



**16th ANNUAL
BURNING RIVER ENDURANCE RUN & RELAY
PRESENTED BY [NovaCare](#) & [Altra](#)
JULY 30-31ST, 2022
PARTICIPANT INFORMATION GUIDE**



Welcome

Welcome and thank you for participating in the 16th 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 Facebook event - <https://www.facebook.com/events/337878834634348>
- 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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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:

- Michael Schaefer- UH Sports Medicine
- Julie Sadar - Cleveland Tri Club
- Chris Headrick
- Thomas Bottger
- Suzanne Paroff
- Greg Curtis
- Jim Chaney - HOF Marathon
- Renee Harden
- Kyle Kallmeyer
- Brie Guist
- Anne Bitong - Akron Marathon
- John McDaniel - Kent State Exercise Physiology
- Ursula & Monica
- Vertical Runner
- Cat Andrews - She Runs this Town
- Kathy Siesel - Kent State Podiatry
- Talula Wiater
- Elizabeth Morey
- The 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 (50M Finish Line), 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.
- ✓ Awards for the 50M Race will be at Silver Springs. Award winners will be announced as they finish to the best of our ability. It may take 30-45 minutes to announce some of the age group bracket winners.
- ✓ Award Ceremony for the 100M Solo and Relay Races will be Sunday at 8:00am. Please come down to the finish line Sunday morning. We will announce the award winners and then cheer on the final participants!

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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RACE EXPO

Dates: Thursday July 28th 12:00pm-9:00pm
 Friday July 29th 12:00pm-8:00pm

Location: Outdoor Tent, 1817 Front Street, Cuyahoga Falls, OH 44221 (next to Sheraton Suites)

Description:

- Packet Pickup & Gear Store
- Rules Meetings – FRIDAY 3pm, 5pm, 7pm.
- Drop Bag Collection – FRIDAY ONLY!
- Questions? - Race Directors will be at the Expo on Friday. Participants with questions are encouraged to email us prior to the race or come to the rules meetings on Friday.

PRE-RACE PARTY & GROUP RUN

Date: Thursday July 22nd 6:00pm-9:00pm

Location: Outdoor Tent, 1817 Front Street, Cuyahoga Falls, OH 44221 (next to Sheraton Suites)

Description: Event to recognize all the volunteers that help make this race happen. Group Run starts at 6:30pm. Everyone is welcome to attend!

RACE TIMELINE

Time	Description	Location
Sat 4:00am	100M START	High Bridge Glens Park Next to Sheraton 1817 Front St. Cuyahoga Falls, Ohio
Sat 6:00am	50M Start	High Bridge Glens Park
Sat 6:14 am	Sunrise	
Sat 7:00am	8 Person & 4 Person Relay Start	High Bridge Glens Park
Sat 5:00pm	50M Overall Awards Ceremony	Silver Springs Park
Sat 6:00pm	BACK 50M STARTS	Silver Springs Park
Sat 8:00pm	50M Participants Drop Bag Pickup Deadline	Silver Springs Park
Sat 9:23pm	Sunset	
Sun 6:15am	Sunrise	
Sun 8:00am	100M/Back 50M Drop Bags Arrive	High Bridge Glens Park
Sun 8:00am	100M/Back 50M Award Ceremony–Overall & Age Group	High Bridge Glens Park
Sun 10:00am	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 bridge 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!

2022 Course Map Links

- ✓ Please check our website page as it will always contain the most current maps.
 - [100-Mile Map](#)
 - [Front 50 Map](#)
 - [Back 50 Map](#)

2022 Course Change Summary

We are asked quite often about course changes. We have added this section for those of you that are very familiar with the trails, the course, etc.

- ✓ Start to first Aid Station (Leg One/Eight): We are moving the first/last aid station to Hilltop Pavilion located in the Oxbow portion of the Cascades Metro Park Area. We will no longer be using Memorial Aid Station/Memorial Parkway.
- ✓ Aid Station One (Hilltop) to Aid Station Two (N. Hawkins) - (Leg One/Eight): We are incorporating a portion of the new Centennial Trail that is located on the site of the old Valley View Golf Course. We will connect to the towpath via a short portion of the Schumacher Trail. We will connect to the Sand Run Park area and use the portion of Parours trail that climbs up to the Treaty Line parking area and then drop back down to cross Portage Path. This will eliminate a road section and some of the Towpath Trail.
- ✓ North Hawkins (Leg One/Eight): The former soccer fields have been reclaimed and planted with natural plantings. The Park will provide a mown "path" immediately adjacent to the tree line beyond the aid station (on the way to the 50-mile line). Please stay tight to the trees as you run through the area.



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- ✓ Indigo Lake fluids station (Leg Two/Seven): This aid station will be a self-serve water only station. We will provide jugs of water which you can use to fill your water bottles/packs.
- ✓ Robinson Field Fluid Station (Front 50/first half) - (Leg Three): This location will be a self-serve water only station on the way out to the 50-mile turn-around. We will provide jugs of water which you can use to fill your water bottles/packs. This location will be a full aid station on the back 50 portion of the race.

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.
- ✓ 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.
- ✓ 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.



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- ✓ 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.

Marking Examples



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



Yellow Boundary Tape with Directional Arrows



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Timing

- ✓ The 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 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. 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.
- ✓ **2022 DISPATCH PHONE NUMBER: TO BE PUBLISHED WITH NEXT REVISION**



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Participant Rules & Information

- ✓ *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.
- ✓ Participants are not permitted to have an animal (ex: dog, cat, hamster, bigfoot) with them on 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.
- ✓ It is the participant's responsibility to cross all roads responsibly and in a safe manner.
- ✓ There are a few sections of the route where you must be careful to not miss a turn. In a few sections, you could miss a turn and then pickup the course again (incorrectly). We do our best to mark the course to prevent this from happening. We will cover a few of these areas as points of emphasis at the rules meetings.
- ✓ Do NOT drop out of the race without notifying an aid station, Finish Line, or the Race Dispatch Number.
- ✓ The aid station close times are firm. Participants entering an aid station after the close time will not be required to turn in their bib. 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. At the pace you are going, the aid stations that follow will not be there.
- ✓ The only cutoff time is the finish line. 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 2 Burning River Race Directors have the sole authority to disqualify a runner and make decisions regarding the official rules: Jim Christ 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. A participant may be disqualified due to the actions of the participant, participant's crew, and/or pacer(s).

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.



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- ✓ 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. Pacers must pick up their bibs at the pacer designated aid stations.
- ✓ 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.
- ✓ **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. It is also the participant's responsibility to assure their pacer is registered.
- ✓ The only case when multiple pacers are acceptable is at Mile 99 (Front St.). Families and friends are welcome to join runners during last mile 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 Information

- ✓ 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 (very few) 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. 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.



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- ✓ 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.
- ✓ Please comply with all park regulations.
- ✓ Please use the portable restrooms supplied by our race. Leave the park restrooms for park visitors – thank you!

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 on FRIDAY ONLY. No race day drop bags.
- ✓ 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"x20x16". 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 plan 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.



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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 – 5328 Young Road, Stow Ohio (baseball field parking lot - follow signs on drive), purchase a bus ticket, and ride the bus to the start line.
- ✓ Back 50M participants can park in Cuyahoga Falls, purchase a bus ticket, and take the shuttle bus to Silver Springs.
- ✓ 100M participants – please arrange for a piggyback ride from the finish to your car/hotel room.

Lodging

- ✓ Burning River is happy to return to the [Sheraton Suites Cuyahoga Falls](#)! Our block fills up fast – if block is full, check back as rooms do get cancelled and then open up for others. The Sheraton is located directly at the start/finish line for the 100M, start line for the 50M, and finish line for the Back 50M.
- ✓ Camping is available at [Silver Springs Park](#) (50M split/finish line). Silver Springs Park campground is located at the 50M finish line and Back 50M start line.

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

CALL 911 IN AN EMERGENCY

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 Akron, OH 44308	<div>NOT UPDATED YET PLANNED FOR VERSION TWO</div>		Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	Summit Metro Parks (330) 475-0029
Botzum	2928 Riverview Akron, OH 44308			Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44307	CVNP Emergency Line (440) 546-5945
O'Neil Woods	2550 Martin Peninsula, OH 44130			Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44307	Summit Metro Parks (330)475-0029
Oak Hill	3901 Oak Hill Peninsula, OH 44130			Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44307	CVNP Emergency Line (440) 546-5945
Valley Picnic	5530 Riverview Peninsula, OH 44130			Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44307	CVNP Emergency Line (440) 546-5945
Robinson Field	4751 Akron Peninsula Rd Cuyahoga Falls 44223			Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44307	CVNP Emergency Line (440) 546-5945
Pine Hollow	5465 Quick Road Peninsula, OH 44264			Cleveland Clinic Akron General 1 Akron General Ave Akron, OH 44307	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



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COURSE & AID STATION INFORMATION

BURNING RIVER 2022														
#	Station	Dist	From Last	Type	P	S	B	T	Relay	Crew	Drop Bag	Pacer	Open	Close
A	High Bridge Glens	0.0		NONE	85	15			LEG 1				3:30 AM	7:00 AM
B	Hilltop (Oxbow)	4.3	4.3	Fluids	10	50	35	5					4:20 AM	8:09 AM
C	North Hawkins	8.7	4.4	Full		80	20			50/100			4:50 AM	9:19 AM
D	Mingo Shelter	12.5	3.8	Full		25	75		LEG 2				8:00 AM	10:19 AM
E	Botzum	14.2	1.7	Full	40	50	10			100			5:35 AM	10:46 AM
F	Indigo Lake	18.9	4.7	Fluids	40	30	20	10					6:00 AM	12:02 PM
G	Oakhill	22.5	3.6	Full		30	70			100	100		6:40 AM	12:59 PM
H	Valley Picnic	26.2	3.7	Full	10		40	50	LEG 3				7:10 AM	1:59 PM
I	Robinson Field	29.8	3.6	Fluids		30	70						7:35 AM	2:56 PM
J	Pine Hollow	33.8	4.0	Full		75	25			50/100	Front 50/100		8:10 AM	4:00 PM
K	Kendall Lake	39.6	5.8	Full	20	80			LEG 4				9:00 AM	5:43 PM
L	Olde Rt. 8	45.1	5.5	Full	85	15							9:50 AM	7:20 PM
M	Silver Springs	50.6	5.5	Full	85	15			LEG 5	100	Front 50/100	PACER	10:30 AM	9:00 PM
L	Olde Rt. 8	56.1	5.5	Full	20	80							**	9:57 PM
K	Kendall Lake	61.6	5.5	Full		75	25		LEG 6				**	11:25 PM
J	Pine Hollow	67.4	5.8	Full		30	70			50/100	100	PACER	**	12:58 AM
I	Robinson Field	71.4	4.0	Full	10		40	50					**	2:02 AM
H	Valley Picnic	75.0	3.6	Full		30	70		LEG 7				**	2:59 AM
G	Oakhill	78.7	3.7	Full	40	30	20	10		50/100	Back 50/100	PACER	2:15 PM	3:58 AM
F	Indigo Lake	82.3	3.6	Fluids	40	50	10						3:00 PM	4:56 AM
E	Botzum	87.0	4.7	Full		25	75			100		PACER	3:30 PM	6:12 AM
D	Mingo Shelter (2)	88.7	1.7	Full		80	20		LEG 8				3:45 PM	6:39 AM
C	North Hawkins	92.5	3.8	Full	10	50	35	5		50/100		PACER	4:30 PM	7:39 AM
B	Hilltop (Oxbow)	96.9	4.4	Full	85	15				100		PACER	5:00 PM	8:49 AM
A	High Bridge Glens	101.3	4.4	Full						100	Back 50/100		5:55 PM	10:00 AM
Full Aid Stations - See Aid Station Hydration & Nutrition Chart					P - Paved % S - Single Track % B - Bridle Trail %					** Remains Open				
Portable Restrooms available at all aid stations					T - Towpath					Revised 6/1/22				

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.



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AID STATION HYDRATION AND NUTRITION

STATION	Memorial	North Hawkins	Mingo Shelter	Botzum	Indigo Lake	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	Indigo Lake	Botzum	Mingo Shelter	North Hawkins	Memorial	Finish
HAMMER NUTRITION																								
Hammer Gels																		X	X		X		X	X
Hammer Endurolytes																		X	X	X	X	X	X	X
Hammer Heed Sports Drink																		X	X	X	X	X	X	X
HYDRATION																								
Water																		X	X	X	X	X	X	X
Ice																		X	X		X	X	X	X
Coke																		X	X		X	X	X	X
Mt Dew																		X	X		X	X	X	X
Ginger Ale																		X	X		X	X	X	X
FOOD																								
Peanut Butter and Jelly																		X	X		X		X	X
Grilled Cheese																				X	X	X		X
Nutella/Banana Wraps																								
Ramen Noodles																		X	X		X		X	X
Not-Chick'n, Bouillon Cubes																		X	X		X	X	X	X
Potatoes (cold)																		X		X				
SNACKS																								
Pretzels																		X	X		X	X	X	X
Potato Chips																		X	X		X	X	X	X
Tortilla Chips																								
Ritz Crackers																						X	X	X
M&Ms																		X	X		X	X	X	X
Cookies																		X	X		X	X	X	X
Fig Bars																		X	X		X	X	X	X
Ginger Chew									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	X
FRUIT																								
Bananas (quantities in bunches)				X		X	X		X	X	X	X	X	X	X	X	X	X	X		X	X	X	X
Watermelon						X	X		X	X	X	X	X	X	X	X	X	X	X		X	X		
Grapes						X			X	X	X	X	X	X	X	X	X	X						

Revised 7/14/21

Aid Station Hydration & Nutrition

- ✓ 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.
- ✓ 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.

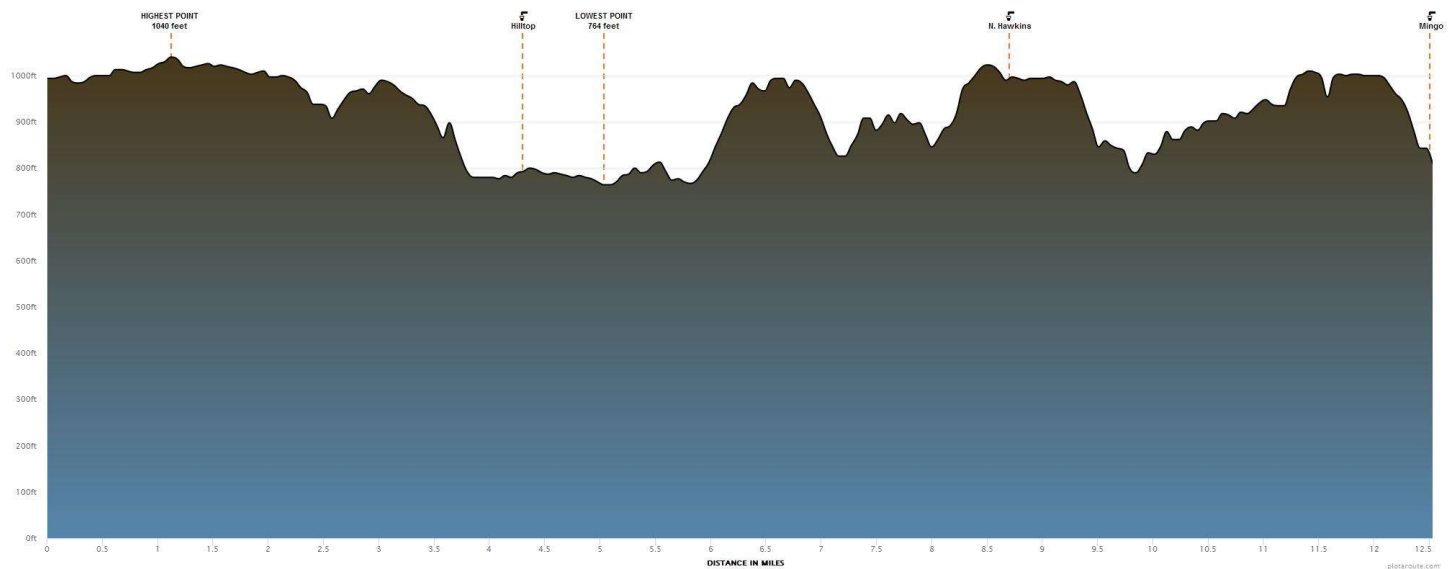


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ELEVATION PROFILES

Leg One			
Distance	12.527 miles	Total Ascent/Descent	1243 feet / 1427 feet
Lowest Point	764 feet (at 5.03 miles)	Highest Point	1040 feet (at 1.12 miles)
Uphill	5.26 miles (42.0%)	Downhill	5.98 miles (47.8%)
Flat	1.29 miles (10.3%)	Height Gain	275 feet
Steepest Uphill	17.8% (at 8.22 miles)	Steepest Downhill	-14.4% (at 11.52 miles)
Longest Uphill	0.56 miles (at 5.82 miles)	Longest Downhill	0.56 miles (at 3.02 miles)
Ascent Rate	99 ft/mile	Descent Rate	114 ft/mile

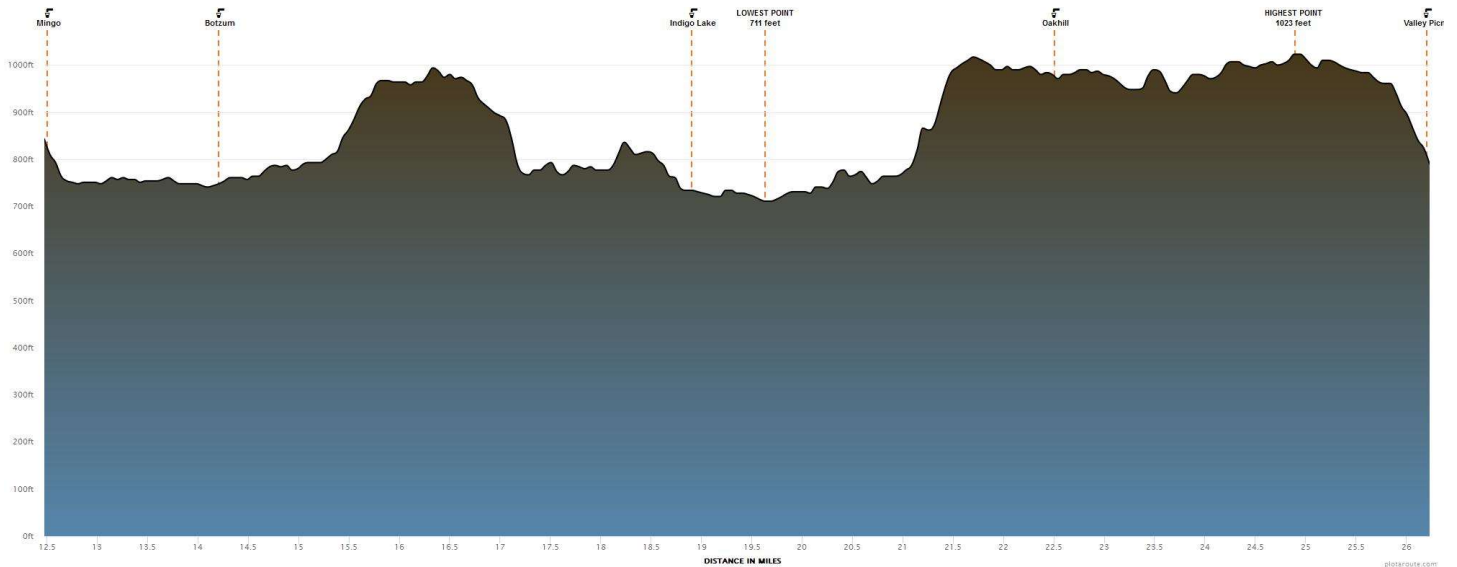




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Leg Two			
Distance	13.645 miles	Total Ascent/Descent	1010 feet / 1013 feet
Lowest Point	711 feet (at 19.63 miles)	Highest Point	1023 feet (at 24.89 miles)
Uphill	5.42 miles (39.8%)	Downhill	5.93 miles (43.4%)
Flat	2.29 miles (16.8%)	Height Gain	311 feet
Steepest Uphill	15.6% (at 21.14 miles)	Steepest Downhill	-17.8% (at 17.11 miles)
Longest Uphill	0.95 miles (at 14.93 miles)	Longest Downhill	0.73 miles (at 18.45 miles)
Ascent Rate	74 ft/mile	Descent Rate	74 ft/mile

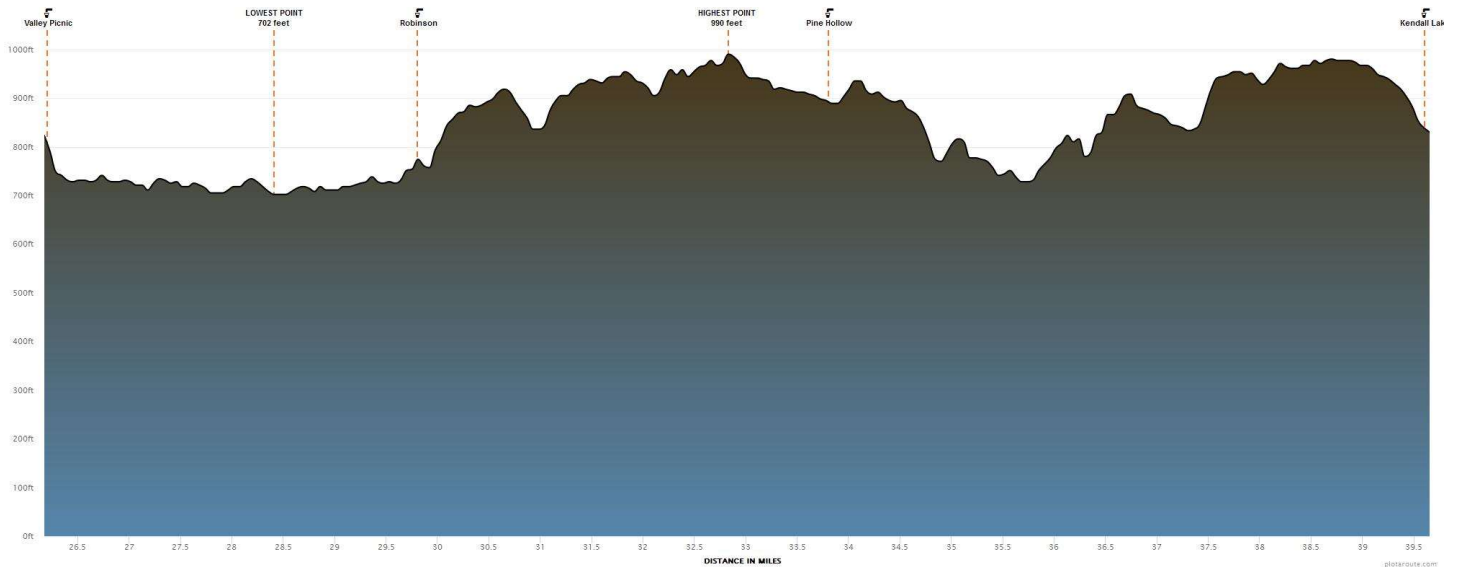




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Leg Three			
Distance	13.310 miles	Total Ascent/Descent	1128 feet / 1036 feet
Lowest Point	702 feet (at 28.41 miles)	Highest Point	990 feet (at 32.83 miles)
Uphill	5.65 miles (42.4%)	Downhill	6.10 miles (45.8%)
Flat	1.57 miles (11.8%)	Height Gain	288 feet
Steepest Uphill	12.2% (at 29.92 miles)	Steepest Downhill	-12.2% (at 36.24 miles)
Longest Uphill	0.50 miles (at 30.98 miles)	Longest Downhill	0.56 miles (at 33.33 miles)
Ascent Rate	85 ft/mile	Descent Rate	78 ft/mile

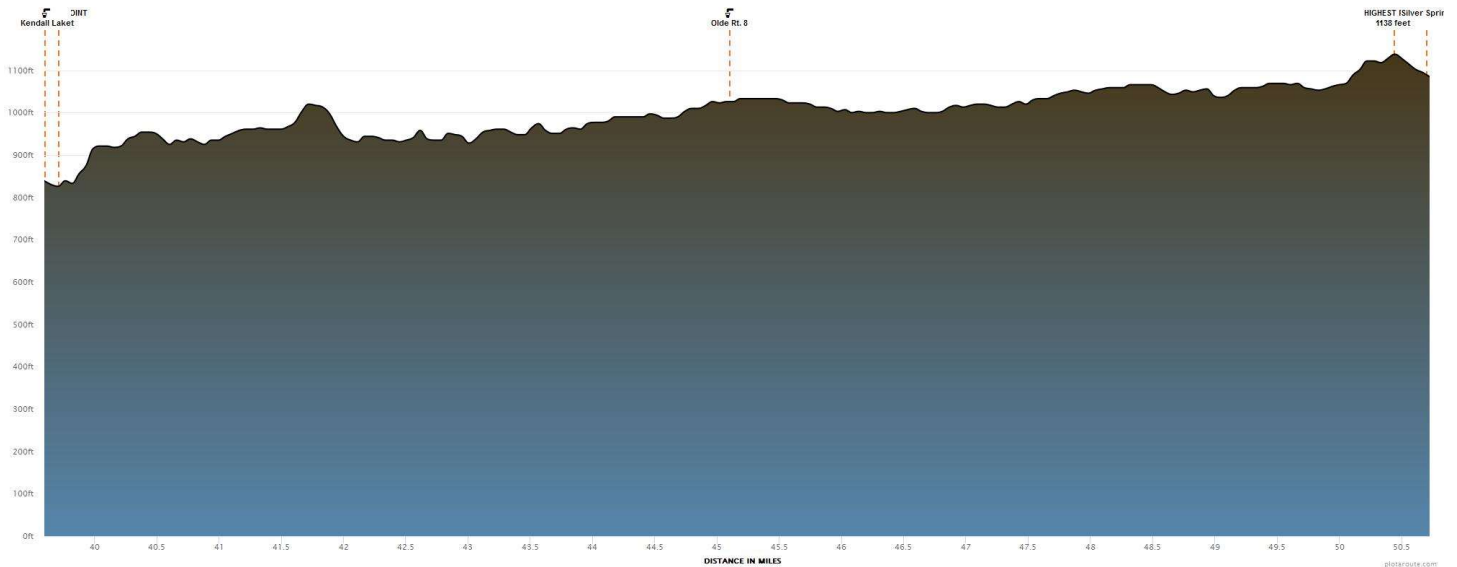




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Leg Four			
Distance	11.073 miles	Total Ascent/Descent	715 feet / 459 feet
Lowest Point	826 feet (at 39.71 miles)	Highest Point	1138 feet (at 50.44 miles)
Uphill	4.92 miles (44.4%)	Downhill	3.69 miles (33.3%)
Flat	2.46 miles (22.2%)	Height Gain	311 feet
Steepest Uphill	13.3% (at 39.93 miles)	Steepest Downhill	-10.0% (at 41.89 miles)
Longest Uphill	0.56 miles (at 43.90 miles)	Longest Downhill	0.50 miles (at 45.47 miles)
Ascent Rate	65 ft/mile	Descent Rate	41 ft/mile

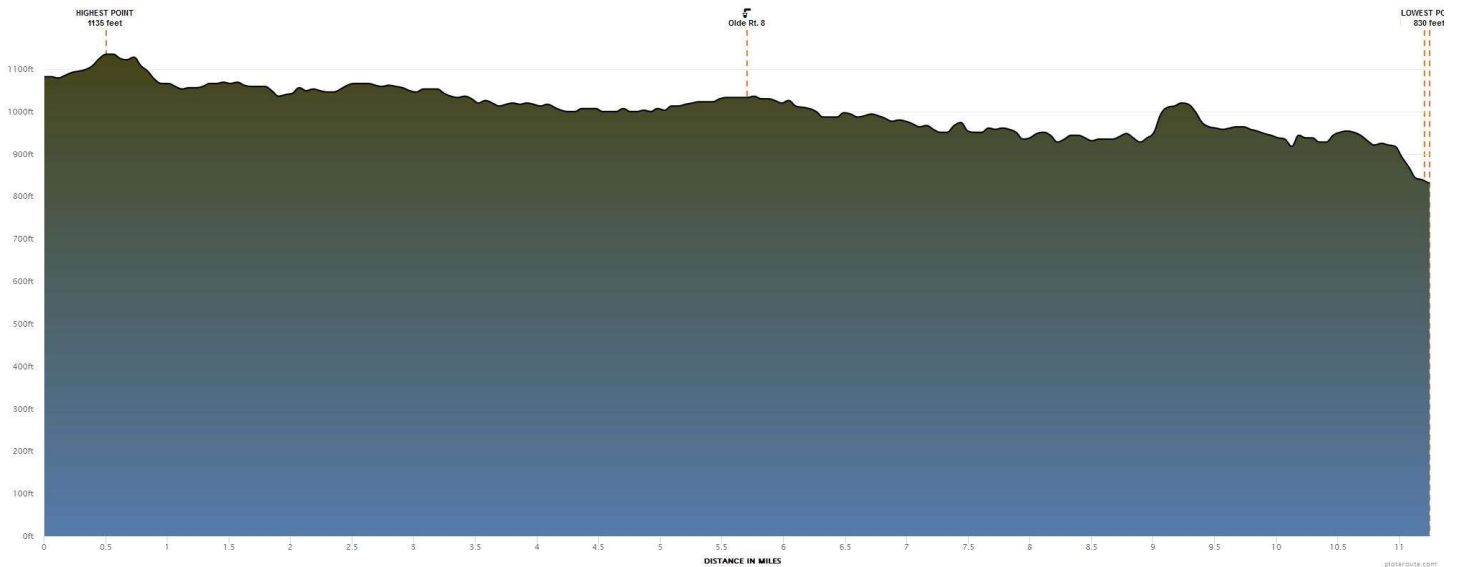




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Leg Five			
Distance	11.241 miles	Total Ascent/Descent	482 feet / 734 feet
Lowest Point	830 feet (at 11.24 miles)	Highest Point	1135 feet (at 0.50 miles)
Uphill	3.91 miles (34.8%)	Downhill	5.37 miles (47.8%)
Flat	1.96 miles (17.4%)	Height Gain	305 feet
Steepest Uphill	14.4% (at 9.00 miles)	Steepest Downhill	-8.9% (at 9.34 miles)
Longest Uphill	0.73 miles (at 5.03 miles)	Longest Downhill	0.39 miles (at 0.73 miles)
Ascent Rate	43 ft/mile	Descent Rate	65 ft/mile

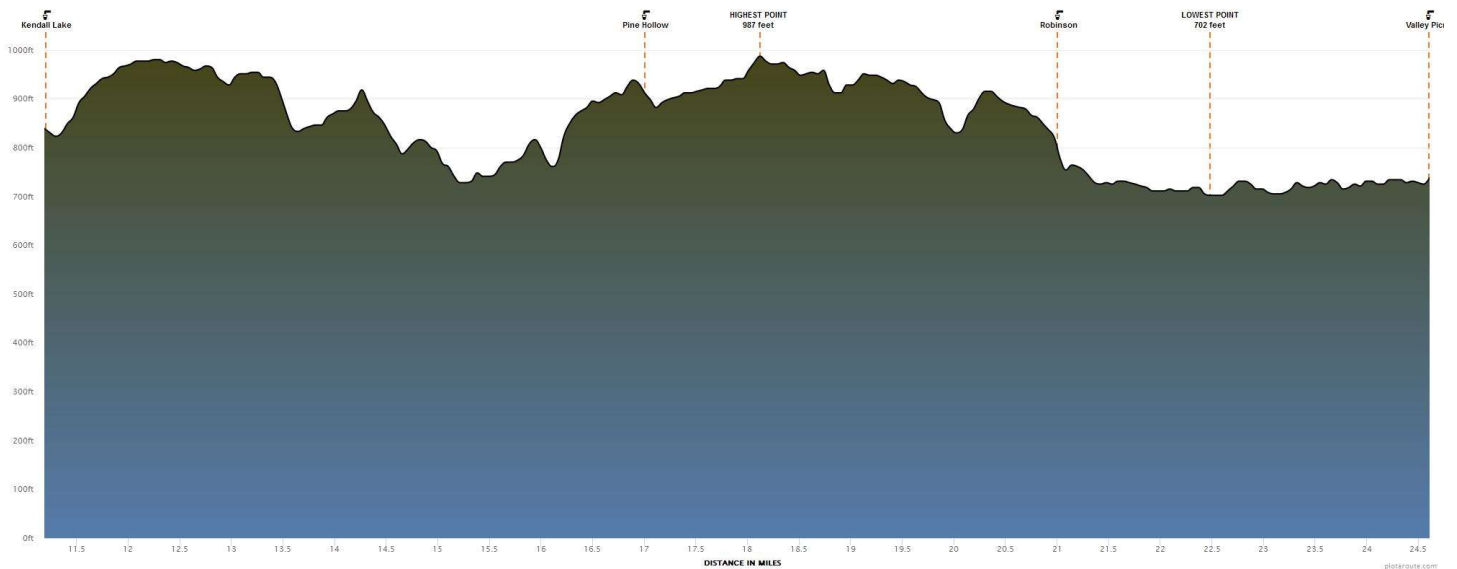




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Leg Six			
Distance	13.366 miles	Total Ascent/Descent	990 feet / 1082 feet
Lowest Point	702 feet (at 22.48 miles)	Highest Point	987 feet (at 18.12 miles)
Uphill	5.65 miles (42.3%)	Downhill	5.76 miles (43.1%)
Flat	1.96 miles (14.6%)	Height Gain	285 feet
Steepest Uphill	16.7% (at 16.16 miles)	Steepest Downhill	-14.4% (at 20.97 miles)
Longest Uphill	1.01 miles (at 11.30 miles)	Longest Downhill	0.73 miles (at 20.36 miles)
Ascent Rate	74 ft/mile	Descent Rate	81 ft/mile

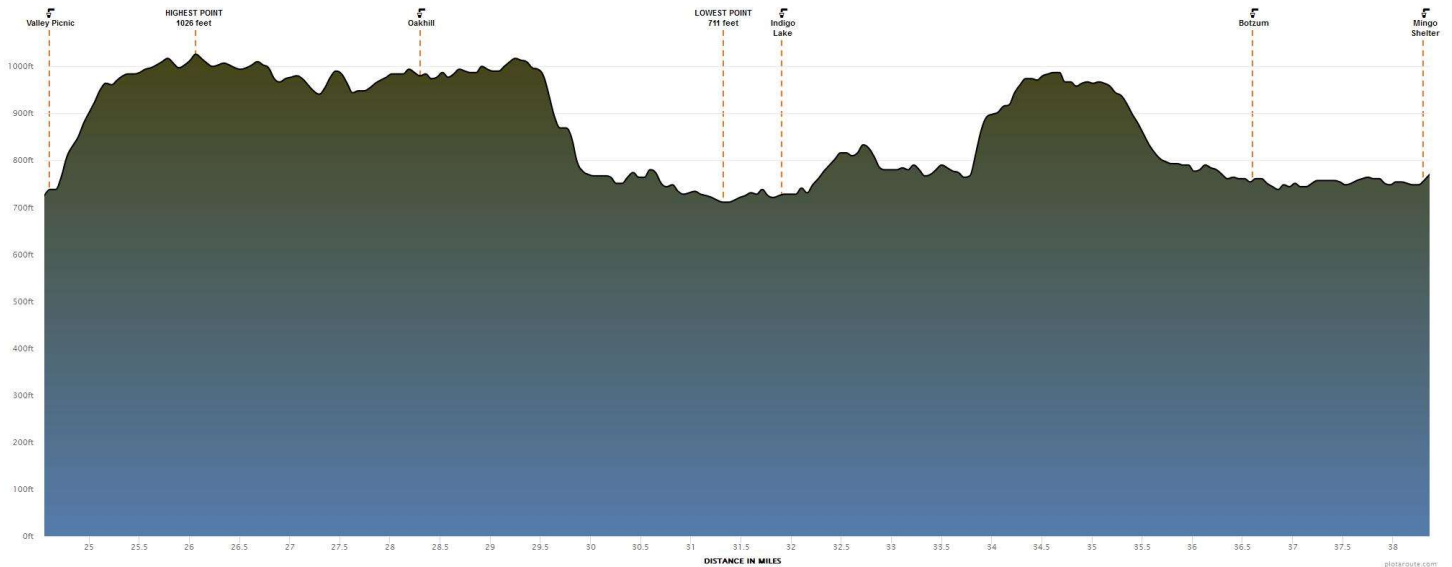




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Leg Seven			
Distance	13.645 miles	Total Ascent/Descent	1085 feet / 1066 feet
Lowest Point	711 feet (at 31.32 miles)	Highest Point	1026 feet (at 26.06 miles)
Uphill	5.93 miles (43.4%)	Downhill	5.98 miles (43.9%)
Flat	1.73 miles (12.7%)	Height Gain	314 feet
Steepest Uphill	17.8% (at 33.83 miles)	Steepest Downhill	-17.8% (at 29.81 miles)
Longest Uphill	0.67 miles (at 33.72 miles)	Longest Downhill	1.06 miles (at 29.25 miles)
Ascent Rate	80 ft/mile	Descent Rate	78 ft/mile

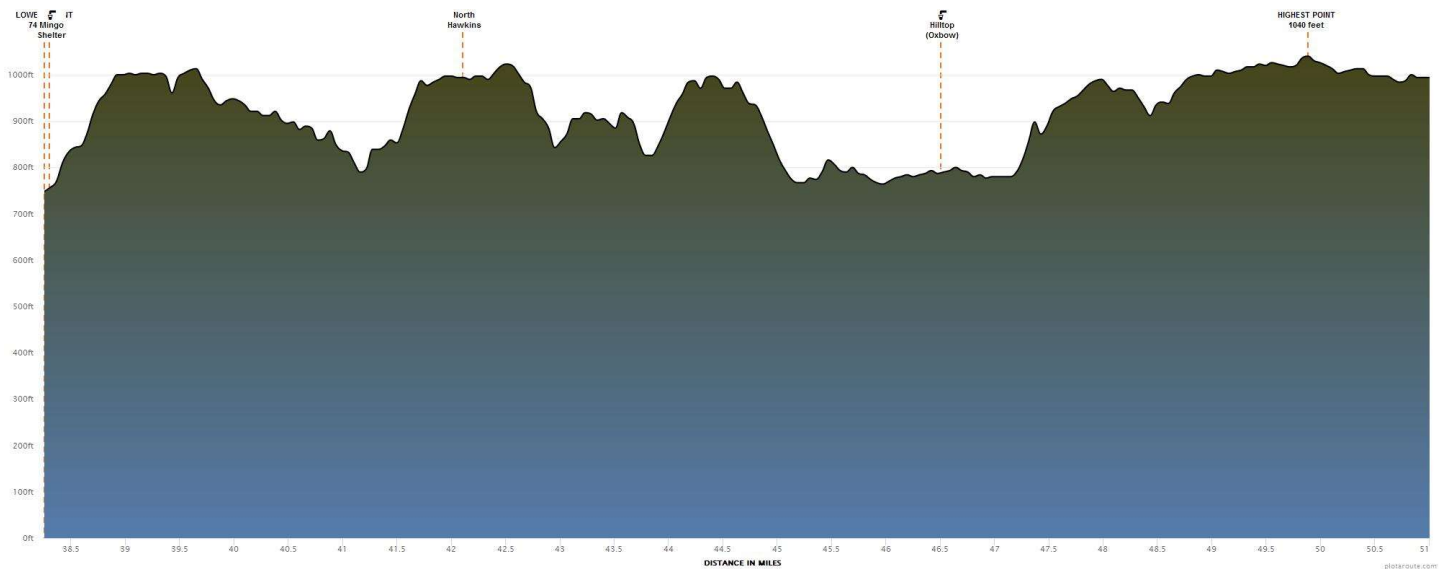




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Leg Eight			
Distance	12.639 miles	Total Ascent/Descent	1456 feet / 1233 feet
Lowest Point	764 feet (at 45.97 miles)	Highest Point	1040 feet (at 49.88 miles)
Uphill	5.98 miles (47.3%)	Downhill	5.37 miles (42.5%)
Flat	1.29 miles (10.2%)	Height Gain	275 feet
Steepest Uphill	14.4% (at 38.64 miles)	Steepest Downhill	-17.8% (at 42.73 miles)
Longest Uphill	0.67 miles (at 38.36 miles)	Longest Downhill	0.62 miles (at 44.63 miles)
Ascent Rate	115 ft/mile	Descent Rate	98 ft/mile





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RELAY PARTICIPANT ADDITIONAL INFORMATION

Drop Bags

- ✓ There is no drop bag service for the relay.
- ✓ We recommend using a leapfrog approach with the items you would 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 will want to arrange getting post-race bags to each other ahead of time. Packet Pickup would be the perfect opportunity.

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.

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.
- ✓ **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.
- ✓ 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.



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- ✓ Relay runners should not go near the timing points with their bib on while waiting for their incoming runner, being a spectator, or hanging around the finish line. It is important that we capture the correct time and bib/chip. This drives the timing crew crazy and you may have to buy them a beer if you make their job difficult.

Parking & Transportation

- ✓ Due to limited parking, relay team vehicles will only have parking available in Cuyahoga Falls and at Silver Springs Park.
- ✓ Relay runners parking vehicles at any aid stations other than the start/finish and Silver Springs subject their team to disqualification.
- ✓ We encourage everyone to use Silver Springs Park as your main hub to hang out during the day. It is easy to get to all the relay exchange points and drop off / pick up your team members. After Silver Spring closes (9PM Saturday), please come down to the finish line in Cuyahoga Falls.



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2022 TRANSPORTATION / BUSING

Front 50M to Start Line

- ✓ We will offer a bus service to shuttle people from the 50M finish line at Silver Springs back to the start line in Cuyahoga Falls.
- ✓ The primary bus will leave at 5:15am from Silver Springs.
- ✓ If the primary bus fills, we will have the same bus start early and there will be a 4:30am departure from Silver Springs.
- ✓ Participants can purchase tickets for \$15 each at our website (www.westernreserveracing.com).
- ✓ We are anticipating that we will not be able to accept riders that have not prepaid.

Relay Busing

- ✓ We are suspending most bus service this year due to lack of interest/riders.
- ✓ We will continue to offer busing for the Mingo Shelter.
- ✓ 1st Leg of the 8 person relay can return to the race start from the Mingo Shelter.
- ✓ 2nd Leg of the 8 person relay can take the bus from race start to their starting point at Mingo Shelter.
- ✓ Participants can purchase tickets for \$15 each at our website (www.westernreserveracing.com).
- ✓ We are anticipating that we will not be able to accept riders that have not prepaid.

Silver Springs to Cuyahoga Falls Shuttle

- ✓ We will be offering a shuttle from Noon - 9pm between Silver Springs and Cuyahoga Falls.
- ✓ The bus will depart/arrive as needed - schedule will not be fixed.
- ✓ Front 50M participants wanting to park in Cuyahoga Falls can use this shuttle to get back to Cuyahoga Falls after they finish at Silver Springs.
- ✓ Back 50M participants can use this shuttle to park in Cuyahoga Falls and ride to the start line at Silver Springs.
- ✓ 100M Pacers wanting to park in Cuyahoga Falls and ride to the 50M split can use this shuttle.
- ✓ Participants can purchase tickets for \$15 each at our website (www.westernreserveracing.com).
- ✓ We are working on a method to accept race day payments.