



**17th ANNUAL  
BURNING RIVER ENDURANCE RUN & RELAY  
PRESENTED BY [Altra](#)  
JULY 29-30th, 2023  
PARTICIPANT INFORMATION GUIDE**



## Welcome

Welcome and thank you for participating in the 17th Annual Burning River 100-Mile, 50-Mile Endurance Runs and Relay! The following packet contains the information 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](http://westernreserveracing.com) and [runsignup.com](http://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](http://www.westernreserveracing.com)
- Email us at [Info@westernreserveracing.com](mailto:Info@westernreserveracing.com)
- Facebook Group - this group contains a lot of previous participants. While not an official source of information, they do have a lot of knowledge about what it takes to complete the races.  
<https://www.facebook.com/groups/47929771716>

## 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 the 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 Cuyahoga Valley is 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:

<b>Name</b>	<b>Location</b>	<b>Organization</b>
Michaela McCune	Botzum #1	CLE Racing
Julie Sadar (Mark)	Botzum #2	Cle Tri Club
Suzanne Paroff	Kendall Lake #1 & #2	
Alecia Bencze	North Hawkins #1	North Water Brewing Run Club
Renee Harden	North Hawkins #2	
Brie Guist	Oak Hill #1	
Scott Bakalar (Michelle)	Oak Hill #2	
Kathy Siesel	Olde Rt 8 (bike & hike)	Kent State Podiatry
Chadwick Robinson	Pine Hollow #1	Cuyahoga Hts XC
John McDaniel	Pine Hollow #2	
Cat Andrews	Silver Springs	She Runs This Town
Michael Schaefer	Valley Picnic #1	
Gwenna Neal (Talula)	Valley Picnic #2	
Greg Curtis	Mingo #1	
Rustam	Mingo #2	parkrun USA
Chris Headrick	Hill Top #1	
Chris Headrick	Hill Top #2	
Bob Smaltz	Robinson Field #2	
Vertical Runner Staff	Sheraton - Finish Line	Vertical Runner



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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](mailto:info@westernreserveracing.com), or by calling dispatch. Please allow 1-2 weeks for these results to be posted.
- ✓ 50 Mile, Back 50 Mile, Marathon, & Relay participants will receive equally snazzy finisher medals. **NEW DESIGN FOR 2023!**
- ✓ 100 Mile, 50 Mile, and Marathon Awards will be given to the Top 3 overall and Top 3 in the following age groups by gender: 29 & Under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 Over. **MORE AWARDS FOR 2023!**
- ✓ Back 50 Mile Awards will be given to the Top 3 overall and Top 1 in the following age groups by gender: 29 & Under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 Over.
- ✓ 8 Person relay awards for Top 1 Men's Team, Top 1 Women's Team, Top 3 Co-Ed Teams, and Top 1 Co-Ed Masters Team.
- ✓ Awards for the 50M and Marathon races 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!



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## 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 at <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/>
- ✓ Boston Township – Alfred Wolcott of Connecticut came to Boston Township in 1805 with a surveying party to locate the lands that belonged to Simon Perkins. Among the members of the surveying party was James Stanford. After returning home for the winter, Wolcott, Stanford, and a few other men arrived back in Boston Township in 1806 and erected a cabin at the site of the present day Boston Cemetery. That same year, Wolcott traded his lands along the Cuyahoga River for Stanford's lands on the eastern rim of the valley. More settlers followed, resulting in the official organization of the township on January 15, 1811. At that time what had been known only as Range 11, Town 4 of the Connecticut Western Reserve became known as Boston Township. The majority of Boston Township land is now part of the national park. <https://www.bostontownship.org/>



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### RACE EXPO

Dates:           Thursday       July 27th       12:00pm-9:00pm  
                  Friday         July 28th       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? - We will have a representative on site during Expo hours at the Western Reserve Racing booth. 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 & VOLUNTEER APPRECIATION

Date:           Thursday       July 27th       7:00pm-9:00pm

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

Description: Event to recognize the volunteers that help make this race happen. Everyone is welcome to attend!

### RACE TIMELINE

Time	Description	Location
Sat 4:00am	100M START	High Bridge Glens Park
Sat 5:30am	50M Start	High Bridge Glens Park
Sat 6:18 am	Sunrise	
Sat 6:30 am	Marathon Start	Oak Hill
Sat 7:00am	8 Person Relay Start	High Bridge Glens Park
Sat 6:00pm*	BACK 50M STARTS *Participants can start as early as 2:00pm *Participants can also pace/start with their 100M participant.	Silver Springs Park
Sat 8:00pm	50M Participants Drop Bag Pickup Deadline	Silver Springs Park
Sat 8:46pm	Sunset	
Sun 6:19am	Sunrise	
Sun 8:00am	100M/Back 50M Drop Bags Arrive	High Bridge Glens Park
Sun 8:00am	100M 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 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 Skratz or tip back a locally crafted pint and toast the Mighty Burning River!

### Course Map Links

- ✓ Please check our website page as it will always contain the most current maps. When course maps are updated, all participants will receive an email.

### 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.

- ✓ Near North Hawkins Aid Station (mile 8.75/91.7): The course will stay on the Dogwood Trail and not circumnavigate the open field as in previous years. The Aid Station will be located near the warming area of the sledding hill beside the trail.
- ✓ Leaving O'Neil Woods (mile 16.25/83.25): The course will follow the Buckeye Trail as we leave the O'Neil Woods Metro Park trails.
- ✓ Indigo Lake to Valley Trail (mile 19.6/80.3): In lieu of running up the towpath and around the parking lot at Szalay's Farm Market, we will run up the west berm of Riverview Road.
- ✓ Oakhill Area (mile 24.8/74): The course will turn to the right to Silvan Pond as you begin the long downhill portion of the trail and follow the Plateau Trail to Valley Picnic.
- ✓ Boston Run Trail (mile 43.75/56.5): We will be taking the "ShortCut Trail" - what could be better than getting to take an official "shortcut"?



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### 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 the Western Reserve Racing logo in red. 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 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 runner's 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.



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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.
- ✓ Timing points will be located at following locations (not all aid stations are timing points):

✓ Mingo Shelter	✓ Kendall Lake 2
✓ Valley Picnic	✓ Valley Picnic 2
✓ Kendall Lake	✓ Mingo Shelter 2
✓ Silver Springs	✓ 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 at [westernreserveracing.com](http://westernreserveracing.com)
- ✓ *Live Results – we do publish live results through each timing point. This year, we plan on producing two results pages, one with the net time and one with the time of day. We are hoping the time of day splits will help crew, pacer, and relay teams better track their participants.*
- ✓ 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](mailto: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. This line will only be in use the week of the race and the week following the race.*
- ✓ **2023 DISPATCH PHONE NUMBER: (216) 644-4260**



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**Participant Rules & Information**

- ✓ **Violation of any rule will lead to disqualification. We try our best to not have too many rules and, the ones we have, will be strictly enforced.**
- ✓ The two Burning River Race Directors, Jim Christ & Vince Rucci have the sole authority to disqualify a runner and make decisions regarding the official rules. Disqualification may be done in person or via telephone. You have the right to request a review of the decision. Please call the dispatch phone to request a review. A participant may be disqualified due to the actions of the participant, participant's crew, pacer(s), and/or their associated spectators.
- ✓ **NO ACCESS** Aid Stations – only the participant is permitted in these areas. Crew, family, and spectators supporting participants at these locations are not allowed.
- ✓ You cannot be accompanied on the course by anyone that is not a registered participant. This applies to all race distances. Pacers are considered participants (if they are registered!).
- ✓ Participants cannot accept any aid from anyone (crew, family, friend, Elvis impersonator, moving vehicle, bicycle) beyond 100 feet of a Crew Access Aid Station. No Muling - you cannot accept any aid from your pacer!
- ✓ This event occurs during a high visitation period in our parks. Vehicular traffic is the #1 limiting factor with putting on this race. Thus, you cannot have spectators anywhere along the course. Spectators are welcome at Silver Springs Park and High Bridge Glens/Front Street. Monitors will be in place and this rule will be strictly enforced especially during the first 50 miles of the race.
- ✓ Back 50M Participants may start as early as 2:00pm and/or can also start as a pacer with their 100M participant. Early starts are ineligible for overall awards.
- ✓ 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.
- ✓ Do NOT drop out of the race without notifying an aid station, finish line, emailing [info@westernreserveracing.com](mailto:info@westernreserveracing.com), or calling Race Dispatch.
- ✓ 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 (up to 20 hours with the early start option), Relay Teams – 27 hours.



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### **Pacer Rules and Information**

Pacers who do not abide by the following rules may subject their associated participant 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 the timing crew of their start time. Back Half 50M runners who start before or after the official Back Half start time are not eligible for Overall 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 participants or provide aid to a participant – 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. Pre-registered pacers are to pick up their bibs at the Expo.
- ✓ 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 the 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.



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**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. Retrace 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 a crew. We understand this is not ideal; however, that is one of the challenges for participants who choose not to have a crew on a 100-mile race course!
- ✓ 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.
- ✓ 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!



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### **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, 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"x16". 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 100M finish line. 50M drop bags will be brought to the 50M finish line. See the Race Timeline earlier in this document for times.
- ✓ 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, Mingo Shelter (bucket in the parking lot), and Botzum 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.
- ✓ 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), and ride the bus to the start line.
- ✓ Back 50M participants can park in Cuyahoga Falls and take the shuttle bus to Silver Springs.
- ✓ 100M participants – please arrange for a piggyback ride from the finish to your car/hotel room.
  
- ✓ **Marathon Participants will park at Silver Springs and take a bus to the start line. Busing is included in your registration fee this year. There will be no access to Oak Hill for vehicles.**
  
- ✓ **Oak Hill Trailhead will be closed to all vehicular traffic from 5:00am-6:30am to accommodate the start of the Marathon.**

### **Lodging**

- ✓ Burning River is happy to return to the [Sheraton Suites Cuyahoga Falls](#)! Our block fills up fast – if the 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 during 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. Any bibs worn by a person that is not registered will lead to disqualification.



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## Medical

- ✓ IN CASE OF EMERGENCY CALL 9-1-1 and be prepared to communicate your position.
- ✓ The entire course is located within several minutes of public services, including EMS.
- ✓ Each entrant is responsible for knowing his or her own physical limitations. We encourage each entrant to get a complete physical before participating in this race.
- ✓ If in the opinion of the race director or aid station captains, your physical or mental condition deteriorates to the point of endangering your safety, you will be withdrawn from the race and an ambulance may be called.
- ✓ Any medical expenses incurred are the responsibility of the individual.
- ✓ ***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 – Sheraton	Sheraton 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
Hill Top	1061 Cuyahoga St, Akron, OH 44313	41.12140, -81.52234	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 Shelter	1501 Sand Run Pkwy, Akron, OH 44313	41.130646, -81.5646984	Akron (330) 375-2552	Cleveland Clinic Akron General 1 Akron General Ave, Akron, OH 44308	Summit Metro Parks (330) 475-0029
Botzum	2928 Riverview Rd, Akron, OH 44607	41.159241, -81.574357	Akron (330) 375-2552	Cleveland Clinic Akron General 1 Akron General Ave, Akron, OH 44308	CVNP Park Dispatch (440) 546-5945
Oakhill	3901 Oak Hill Rd, Peninsula, OH 44264	41.219213, -81.577430	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Park Dispatch (440) 546-5945
Valley Picnic	5530 Riverview Rd, Peninsula, OH 44264	41.224700, -81.558254	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Park Dispatch (440) 546-5945
Robinson Field	4751 Akron Peninsula Rd, Cuyahoga Falls, OH 44223	41.210369, -81.555087	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Park Dispatch (440) 546-5945
Pine Hollow	5465 Quick Rd, Peninsula, OH 44264	41.214260, -81.530882	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	CVNP Park Dispatch (440) 546-5945
Kendall Lake Shelter	1000 Truxell Rd, Peninsula, OH 44264	41.217032, -81.525773	Peninsula (330) 657-2995	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44224	CVNP Park Dispatch (440) 546-5945
Old Rt 8/Bike & Hike	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 Rd, Stow, OH 44224	41.193623, -81.412013	Hudson (330) 342-1800	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44224	N/A
<b>CALL 911 IN AN EMERGENCY - BE PREPARED TO COMMUNICATE YOUR LOCATION</b>					
<b>THEN NOTIFY BURNING RIVER DISPATCH (216) 644-4260</b>					



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**COURSE & AID STATION INFORMATION**

BURNING RIVER ENDURANCE RUN & RELAY															
#	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	Water	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	9:20 AM	
D	Mingo Shelter	12.4	3.7	Full	5	25	70		LEG 2				8:00 AM	10:20 AM	
E	Botzum	14.2	1.7	Full	40	50	10			100			5:35 AM	10:48 AM	
F	Indigo Lake	19.5	5.3	Water	50	30	20						6:00 AM	12:14 PM	
G	Oakhill	22.8	3.3	Full		50	50			100	100		6:30 AM	1:07 PM	
H	Valley Picnic*	26.5	3.7	Full	10		40	50	LEG 3				6:40 AM	2:07 PM	
I	Robinson Field	30.0	3.5	Water		30	70						7:00 AM	3:04 PM	
J	Pine Hollow	34.1	4.1	Full		75	25			50/100	50/100		7:30 AM	4:09 PM	
K	Kendall Lake	39.9	5.8	Full	20	80			LEG 4				8:10 AM	5:43 PM	
L	Olde Rt. 8	44.8	4.9	Full	85	15							8:50 AM	7:02 PM	
M	Silver Springs	50.3	5.5	Full	85	15			LEG 5	100	50/100	PACER	9:15 AM	8:30 PM	
L	Olde Rt. 8	55.7	5.4	Full	20	80							**	9:57 PM	
K	Kendall Lake	60.6	4.9	Full		75	25		LEG 6				**	11:16 PM	
J	Pine Hollow	66.4	5.8	Full		30	70			50/100	100	PACER	**	12:50 AM	
I	Robinson Field	70.5	4.1	Full	10		40	50					1:20 PM	1:56 AM	
H	Valley Picnic*	74.0	3.5	Full		50	50		LEG 7				**	2:53 AM	
G	Oakhill	77.8	3.7	Full	50	30	20			50/100	50/100	PACER	2:15 PM	3:53 AM	
F	Indigo Lake	81.1	3.3	Water	40	50	10						3:00 PM	4:46 AM	
E	Botzum	86.4	5.3	Full	5	25	70			100		PACER	3:30 PM	6:11 AM	
D	Mingo Shelter (2)	88.1	1.7	Full		80	20		LEG 8				3:45 PM	6:39 AM	
C	North Hawkins	91.8	3.7	Full	10	50	35	5		50/100		PACER	4:30 PM	7:39 AM	
B	Hilltop (Oxbow)	96.2	4.4	Full	85	15				100		PACER	5:00 PM	8:50 AM	
A	High Bridge Glens	100.5	4.3	Full						100	50/100		5:55 PM	10:00 AM	
*Marathon - From Start 2.4M					P - Paved %			B - Bridle Trail %			** Remains Open				
Portable Restrooms available at all aid stations					S - Single Track %			T - Towpath			Revised 7/15/23				

**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	Hill Top	North Hawkins	Mingo Shelter	Botzum	Oak Hill	Valley Picnic	Pine Hollow	Kenda II Lake	Rt. 8 (Bike & Hike)	Silver Springs	Rt. 8 (Bike & Hike)	Kenda II Lake	Pine Hollow	Robinson Field	Valley Picnic	Oak Hill	Botzum	Mingo Shelter	North Hawkins	Hill Top Shelter	Finish
<b>HYDRATION</b>																					
Skratch Hydration (Lemon Lime)		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Water	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
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
<b>FOOD</b>																					
Peanut Butter and Jelly		X		X		X		X		X		X		X	X		X		X		
Grilled Cheese				X		X		X		X		X		X	X		X		X		
Nutella/Banana Wraps					X		X		X		X		X			X					
Bean Burrito							X		X		X		X			X		X			X
Ramen Noodles									X		X		X	X	X	X	X		X	X	
Not-Chick'n, Bouillon Cubes									X		X		X	X	X	X	X		X	X	
Pierogies						X		X		X		X			X						
Potatoes (cold)					X		X		X		X		X				X		X		
Pancakes & Syrup																		X		X	
Bacon					X													X			
<b>SNACKS</b>																					
Pretzels		X	X		X		X		X		X		X			X		X		X	
Potato Chips (Variety Flavors)			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					
Cookies				X		X		X		X		X			X		X				
Fig Bars		X	X	X	X	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	X	
Pickles				X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	
Popsicles								X	X	X	X	X									
<b>FRUIT</b>																					
Bananas		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		
Grapes				X		X		X		X		X		X		X		X		X	

Revised 7/15/23

- ✓ 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 and changing conditions. Each participant must plan accordingly.



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## **TRANSPORTATION / BUSING**

### **Front 50M**

- ✓ Participants have the option to park at Silver Springs and take a bus to the start of the race on Front Street in Cuyahoga Falls. Participants can also park in Cuyahoga Falls and take the Shuttle from Silver Springs to Cuyahoga Falls. See below.
- ✓ Bus will depart from Silver Springs at 4:45am. Please be prepared to board the buses no later than 4:30am.
- ✓ Boarding will be at the Heritage Barn, 5238 Young Rd, Stow, Ohio 44224 (within Silver Springs Park). Please follow the signage on where to park and then walk to the boarding area.

### **Relay Busing**

- ✓ We are suspending most bus service this year due to lack of interest/riders.

### **Marathon Busing**

- ✓ Participants will park at Silver Springs and take a bus to the Oak Hill Trailhead for the start of the race. As there is no parking or drop off location at Oak Hill - we request all marathon participants to ride the buses.
- ✓ Bus will depart from Silver Springs at 5:30am. Please be prepared to board the buses no later than 5:15am.
- ✓ Boarding will be at the Heritage Barn, 5238 Young Rd, Stow, Ohio 44224 (within Silver Springs Park). Please follow the signage on where to park and then walk to the boarding area.

### **Back 50M**

- ✓ Participants can park in Cuyahoga Falls and take a bus to the start line.
- ✓ Bus will depart from Front Street in front of the Sheraton Cuyahoga Falls at 5:00pm. Please be prepared to board the bus no later than 4:45pm.

### **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.
- ✓ 100M Pacers wanting to park in Cuyahoga Falls and ride to the 50M split can use this shuttle.



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**RELAY PARTICIPANT ADDITIONAL INFORMATION**

- ✓ **All participant rules on page 10 apply to relay participants! Relay participants not actively participating are considered spectators.**
- ✓ 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 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 the final leg runner should wear their bib across the finish line.
- ✓ 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.
- ✓ If a relay participant cannot complete their segment due to injury, dispatch is to be notified and approval is needed to continue the race. The next person can start at the last aid station completed that allows crew access. You cannot start mid-course or at aid stations that do not permit access. The next participant must be dropped off at the location - no parking/spectating/etc. The relay team also has the option to not complete the leg and later runners may still complete their legs and receive their medals. Team results will not be posted. Please notify the timing crew if your team is unable to complete all legs.
- ✓ Relay participants are asked to only eat and drink from aid station supplies during their leg of the race.
- ✓ 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.
- ✓ Due to limited parking, relay team vehicles will only have parking available in Cuyahoga Falls and at Silver Springs Park.

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.

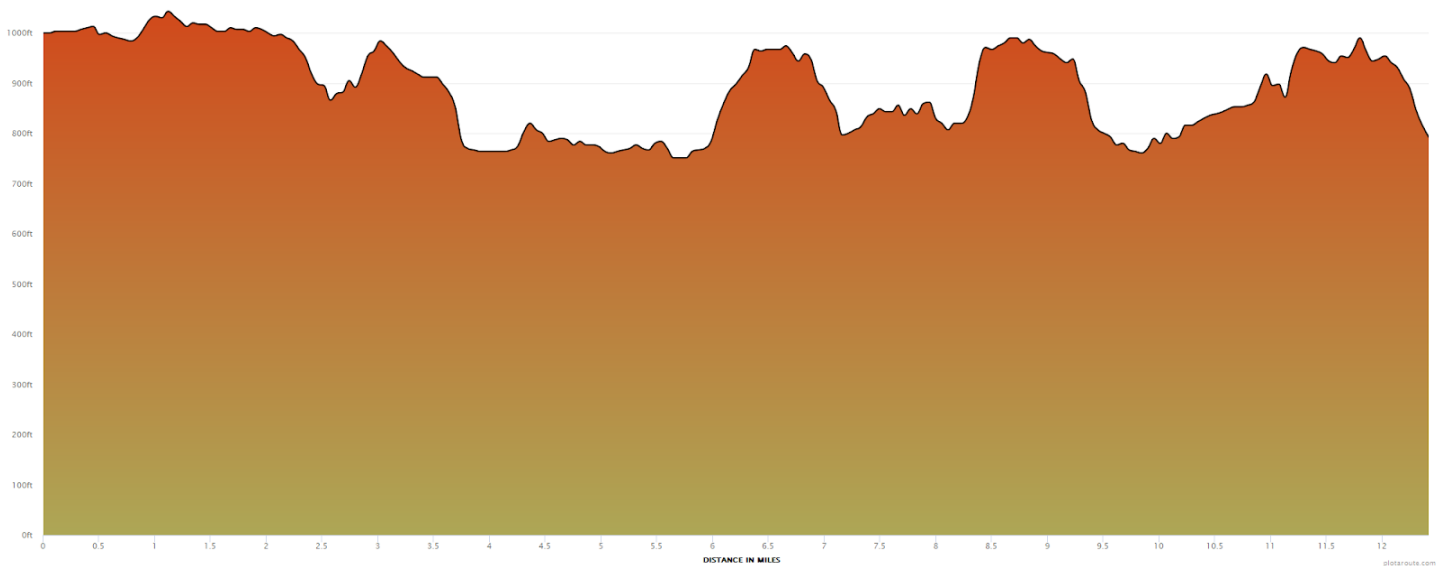


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## ELEVATION PROFILES

Leg One			12.448 miles
Distance	12.457 miles	Ascent/Descent (Raw)	1220 feet / 1427 feet
Lowest Point	751 feet (at 5.65 miles)	Highest Point	1043 feet (at 1.12 miles)
Uphill	5.26 miles (42.2%)	Downhill	5.87 miles (47.1%)
Flat	1.29 miles (10.3%)	Height Gain	291 feet
Steepest Uphill	24.4% (at 8.33 miles)	Steepest Downhill	-22.2% (at 3.69 miles)
Longest Uphill	0.84 miles (at 10.12 miles)	Longest Downhill	1.12 miles (at 3.02 miles)
Ascent Rate	98 ft/mile	Descent Rate	115 ft/mile

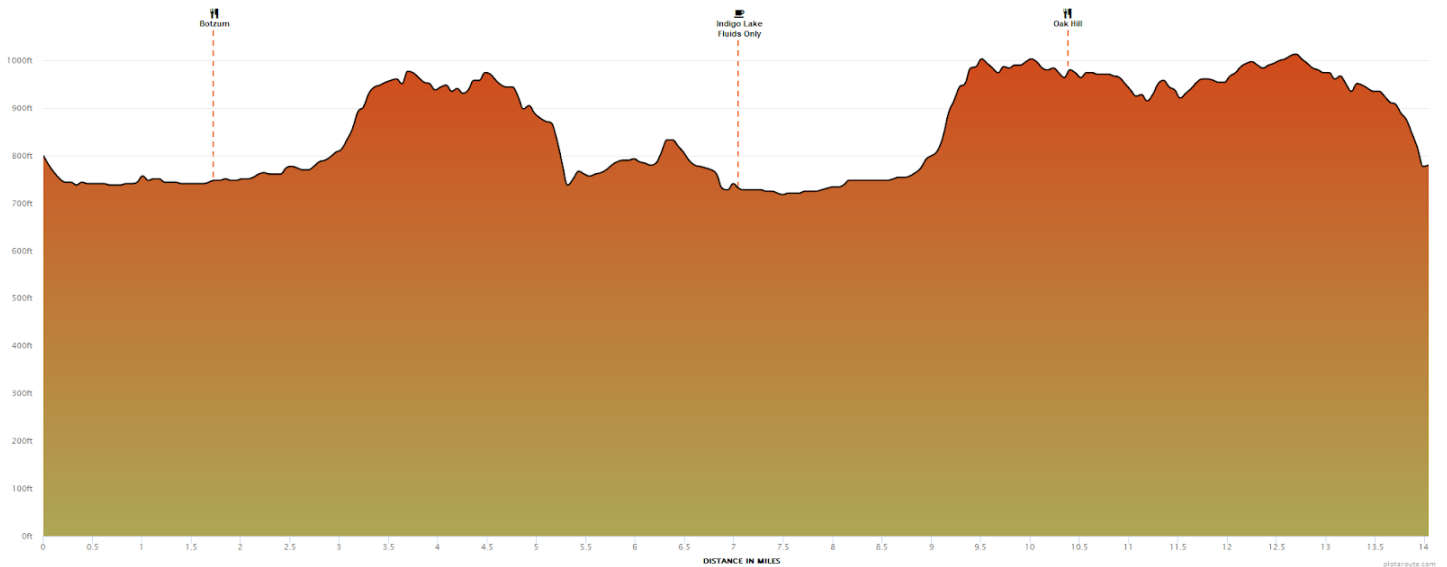




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Leg Two		14.063 miles	
<b>Distance</b>	14.082 miles	<b>Ascent/Descent (Raw)</b>	1017 feet / 1036 feet
<b>Lowest Point</b>	718 feet (at 7.49 miles)	<b>Highest Point</b>	1013 feet (at 12.69 miles)
<b>Uphill</b>	5.76 miles (40.9%)	<b>Downhill</b>	5.54 miles (39.3%)
<b>Flat</b>	2.74 miles (19.5%)	<b>Height Gain</b>	295 feet
<b>Steepest Uphill</b>	16.7% (at 9.12 miles)	<b>Steepest Downhill</b>	-17.8% (at 5.20 miles)
<b>Longest Uphill</b>	2.01 miles (at 7.49 miles)	<b>Longest Downhill</b>	0.56 miles (at 6.38 miles)
<b>Ascent Rate</b>	72 ft/mile	<b>Descent Rate</b>	74 ft/mile

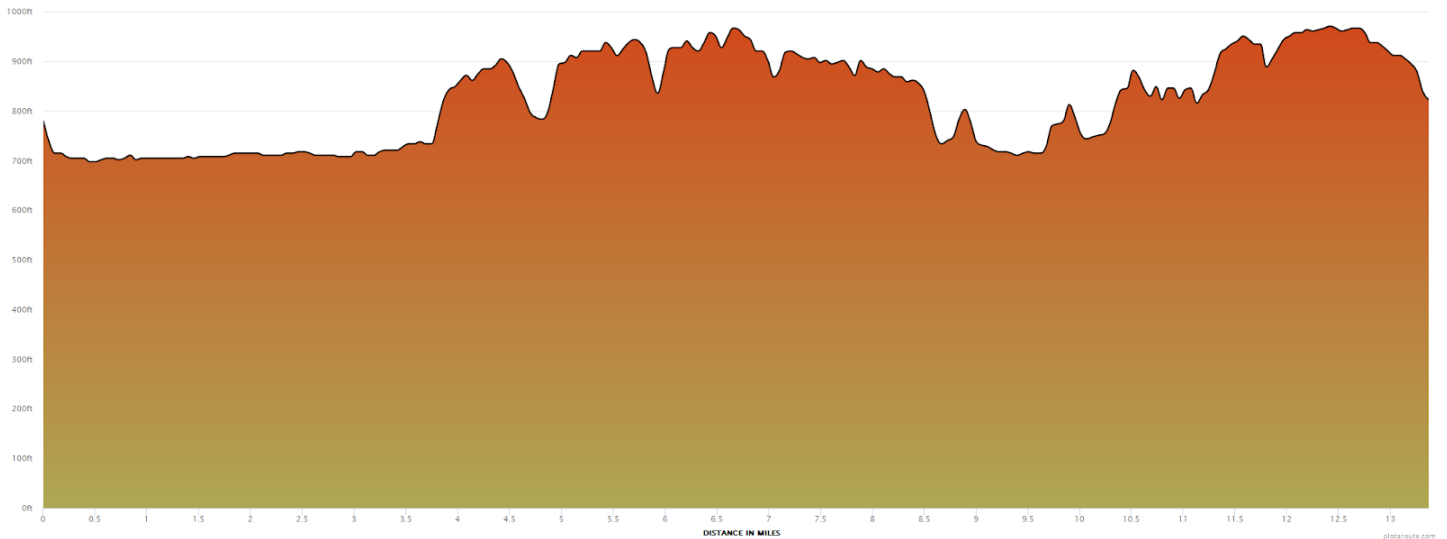




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Leg Three		13.428 miles	
Distance	13.402 miles	Ascent/Descent (Raw)	1332 feet / 1289 feet
Lowest Point	698 feet (at 0.45 miles)	Highest Point	971 feet (at 12.41 miles)
Uphill	5.42 miles (40.5%)	Downhill	5.09 miles (38.0%)
Flat	2.85 miles (21.3%)	Height Gain	272 feet
Steepest Uphill	16.7% (at 4.87 miles)	Steepest Downhill	-16.7% (at 5.82 miles)
Longest Uphill	0.62 miles (at 1.45 miles)	Longest Downhill	0.50 miles (at 0.00 miles)
Ascent Rate	99 ft/mile	Descent Rate	96 ft/mile

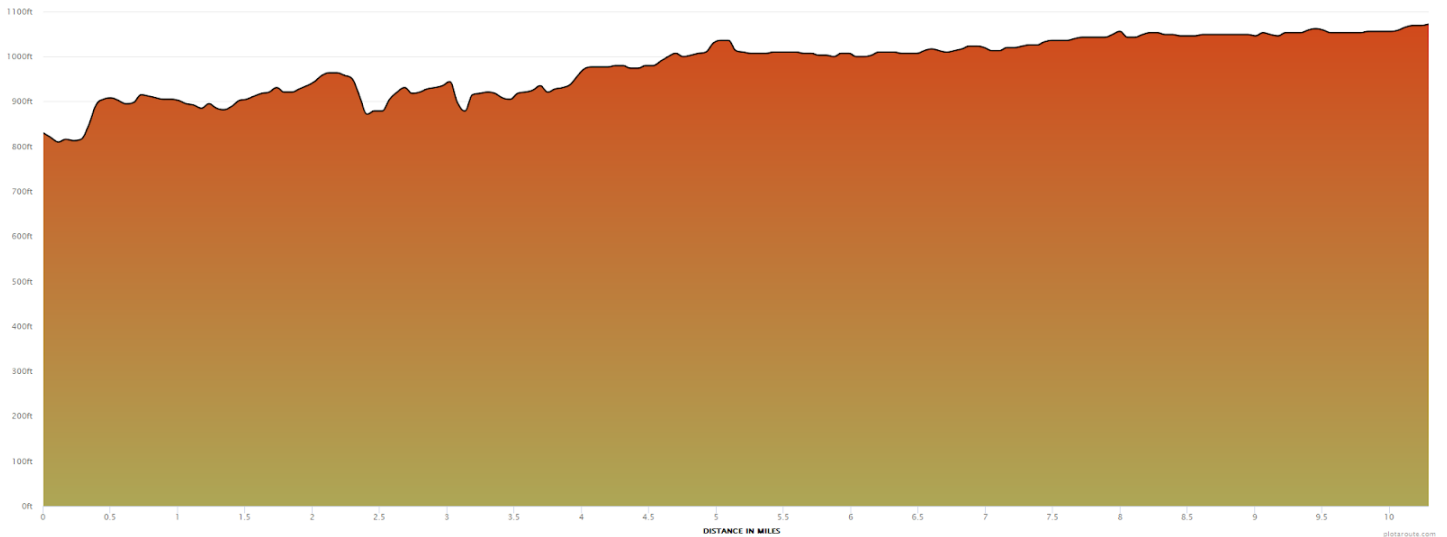




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Leg Four		10.359 miles	
Distance	10.324 miles	Ascent/Descent (Raw)	649 feet / 406 feet
Lowest Point	810 feet (at 0.11 miles)	Highest Point	1072 feet (at 10.29 miles)
Uphill	4.64 miles (45.0%)	Downhill	2.68 miles (26.0%)
Flat	2.96 miles (28.7%)	Height Gain	262 feet
Steepest Uphill	15.6% (at 0.34 miles)	Steepest Downhill	-15.6% (at 3.02 miles)
Longest Uphill	0.89 miles (at 7.10 miles)	Longest Downhill	0.45 miles (at 0.73 miles)
Ascent Rate	63 ft/mile	Descent Rate	39 ft/mile

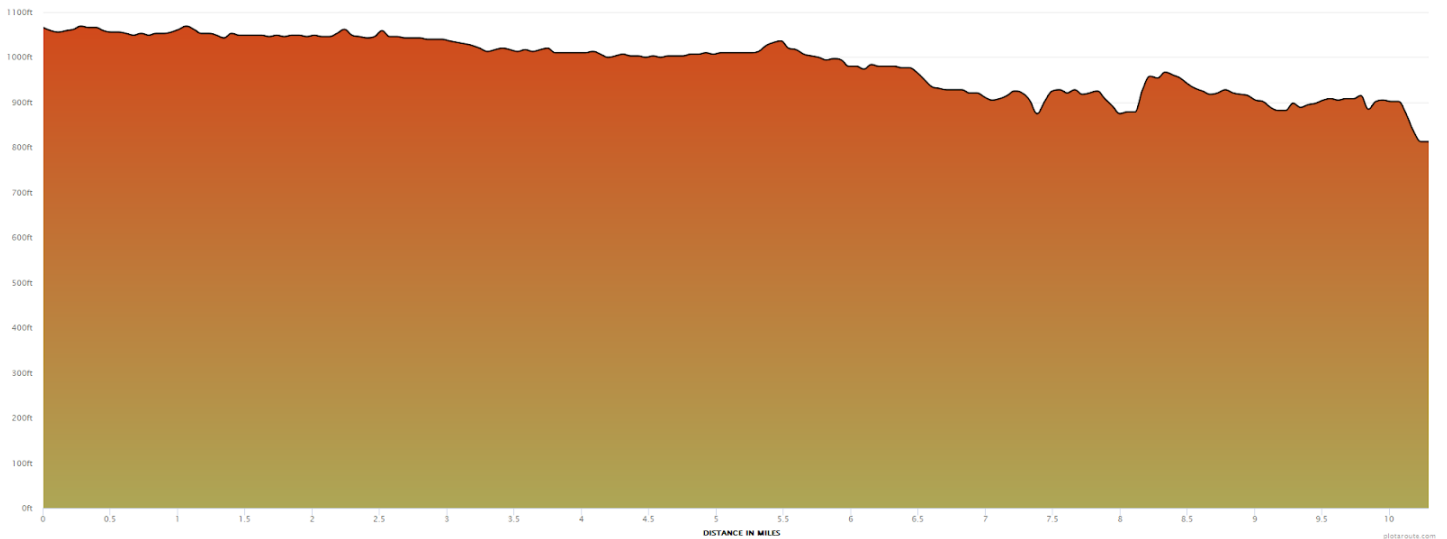




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Leg Five		10.304 miles	
Distance	10.319 miles	Ascent/Descent (Raw)	426 feet / 679 feet
Lowest Point	813 feet (at 10.23 miles)	Highest Point	1069 feet (at 0.28 miles)
Uphill	3.30 miles (32.0%)	Downhill	4.87 miles (47.2%)
Flat	2.13 miles (20.6%)	Height Gain	255 feet
Steepest Uphill	16.7% (at 8.11 miles)	Steepest Downhill	-13.3% (at 10.12 miles)
Longest Uphill	0.50 miles (at 4.98 miles)	Longest Downhill	0.89 miles (at 6.15 miles)
Ascent Rate	41 ft/mile	Descent Rate	66 ft/mile

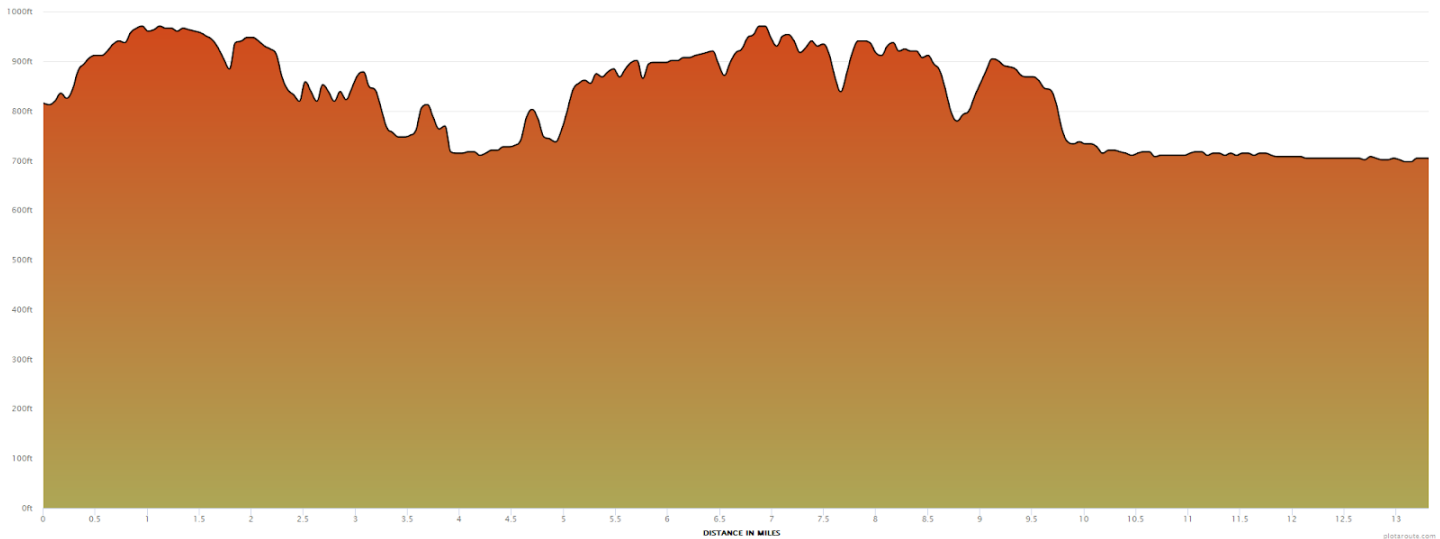




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Leg Six		13.428 miles	
Distance	13.361 miles	Ascent/Descent (Raw)	1276 feet / 1387 feet
Lowest Point	698 feet (at 13.09 miles)	Highest Point	971 feet (at 0.95 miles)
Uphill	5.31 miles (39.8%)	Downhill	5.54 miles (41.4%)
Flat	2.46 miles (18.4%)	Height Gain	272 feet
Steepest Uphill	17.8% (at 1.79 miles)	Steepest Downhill	-17.8% (at 3.86 miles)
Longest Uphill	0.67 miles (at 5.76 miles)	Longest Downhill	0.95 miles (at 11.74 miles)
Ascent Rate	96 ft/mile	Descent Rate	104 ft/mile

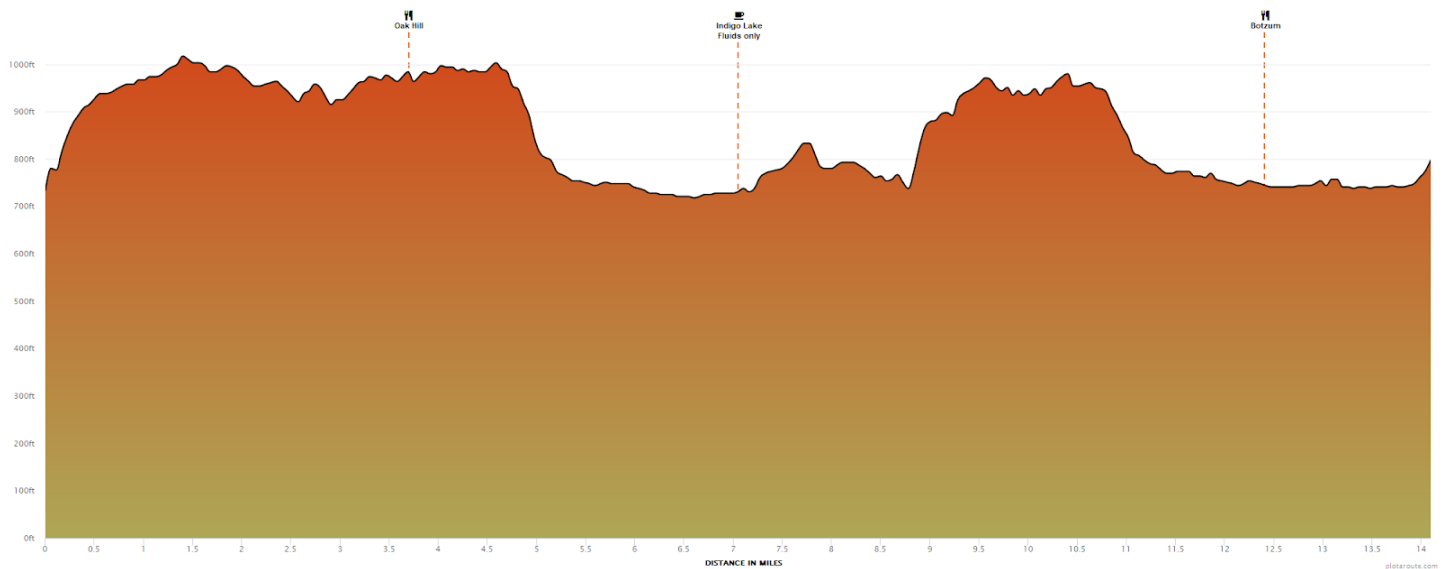




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Leg Seven	Revised 05/20/2023			14.063 miles
Distance	14.113 miles		Ascent/Descent (Raw)	1089 feet / 1026 feet
Lowest Point	718 feet (at 6.60 miles)		Highest Point	1017 feet (at 1.40 miles)
Uphill	5.98 miles (42.4%)		Downhill	5.65 miles (40.0%)
Flat	2.46 miles (17.4%)		Height Gain	298 feet
Steepest Uphill	17.8% (at 8.84 miles)		Steepest Downhill	-16.7% (at 4.92 miles)
Longest Uphill	1.29 miles (at 0.11 miles)		Longest Downhill	1.01 miles (at 4.59 miles)
Ascent Rate	77 ft/mile		Descent Rate	73 ft/mile





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Leg Eight		12.448 miles	
Distance	12.423 miles	Ascent/Descent (Raw)	1387 feet / 1177 feet
Lowest Point	748 feet (at 6.65 miles)	Highest Point	1036 feet (at 11.24 miles)
Uphill	5.65 miles (45.5%)	Downhill	4.75 miles (38.3%)
Flat	2.01 miles (16.2%)	Height Gain	288 feet
Steepest Uphill	21.1% (at 8.67 miles)	Steepest Downhill	-25.6% (at 4.08 miles)
Longest Uphill	0.62 miles (at 9.84 miles)	Longest Downhill	0.95 miles (at 1.51 miles)
Ascent Rate	112 ft/mile	Descent Rate	95 ft/mile

