



**15th ANNUAL
BURNING RIVER ENDURANCE RUN & RELAY
JULY 24-25TH, 2021
PARTICIPANT INFORMATION GUIDE**



Welcome

Welcome and thank you for participating in the 15th Annual Burning River 100-Mile, 50-Mile Endurance Runs and Relay! The following packet contains the information you 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 this guide is updated – please make sure emails from westernreserveracing.com and runsignup.com are not going to your spam folder. Participants are also asked to review the Relay Participant Addendum.

After you have completed reading these documents, 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/805931420193045>
- 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 early American Indian tribes 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.

With support from Hoka One One & Hammer Nutrition.

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. 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 Dog / Teresa Sroka
- Akron Marathon/ Anne Bitong
- Marie Rote
- CTC / Corrina Siciliano
- Suzanne Paroff
- Brie Guist
- Cleveland Clinic / Marie Schaeffer
- Mercedes Hathcock
- Pam Pickel
- Tom Bottger
- HOF Marathon / Jim Chaney
- She Runs This Town / Jennifer Gray and Andrea Clark
- Greg Curtis
- Kent State Exercise Physiology / John McDaniel
- Talula Wiater and Julius Kwolek
- Kyle Kallmeyer
- Michele and Scott Bakalar
- CTC / Julie Sadar
- Jeff Sanda
- MCRR / Renee Harden
- RunningDog / Bev Dillon
- Vertical Runner / Jay Williams
- Paul Romanic's Miracle Working Course Marking Crew



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Awards & Finisher Medals

- ✓ Solo 100-mile participants will receive a snazzy belt buckle. A gold sub-24 buckle will be offered to participants finishing under the 24 hour mark.
 - ✓ 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, by email at info@westernreserveracing.com , or by calling dispatch. Please allow 1-2 weeks for these results to be posted.
 - ✓ 50 mile and relay participants will receive equally snazzy finisher medals.
 - ✓ 100- and 50-mile awards will be given to the Top 5 overall and Top 1 in the following age groups by gender: 29 & Under, 30-39, 40-49, 50-59, 60&over.
 - ✓ 4 Person relay awards for Top 1 Men's Teams, Women's Teams, and Co-Ed* Teams
 - ✓ 8 Person relay awards for Top 1 Men's Team, Top 1 Women's Team and Top 5 Co-Ed* Teams.
- *Female participants must run at least 25% of the segments to be considered for Co-Ed awards.

Donations

Western Reserve Racing is proud to be an active community partner. A portion of this event's 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 park systems:

- ✓ The Cuyahoga Valley National Park – CVNP's mission is to preserve and protect for public use and enjoyment the historic, scenic, natural, and recreational values of the Cuyahoga River Valley, to maintain the open space necessary for the urban environment, and to provide for the recreational and educational needs of the visiting public. Information is available <https://www.nps.gov/cuva/index.htm> .
- ✓ The Summit Metro Parks Foundation - The Summit Metro Parks Foundation is a nonprofit endowment that was established in 1991 to further the goals and mission of Summit Metro Parks. The Foundation accepts gifts and grants to support the park district's charitable, educational and scientific initiatives. Information is available at <https://foundation.summitmetroparks.org/>



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SCHEDULE OF EVENTS

RACE EXPO

Dates: Wednesday July 21st 3:00pm-9:00pm
 Thursday July 22nd 12:00pm-9:00pm
 Friday July 23rd 12:00pm-8:00pm

Location: Sheraton Hotel, Outdoor Tent, 1727 Front Street, Cuyahoga Falls, OH 44221

Description: Packet Pickup, Drop Bag Collection, Gear Store, Rules Meetings

VOLUNTEER PARTY & GROUP RUN

Date: Thursday July 22nd 6:00pm-10:00pm

Location: Sheraton Hotel, Outdoor Tent, 1727 Front Street, Cuyahoga Falls, OH 44221

Description: Event to recognize all the volunteers that help make this race happen. Group Run starts at 6:30pm. Volunteers receive a free beer/sandwich courtesy of the Sheraton. Everyone is welcome to attend!

RACE TIMELINE

Time	Description	Location
Sat 4:00am	100M START Corrals of 100	High Bridge Glens Park Next to Sheraton 1817 Front St. Cuyahoga Falls, Ohio
Sat 6:00am	50M Start Corrals of 100	High Bridge Glens Park
Sat 6:14 am	Sunrise	
Sat 7:00am	8 Person & 4 Person Relay Start	High Bridge Glens Park
Sat 6:00pm	BACK 50M STARTS (WAVES)	Silver Springs Park
Sat 8:00pm	50M Participants Drop Bag Pickup Deadline	Silver Springs Park
Sat 8:50pm	Sunset	
Sun 6:15am	Sunrise	
Sun 8:00am	Drop Bags Arrive	High Bridge Glens Park
Sun 11:00am	100M and Back 50M Drop Bag Pickup Deadline RACE CLOSE	High Bridge Glens Park



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Course Description

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! 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 Heed or tip back a locally crafted pint and toast the Mighty Burning River!

Course Markings

- ✓ In general, we do not mark trails that you are not to enter. If the trail is not marked, don't take it. "Wrong Way" signs MAY be posted at key areas on trail portions of the course, but don't count on them!
- ✓ 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 on 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.

Course Markings Cont.

- ✓ Yellow Streamer tape with printed black arrows will be used in locations which are more difficult to mark or to reinforce the course. It may be placed at ground level across side trails if it could be confusing which trail to follow. Remember: We do NOT mark across all side trails as this can be an issue for horses, dogs or areas with heavy foot traffic.



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- ✓ Turns will be marked with 3 flags before and after a turn. A supplemental White PVC Stake with a directional arrow attached via zip-tie will also be placed at the turn. 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. In select locations where flags cannot be placed on the right (sidewalk adjacent to curb & street), they will be on the far side of the sidewalk. WHEN ON ACTIVE STREETS, RUN ON LEFT, FACING TRAFFIC.
- ✓ 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.
- ✓ ON TRAILS: IN THE FIRST 50 MILES OF THE COURSE THE FLAGS WILL ALWAYS BE ON THE LEFT SIDE OF THE TRAIL.
- ✓ FROM SILVER SPRINGS (midpoint of race) TO THE FINISH, THE (same) FLAGS WILL BE ON YOUR RIGHT.
- ✓ 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 2020 course will be chip timed at 8 locations/aid stations. Participants should pass within 3 feet of the timing antennas located near the aid station. See image below.



- ✓ Timing points will be located at following locations (not all aid stations are timing points):
 - ✓ Mingo Shelter
 - ✓ Valley Picnic
 - ✓ Kendall Lake
 - ✓ Silver Springs
 - ✓ Kendall Lake 2
 - ✓ Valley Picnic 2
 - ✓ Mingo Shelter 2
 - ✓ 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.
- ✓ All Participants should wear bibs pinned to the front of their person and on the outermost layer of clothing.
- ✓ Relay Participants will also wear back bibs to indicate their relay status from behind.

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 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!

Race Day Communications

- ✓ Please direct race day questions and report drops to info@westernreserveracing.com. This email is continuously monitored by WRR staff.
- ✓ A dispatcher will be available for participants, pacers, and crew to always contact during the race to answer questions and/or contact race directors as needed. The race day phone number will be provided to each participant as we get closer to the race date. An email will be sent out one week prior to the race that will include the phone number. This line will only be in use Wednesday, July 21st through Monday, July 26th.



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Official Race Rules

Runners who do not abide by the following rules are subject to disqualification.

- ✓ *NO ACCESS Aid Stations – only the participant is permitted in these areas. Crew, family, and spectators supporting participants at these locations are not allowed.*
- ✓ Participants cannot accept any aid from anyone (crew, family, friend, Elvis impersonator, moving vehicle, bicycle) beyond 100 feet of a Crew Access Aid Station.
- ✓ 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.
- ✓ Wear your Race Bib in front (Relay runners will also have a back bib) where it is visible.
- ✓ Adhere to posted signs and rules of the race and park districts.
- ✓ Do NOT drop out of the race without notifying an aid station, Finish Line, or the Race Dispatch Number.
- ✓ 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 following time limits (based on your start time) are not eligible to have their times posted: 100M – 30 hours, 50M – 15 hours, Back 50M – 16 hours, Relay Teams – 27 hours.
- ✓ 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. Please call the dispatch phone to request a review.

Pacer Rules and Information

Pacers who do not abide by the following rules may subject their runner to disqualification.

- ✓ Pacers are allowed for 100M solo participants only beginning at Silver Springs Aid Station, mile 50.2 with one exception: Pacers are allowed anytime throughout the course for 100M and 50M solo runners 60 years or older.
- ✓ 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.
- ✓ Only one pacer at a time. A runner may have several pacers, but only one pacer at a time.
- ✓ All pacers must wear a PACER bib and be registered.
- ✓ You may have someone join you as your pacer during the race. The person willing to join you as a pacer must sign a waiver, wear a PACER bib, and join the race with you at a pacer location. The aid station will assist you in these activities.



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- ✓ **IMPORTANT:** It is the participant's responsibility to understand where they can have a pacer join them. Do not accept people's offer to join you as a pacer at locations that are not designated pacer locations. This will result in disqualification.
- ✓ 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 on final page for pacer pickup locations.

Participant, Crew, and Pacer Responsibilities

- ✓ 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.
- ✓ If you find yourself off-course, take time to assess your situation. Re-trace your steps until you come to a race/trail marking.
- ✓ Runners can use cell phones on the course, but in some areas there may be limited coverage.
- ✓ 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. Participants will be able to ride the buses that stop at the relay exchanges/aid stations. 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!
- ✓ 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!
- ✓ Participants should put garbage in OUR bags. Do not use park barrels.
- ✓ 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 crew.
- ✓ 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.
- ✓ Children and leashed pets are welcome at Burning River; aid station volunteers are not responsible for them.
- ✓ To ensure 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.
- ✓ Trekking poles are allowed by all participants.

Drop Bags

- ✓ Drop bag service is available for 100M, 50M, and Back 50M solo runners.
- ✓ All Drop Bags must be brought to the RACE EXPO.



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- ✓ One bag is allowed per Drop Bag Aid Station location. 100M Participants will access that bag 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, mark each drop bag clearly with your Bib Number, Last Name and Aid Station Letter, and Aid Station Name. Ex: #201 Simpson J -Pine Hollow (Bart Simpson, Bib 201, Pine Hollow Aid Station, J)
- ✓ Maximum drop bag size is 16"x20". NO hard cases.
- ✓ Waterproof your drop bag ID tags. We suggest using duct tape and permanent marker.
- ✓ 100M and Back 50M drop bags will be brought to the 100 mile finish line by 8:00AM on SUNDAY morning. 50M drop bags will be brought to 50M finish line on Saturday afternoon by 5:30pm.
- ✓ Items left at the Finish Lines will NOT be mailed and will be either donated, recycled, or tossed. 100M and Back 50M drop bags must be picked up by 10:30am Sunday. 50M drop bags must be picked up by 8:00pm Saturday. Check that you have everything or make arrangements for others to pick up your items.
- ✓ Don't use plastic garbage bags or grocery bags -they can be mistaken for trash and disposed of accidentally.
- ✓ 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 on final page for drop bag locations.
- ✓ Pacers are not permitted drop bags but are welcome to include their items in the participant's drop bag.

Head Lamps

- ✓ At the start of the race, we suggest 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 Oak Hill, carrying it with you, or giving it to a crew member. We will not be responsible for returning headlamps to runners.

Parking & Transportation

- ✓ Parking in Cuyahoga Falls - 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 Silver Springs – Free parking is available at Silver Springs Park all weekend long.
- ✓ 50M participants can park at Silver Springs Park, purchase a bus ticket, and ride the bus to the start line.
- ✓ Back 50M participants can park in Cuyahoga Falls and take a relay bus to Silver Springs.
- ✓ 100M participants – please arrange for a piggyback ride from the finish to your car/hotel room.
- ✓ All drops are welcome to use the relay buses. However, the buses do not stop at all aid stations.

Lodging



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- ✓ Burning River is happy to return to [The Sheraton for lodging in 2021](#)! Note: Lodging is sold out on Friday night this year already! People do cancel so please check with them for current availability.

Packet Pickup

- ✓ Packet Pickup will be held race week from Wednesday through Friday at the RACE EXPO.
- ✓ **NO RACE DAY PACKET PICKUP** - Bibs will NOT BE available at the start line for participants who cannot make it to packet pick up.
- ✓ BR Gear is available for sale on westernreserveracing.com. It is recommended to purchase prior to packet pickup to assure your size is available.
- ✓ We will permit bibs to be picked up by others.
- ✓ Pre-race rules meetings will be held in-person during the race expo. Dates/Hours to be announced. These strongly recommended meetings are brief and will conclude with a question & answer period.

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 Emergency Aid Station Information Chart.***



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EMERGENCY AID STATION 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) 375-2552	Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44308	Summit Metro Parks (330)475-0029
Mingo Lodge	1501 Sand Run Pkwy Akron, OH 44313	41.1392891, - 81.5646984	Akron (330) 375-2552	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	Summit Metro Parks (330) 475-0029
Botzum	2928 Riverview Rd Akron, OH 44607	41.159241, - 81.574357	Akron (330) 375-2552	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) 375-2552	Akron General Wellness Center 4125 Medina Rd Akron, OH 44333	Summit Metro Parks (330)475-0029
Oak Hill	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) 546-5945
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) 546-5945
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) 546-5945
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) 546-5945
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
					CALL 911 IN AN EMERGENCY



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COURSE & AID STATION INFORMATION

BURNING RIVER 2021														
#	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	7:00 AM
B	Memorial	4.6	4.6	Fluids		30	40	30					4:20 AM	8:12 AM
C	North Hawkins	9.0	4.5	Full		85		15		50/100			5:00 AM	9:23 AM
D	Mingo Shelter	12.7	3.7	Full (Relay)		25		75	LEG 2				8:15 AM	10:22 AM
E	Botzum	14.5	1.8	Full	35	55		10		100			5:50 AM	10:50 AM
F	O'Neil Woods	16.3	1.8	Fluids	50	25	15	10					6:00 AM	11:19 AM
G	Oakhill	22.8	6.5	Full		30	70			100	100		6:45 AM	1:02 PM
H	Valley Picnic	26.8	4.0	Full	10		40	50	LEG 3				7:20 AM	2:06 PM
I	Robinson Field	30.7	3.9	Fluids		20	80						7:45 AM	3:08 PM
J	Pine Hollow	34.7	4.0	Full		60	40			50/100	Front 50/100		8:25 AM	4:12 PM
K	Kendall Lake	40.6	5.9	Full	20	80			LEG 4				9:20 AM	5:46 PM
L	Olde Rt. 8 (Tiki)	45.5	4.9	Full	90	10							10:15 AM	7:04 PM
M	Silver Springs	50.9	5.4	Full	90	10			LEG 5	100	50/100	PACER	10:45 AM	8:30 PM
L	Olde Rt. 8 (Tiki)	56.3	5.4	Full	20	80							**	9:55 PM
K	Kendall Lake	61.2	4.9	Full		60	40		LEG 6				**	11:13 PM
J	Pine Hollow	67.1	5.9	Full		20	80			50/100	100	PACER	**	12:47 AM
I	Robinson Field	71.1	4.0	Full	10		40	50					2:10 PM	1:51 AM
H	Valley Picnic	75.0	3.9	Full		60	40		LEG 7				**	2:53 AM
G	Oakhill	79.0	4.0	Full	50	25	15	10		50/100	Back 50/100	PACER	3:15 PM	3:57 AM
F	O'Neil Woods	85.5	6.5	Fluids	35	55		10					4:20 PM	5:40 AM
E	Botzum	87.3	1.8	Full		25		75		100		PACER	4:30 PM	6:09 AM
D	Mingo Shelter	89.1	1.8	Fluids/ Snacks		85		15	LEG 8				4:50 PM	6:37 AM
C	North Hawkins	92.8	3.7	Full		30	40	30		50/100		PACER	5:30 PM	7:36 AM
B	Memorial	97.3	4.5	Full	50		50			100		PACER	6:10 PM	8:47 AM
A	High Bridge Glens	101.8	4.6	Fluids						100	50/100		6:30 PM	10:00 AM
					P - Paved % S - Single Track % B - Bridle Trail % T - Towpath							* Mingo Shelter - Relay Only ** Remains Open		
Revised 5/06/21														

Terrain Descriptions

- ✓ Paved – Roads which are open to traffic and Hike & Bike trails which are open to bike traffic.
- ✓ Bridle Trail (or other similar) – Wide dirt trail, constructed to withstand horse traffic. Runners MUST yield to horses – walk past the horse and do not attempt to pet.
- ✓ Single Track – Hiking trail, typically dirt but may also consist of other erosion prevention materials.
- ✓ Towpath (or other similar) – Crushed limestone, flat, firm surface.



**15th ANNUAL
BURNING RIVER ENDURANCE RUN & RELAY
JULY 24-25TH, 2021
PARTICIPANT INFORMATION GUIDE**



AID STATION HYDRATION AND NUTRITION

STATION	Memorial	North Hawkins	Mingo Shelter	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	Mingo Shelter	North Hawkins	Memorial	Finish
Hammer Gels		X	X	X		X	X		X	X	X	X	X	X	X	X	X	X		X		X	X	
Hammer Endurolytes	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Hammer 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	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	X
Ginger Ale			X	X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
FOOD																								
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
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	X
Fig Bars		X												X	X	X	X	X		X	X	X	X	
Trail Mix						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	
Bananas				X		X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	

Aid Station Hydration & Nutrition

- ✓ Hammer Nutrition is the official hydration drink, energy gel, and electrolyte capsule of Burning River.
- ✓ First Aid supplies will be limited such as Band-Aids, bug spray, and sunscreen. We cannot provide any form of medications and we cannot assist in giving first aid.
- ✓ 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!
- ✓ Aid station food is subject to change according to weather conditions.
- ✓ It is our intent to have these supplies readily available according to the chart. However, we cannot guarantee this due to the nature of the event & changing conditions. Each participant must plan accordingly.
- ✓ **IMPORTANT:** In conversations with our county public health department, food is **NOT** allowed to be prepared and/or served without proper licensing and inspection. This has nothing to do with the pandemic or our race – it's state law. This means we can't cut a watermelon, make peanut butter & jelly, serve M&M's in cups, etc. Everything must be served in original packaging. Bananas are okay as they come with their own wrapper – as long as we do not cut them. Interesting, right? We are working on solutions and anticipate having prepared foods, including hot food, at the aid stations. Throughout the pandemic, we have learned so much on so many different fronts! We remain committed to doing the right thing for each of you and comply with any applicable laws, regulations, etc.