a copy.
- You may test this process ahead of race day anytime you want.





# 14th ANNUAL BURNING RIVER ENDURANCE RUN & RELAY VOLUNTEER INFORMATION GUIDE



## PREDICTED PEAK HOURS

	MEM'L	HAWKINS	SMITH RD	BOTZUM	OAK HILL	VALLEY	ROBINSON	PINE HOLLOW	KENDALL	TIKI	SILVER	HIHO
5 AM	HOT	HOT										
6 AM	HOT	HOT	HOT									
7 AM	HOT	HOT	HOT	WARM								
8 AM	HOT	WARM	HOT	HOT	WARM	WARM						
9 AM		WARM	HOT	HOT	HOT	HOT	WARM	WARM				
10 AM			WARM	HOT	HOT	HOT	HOT	HOT	WARM			
11 AM			WARM	WARM	HOT	HOT	HOT	HOT	WARM	WARM		
12 PM				WARM	WARM	WARM	HOT	HOT	HOT	WARM	WARM	
1 PM						WARM	WARM	HOT	HOT	HOT	WARM	
2 PM							WARM	WARM	HOT	HOT	HOT	
3 PM								WARM	HOT	HOT	HOT	
4 PM							WARM	WARM	HOT	HOT	HOT	
5 PM						WARM	WARM	HOT	HOT	HOT	HOT	
6 PM					WARM	WARM	WARM	HOT	HOT	HOT	HOT	
7 PM				WARM	WARM	WARM	WARM	HOT	HOT	HOT	HOT	
8 PM		WARM	WARM	WARM	WARM	WARM	HOT	HOT	HOT	HOT	WARM	
9 PM		WARM	WARM	WARM	WARM	WARM	HOT	WARM	WARM	WARM		
10 PM		WARM	WARM	WARM	WARM	WARM	HOT	WARM	WARM			
11 PM		WARM	WARM	WARM	WARM	HOT	WARM	WARM				
12 AM		WARM	WARM	WARM	HOT	HOT	WARM	WARM				WARM
1 AM		WARM	WARM	HOT	HOT	WARM	WARM					WARM
2 AM		WARM	WARM	HART	WARM	WARM						WARM
3 AM		WARM	HOT	WARM	WARM							WARM
4 AM		WARM	HOT	WARM								WARM
5 AM		HOT	WARM									WARM
6 AM		HOT										WARM
7 AM		WARM										HOT
8 AM												HOT
9 AM												HOT

Rev N/C 2020



# 14th ANNUAL BURNING RIVER ENDURANCE RUN & RELAY VOLUNTEER INFORMATION GUIDE



## DISTANCES, OPEN/CLOSE TIMES, & OTHER INFO

BURNING RIVER 2020														
#	Station	Dist	From Last	Type	P	S	B	T	Relay	Crew	Drop Bag	Pacer	Open	Close
A	High Bridge Glens	0.0		NONE	50		50		LEG 1				3:30 AM	7:18 AM
B	Memorial	4.5	4.5	Fluids		30	40	30					4:25 AM	8:30 AM
C	North Hawkins	9.1	4.6	Full		85		15		50/100			5:05 AM	9:44 AM
D	Smith Road	13.0	3.9	Full		50		100	LEG 2				8:15 AM*	10:47 AM
E	Botzum	14.6	1.6	Full	35	55		10		100			5:50 AM	11:13 AM
F	O'Neil Woods	16.4	1.8	Fluids	60	25		15					6:00 AM	11:42 AM
G	Oakhill	21.6	5.2	Full		20	80			100	100		6:45 AM	1:05 PM
H	Valley Picnic	25.9	4.3	Full			25	75	LEG 3				7:20 AM	2:15 PM
I	Robinson Field	29.5	3.6	Fluids		20	80						7:45 AM	3:17 PM
J	Pine Hollow	33.6	4.1	Full		60	40			50/100	Front 50/100		8:25 AM	4:31 PM
K	Kendall Lake	39.4	5.8	Full	20	80			LEG 4				9:20 AM	6:15 PM
L	Olde Rt. 8 (Tiki)	44.9	5.5	Full	90	10							10:00 AM	7:54 PM
M	Silver Springs	50.2	5.4	Full	90	10			LEG 5	100	50/100	PACER	10:45 AM	9:30 PM
L	Olde Rt. 8 (Tiki)	55.6	5.4	Full	20	80							**	11:05 PM
K	Kendall Lake	61.1	5.5	Full		60	40		LEG 6				**	12:44 AM
J	Pine Hollow	66.9	5.8	Full		20	80			50/100	100	PACER	**	2:28 AM
I	Robinson Field	71.0	4.1	Full	10		50	40					1:50 PM	3:42 AM
H	Valley Picnic	74.6	3.6	Full		60	40		LEG 7				**	4:46 AM
G	Oakhill	78.9	4.3	Full	60	25		15		50/100	Back 50/100	PACER	3:00 PM	6:03 AM
F	O'Neil Woods	84.0	5.2	Fluids	35	50		10					3:50 PM	7:35 AM
E	Botzum	85.8	1.8	Full				100		100		PACER	4:10 PM	8:08 AM
D	Smith Road	87.4	1.6	Fluids/Snacks		85		15	LEG 8				4:20 PM	8:36 AM
C	North Hawkins	91.3	3.9	Full		30	40	30		50/100		PACER	5:00 PM	9:46 AM
B	Memorial	95.9	4.6	Full	50		50			100		PACER	5:40 PM	11:09 AM
A	HiHo	100.2	4.3	Fluids						100	50/100		6:10 PM	12:30 PM
					P - Paved % S - Single Track % B - Bridle Trail % T - Towpath								* Smith Rd - Relay Only ** Remains Open Revised 8/15/20	





# 14th ANNUAL BURNING RIVER ENDURANCE RUN & RELAY VOLUNTEER INFORMATION GUIDE



## AID STATION HYDRATION AND NUTRITION

STATION	Memorial	North Hawkins	Smith Rd.	Botzum	O'Neil Woods	Oak Hill	Valley Picnic	Robinson Field	Pine Hollow	Kendall Lake	Tiki Bar	Silver Springs	Tiki Bar	Kendall Lake	Pine Hollow	Robinson Field	Valley Picnic	Oak Hill	O'Neil Woods	Botzum	Smith Rd	North Hawkins	Memorial	Finish
Gel		X		X		X	X		X	X	X	X	X	X	X	X	X	X		X		X	X	
Salt Tablet	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Heed Sports Drink	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
HYDRATION																								
Water	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ice	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
Coke			X	X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
Mt Dew			X	X		X			X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
Ginger Ale			X	X		X			X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
FOOD																								
Peanut butter and Jelly				X		X	X		X	X	X	X	X	X	X	X	X	X		X		X	X	
Pretzels		X	X	X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
Potato Chips		X	X	X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
M&Ms		X	X	X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	
Cookies		X	X	X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	
Twizzlers				X		X	X		X	X	X	X	X	X	X	X	X	X		X		X	X	
Ginger Chew									X	X	X	X	X	X	X	X	X	X		X			X	X
Grilled Cheese												X										X	X	
Bananas (quantities in bunches)				X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
Pickles				X		X	X		X	X	X	X	X	X	X	X	X	X		X		X	X	
Ramen Noodles													X									X	X	
Soup																								X
Potatoes (cold)											X		X		X		X		X					



# 14th ANNUAL BURNING RIVER ENDURANCE RUN & RELAY VOLUNTEER INFORMATION GUIDE



## AID STATION EMERGENCY CONTACT INFORMATION

Aid Station	Address	GPS	Police Dept Non-Emergency	Nearest Hospital	Park System
Start – High Bridge Glens Park	1817 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) 375-2553	Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44308	Summit Metro Parks (330)475-0029
Smith Rd.	1540 Smith Rd Akron, OH 44313	41.1394114, - 81.5632334	Akron (330) 375-2554	Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44308	N/A
Botzum	2928 Riverview Rd Akron, OH 44607	41.159241, - 81.574357	Akron (330) 375-2555	Akron General Wellness Center 4125 Medina Rd Akron, OH 44333	CVNP Emergency Line (440) 546-5945
O'Neil Woods	2550 Martin Rd Akron, OH 44333	41.170596, - 81.591271	Akron (330) 375-2556	Akron General Wellness Center 4125 Medina Rd Akron, OH 44333	Summit Metro Parks (330)475-0029
Oakhill	3901 Oak Hill Road Peninsula, OH 44264	41.219213, - 81.577430	Peninsula (330) 657-2995	Akron General Wellness Center 4125 Medina Rd Akron, OH 44333	CVNP Emergency Line (440) 546-5945
Valley Picnic	5530 Riverview Road Peninsula, OH 44264	41.224700, - 81.558254	Peninsula (330) 657-2995	Akron General Wellness Center 4125 Medina Rd Akron, OH 44333	CVNP Emergency Line (440) 546-5946
Robinson Field	4751 Akron Peninsula Rd Cuyahoga Falls, OH 44223	41.210369, - 81.555087	Peninsula (330) 657-2995	Akron General Wellness Center 4125 Medina Rd Akron, OH 44333	CVNP Emergency Line (440) 546-5947
Pine Hollow	5465 Quick Road Peninsula, OH 44264	41.214260, - 81.530882	Peninsula (330) 657-2995	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44223	CVNP Emergency Line (440) 546-5948
Kendall Lake Shelter	1000 Truxell Road Peninsula, OH 44264	41.217032, - 81.525773	Peninsula (330) 657-2995	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44223	CVNP Emergency Line (440) 546-5949
Tiki Underground	5893 Akron Cleveland Rd Hudson, OH 44236	41.2290223, - 81.4908652	Hudson (330) 342-1800	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44223	N/A
Silver Springs	5027 Stow Road Stow, OH 44224	41.193623, - 81.412013	Hudson (330) 342-1801	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44224	City of Stow
					<b>CALL 911 IN AN EMERGENCY</b>