



**18th ANNUAL
BURNING RIVER ENDURANCE RUN & RELAY
PRESENTED BY [Altra](#)
JULY 27-28th, 2024
PARTICIPANT INFORMATION GUIDE**



Welcome

Welcome and thank you for participating in the 18th Annual Burning River 100-Mile, 50-Mile, 26.2M 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 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
- Email us at help@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:

Name	Location	Organization
	Schumacher	
Dave Garnier	North Hawkins #1	North Water Brewing Run Club
Renee Harden	North Hawkins #2	
	Mingo Shelter #1	
Julie Sadar	Mingo Shelter #2	Cle Tri Club
Michaela McCune	Botzum #1	CLE Racing
	Botzum #2	
	Indigo Lake #1	
	Indigo Lake #2	
Brie Guist	Oak Hill #1	
	Oak Hill #2	
Suzanne Paroff	Kendall Lake #1	
Suzanne Paroff	Kendal Lake #2	
Kathy Siesel	Olde Rt 8 (bike & hike)	Kent State Podiatry
Monica Owen	Pine Hollow #1	
John McDaniel	Pine Hollow #2	
Jennifer Gray	Silver Springs	She Runs this Town
Michael Schaefer	Valley Picnic #1	University Hospitals Rehab Group
	Valley Picnic #2	
	Robinson Field #1	
	Robinson Field #2	
Vertical Runner Staff	100M 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, 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.
- ✓ 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.
- ✓ 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. Overall Award winners will be announced and handed out once all have finished - we will do our best to do this in a timely fashion. Age Group awards will be announced per the race timeline.
- ✓ Overall Awards & Age Group Award Ceremony for the 100M Solo and Relay Races will be Sunday at 8:30am. 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. You can experience everything Burning River has to offer and waive your registration fees by helping to raise money and awareness for these charity partners. Please consider joining us in supporting the following park systems:

- ✓ The Conservancy for Cuyahoga Valley National Park – the conservancy’s mission is to enrich people’s lives and enhance our region by inspiring use, preservation, and support of the Cuyahoga Valley National Park. Information is available at <https://www.conservancyforcvnp.org/>

“The Conservancy for Cuyahoga Valley National Park (CVNP) welcomes participants of the 18th Annual Burning River 100 Endurance Run and Relay to the trails of CVNP. The park encompasses more than 33,000 acres along the winding Cuyahoga River, connecting the cities of Akron and Cleveland. CVNP offers visitors over 140 miles of trails and opportunities to engage in a wide variety of activities including hiking, biking paddling the river, horseback riding, birding, fishing and more.

Brandywine Falls, Blue Hen Falls and the Ledges are popular areas due to their scenic beauty and geologic features. Walk or ride the Towpath Trail to follow the historic route of the Ohio & Erie Canal. Many historic features of the canal are visible along the Towpath Trail, offering glimpses into the region’s industrial past.

For park and visitor information stop by the Boston Mill Visitor Center (6947 Riverview Rd, Peninsula, OH 44264) between the hours of 9:30 a.m. and 5:00 p.m. or visit www.nps.gov/cuva/. - Conservancy for Cuyahoga Valley National Park

- ✓ 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/>

“Welcome to Summit Metro Parks. Established in 1921, Summit Metro Parks is the second oldest park district in Ohio. The park district manages more than 15,000 acres throughout 16 parks, three nature centers and over 150 miles of trails, including 22 miles of the Ohio & Erie Canal Towpath Trail. Summit Metro Parks strives to connect people to nature while carefully managing the area’s natural resources. As you visit Summit Metro Parks locations to run, hike or more, take a moment to enjoy the diverse landscape teeming with wildlife. These green spaces are made possible through the support of Summit County residents and visitors to the parks who value the preservation of natural resources and recreational opportunities in our area. Learn more at summitmetroparks.org.” - Jen Harvey, Chief of Philanthropy, Summit Metro Parks Foundation

- ✓ 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



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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/>

"Welcome to the participants of the Burning River Endurance Runs and Relays. This event has been in Boston Township for many years and is one of the best groups. The coordinators of this event are very professional and are very attentive to details. They really make sure the runners have a good experience. I hope you have an enjoyable time in our township." - Amy Z. Anderson, Boston Township Trustee



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RACE EXPO

Dates: Thursday July 25th 12:00pm-9:00pm
 Friday July 26th 12:00pm-8:00pm

Location: Cuyahoga Falls Downtown Pavilion, 2085 Front Street, Cuyahoga Falls, OH 44221 (across Broad Blvd from the Sheraton Suites)

Description:

- Packet Pickup & Gear Store
- Rules Meetings – FRIDAY 3pm, 5pm, 7pm.
- Drop Bag Collection – FRIDAY ONLY! 1914 Front Street, Cuyahoga Falls, OH
- 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 25th 7:00pm-9:00pm

Location: Cuyahoga Falls Downtown Pavilion, 2085 Front Street, Cuyahoga Falls, OH 44221

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

RACE TIMELINE

Time	Description	Location
Sat 2:00am	100M Early Start	1659 Front Street, Cuyahoga Falls
Sat 4:00am	100M Start	1659 Front Street, Cuyahoga Falls
Sat 5:30am	50M Start	1659 Front Street, Cuyahoga Falls
Sat 6:17 am	Sunrise	
Sat 6:30 am	Marathon Early Start	Oak Hill, 3901 Oak Hill Road Peninsula
Sat 7:00am	8 Person Relay Start	1659 Front Street, Cuyahoga Falls
Sat 8:30 am	Marathon Start	Oak Hill, 3901 Oak Hill Road Peninsula
Sat 4:00pm*	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 8:47pm	Sunset	
Sun 6:18am	Sunrise	
Sun 8:00am	100M/Back 50M Drop Bags Arrive	1659 Front Street, Cuyahoga Falls
Sun 8:30am	100M Award Ceremony – Overall & Age Group	1659 Front Street, Cuyahoga Falls
Sun 10:00am	100M and Back 50M Drop Bag Pickup Deadline RACE CLOSE	1659 Front Street, Cuyahoga Falls



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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 Skratsh 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.



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Course & Aid Station Change Summary

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

- ✓ The 100-mile and 50-mile courses between Mingo Shelter Aid Station to Silver Springs Park (50-mile) and the Marathon Course remain the same as the 2023 course.
- ✓ The Back-50 course from the start to Mingo Shelter will be the same as 2023 excluding the adjustments made on race day in the Oakhill area due to the river flooding - see below regarding course adjustments after the Mingo Aid Station location.
- ✓ The start location of the 100-mile, Front-50 and Relay races has been moved south to 1659 Front Street. This is due to anticipated work/closure planned for Front Street this summer.
- ✓ The course will travel along last year's course from the new start until Calvert Drive (just before the Metroparks Overlook parking lot). Take a left turn (south) down Calvert Drive. At the cul-de-sac at the bottom of Calvert Drive, take the connector trail (west) to the Overlook trail loop and follow it clockwise past the overlook - feel free to take in the scenery at the Overlook Deck! Follow the paved path to the restroom building near Sackett Avenue (DO NOT TAKE THE TRAILS TO THE OXBOW AREA). We will cross Sackett Avenue and utilize the route we had to implement in 2023 due to river flooding. Continue along Sackett Hills Drive and turn left onto Dillon Drive. At the end of Dillon Drive, take a left onto Cuyahoga Street and a quick right into the Schumacker Trailhead.
- ✓ The first aid station will now be located at the Schumacker trailhead. Follow Shumacker trail (stay to the left at trail intersections/options) and cross the bridge over the Cuyahoga River. Turn left onto the Towpath, merging onto the 2023 course.
- ✓ The remainder of the course will follow the 2023 Burning River course to the 50-mile finish/turn-around.
- ✓ The return route/Back-50 Route will reverse the first half of the race as noted above.
- ✓ Hilltop Aid Station is replaced by Schumacker. It will be a fluids only station on the way out and a full aid station on the return. On the return route, the station is open for crew access. If overflow crew parking is required, park along the south side of Dillon Drive and walk back to the Aid Station. No aid may be given along Dillon Drive.
- ✓ Mingo Shelter Aid Station will be a full aid station for all races both ways. It will be a drop bag location for the 100-mile and Back 50 races. Mingo is NOT a Crew location, nor will it be a Pacer pick-up station due to limited parking.
- ✓ Botzum Aid Station is revised to a fluids only aid station in both directions. It REMAINS a 100-mile Crew location in both directions. On the back half of the race, pacers may be picked up @ Botzum.
- ✓ MORE DROP BAG LOCATIONS - please see the COURSE & AID STATION INFORMATION chart later in this document. This will help assure you have the ability to pack your own items in case our aid stations don't always have exactly what you want.



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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)



Boundary Tape



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
- ✓ Live Results – we do publish live results through each timing point. 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. 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.*
- ✓ **2024 DISPATCH PHONE NUMBER: TBD**



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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.**
- ✓ **Any crew, spectator, participant, person that is associated with the participant that violates park rules, illegally parks, or similar action will result in the participant being disqualified. Monitors will be in place and this rule will be strictly enforced especially during the first 50 miles of the race. Respect our community and parks please.**
- ✓ 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.
- ✓ This event occurs during a high visitation period in our parks. Vehicular traffic is the #1 limiting factor with putting on this race. Spectators are encouraged and welcome at Silver Springs Park and 1659 Front Street.
- ✓ 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!
- ✓ 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, 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 time limits (based on your start time) are not eligible to have their times posted.



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Pacer Rules

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. 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).



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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 trash containers.
- ✓ Crew are asked to carry out any trash that they bring onto the course. Aid stations 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. Bib numbers will be assigned at packet pickup. Once you get your bib number, bring your drop bags to the collection area. We will provide you tape and a sharpie to write your name and bib number. The tape will be color coordinated to allow us to assure we have your drop bags going to the correct location.
- ✓ Maximum drop bag size is 16"x20"x16". NO hard cases. This will be strictly enforced!
- ✓ 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

- ✓ If starting before sunrise, you will need a headlamp and/or inexpensive hand-held flashlight. As an option, 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 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.



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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 trailhead for vehicles.
- ✓ **Oak Hill Trailhead will be closed to all vehicular traffic with access only provided for volunteers and 100M crew between 5:00am-9:00am 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.
- ✓ 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 (NOT UPDATED FOR 2024 YET)

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
Schumacher	1690 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 Road, 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 Road, 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 Road, 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 Road, 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 Road, Stow, OH 44224	41.193623, -81.412013	Hudson (330) 342-1800	Cleveland Clinic Akron General 4300 Allen Rd, Stow, OH 44224	N/A
CALL 911 IN AN EMERGENCY - BE PREPARED TO COMMUNICATE YOUR LOCATION					
THEN NOTIFY BURNING RIVER DISPATCH - NUMBER TBD					



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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	START	0.0		NONE	100	0			LEG 1				3:30 AM	7:00 AM
B	Schumacher	4.5	4.5	Fluids		50	45	5					4:20 AM	8:11 AM
C	North Hawkins	8.7	4.2	Full		80	20			50/100			4:45 AM	9:17 AM
D	Mingo Shelter	12.6	3.9	Full	5	25	70		LEG 2		100		5:15 AM	10:19 AM
E	Botzum	14.4	1.8	Fluids	40	50	10			100			5:35 AM	10:47 AM
F	Indigo Lake	19.8	5.4	Water	50	30	20						6:00 AM	12:12 PM
G	Oakhill	23.3	3.5	Full		50	50			100	100		6:30 AM	1:07 PM
H	Valley Picnic*	27.0	3.7	Full	10		40	50	LEG 3		F50		6:40 AM	2:06 PM
I	Robinson Field	30.6	3.6	Fluids		30	70						7:00 AM	3:03 PM
J	Pine Hollow	34.8	4.2	Full		75	25			50/100	100		7:30 AM	4:10 PM
K	Kendall Lake	40.8	6.0	Full	20	80			LEG 4		F50		8:10 AM	5:44 PM
L	Olde Rt. 8	45.8	5.0	Full	85	15							8:50 AM	7:03 PM
M	Silver Springs	51.3	5.5	Full	85	15			LEG 5	100	F50/100	PACER	9:15 AM	8:30 PM
L	Olde Rt. 8	56.7	5.4	Full	20	80							**	9:56 PM
K	Kendall Lake	61.7	5.0	Full		75	25		LEG 6				**	11:15 PM
J	Pine Hollow	67.7	6.0	Full		30	70			50/100	100/B50	PACER	**	12:49 AM
I	Robinson Field	71.9	4.2	Full	10		40	50					1:20 PM	1:56 AM
H	Valley Picnic*	75.5	3.6	Full		50	50		LEG 7				**	2:53 AM
G	Oakhill	79.2	3.7	Full	50	30	20			50/100	100/B50	PACER	2:15 PM	3:52 AM
F	Indigo Lake	82.7	3.5	Water	40	50	10						3:00 PM	4:47 AM
E	Botzum	88.1	5.4	Fluids	5	25	70			100		PACER	3:30 PM	6:12 AM
D	Mingo Shelter (2)	89.9	1.8	Full		80	20		LEG 8		100/B50		3:45 PM	6:40 AM
C	North Hawkins	93.8	3.9	Full		50	45	5		50/100		PACER	4:30 PM	7:42 AM
B	Schumacher	98.0	4.2	Full	100	0				100		PACER	5:00 PM	8:48 AM
A	FINISH	102.5	4.5	Full						100	100/B50		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 4/22/24			

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 (NOT UPDATED FOR 2024 YET)

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
HYDRATION																					
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
FOOD																					
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			
SNACKS																					
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									
FRUIT																					
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.
- ✓ Buses will depart from Silver Springs at 4:30am. Please be prepared to board the buses no later than 4:15am.
- ✓ 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.

Relay Busing

- ✓ There is no busing for relay participants.

Marathon Busing

- ✓ Participants will park at Silver Springs and take a bus to the Oak Hill Trailhead for the start of the race.
- ✓ Buses will depart from Silver Springs at 5:30am & 7:30am. Please be prepared to board the buses no later than 5:15am and 7:15am. Please ride the bus that corresponds to your start time.
- ✓ 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.
- ✓ There is no parking at Oak Hill - you may be dropped off. Vehicles cannot be parked on the side of the road. If you plan on being dropped off, it's a stop and go for the vehicle please.
- ✓ There will have portapotties at the start line for the marathon.

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 after they finish.
- ✓ 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

MARATHON				26.3 miles
Distance	26.26 miles		Total Ascent/Descent	2129 feet / 2070 feet
Lowest Point	698 feet (at 2.96 miles)		Highest Point	1072 feet (at 26.00 miles)
Uphill	10.57 miles (40.3%)		Downhill	9.84 miles (37.5%)
Flat	5.82 miles (22.1%)		Height Gain	374 feet
Steepest Uphill	16.7% (at 7.38 miles)		Steepest Downhill	-17.8% (at 13.42 miles)
Longest Uphill	0.67 miles (at 3.86 miles)		Longest Downhill	1.12 miles (at 1.68 miles)
Ascent Rate	81 ft/mile		Descent Rate	79 ft/mile
FRONT 50				51.3 miles
Distance	51.299 miles		Ascent/Descent (Raw)	3582 feet / 3526 feet
Lowest Point	702 feet (at 27.51 miles)		Highest Point	1069 feet (at 51.11 miles)
Uphill	22.70 miles (44.3%)		Downhill	21.70 miles (42.3%)
Flat	6.82 miles (13.3%)		Height Gain	367 feet
Steepest Uphill	+16.7% (at 8.16 miles)		Steepest Downhill	-14.4% (at 35.68 miles)
Longest Uphill	1.68 miles (at 44.29 miles)		Longest Downhill	1.90 miles (at 25.61 miles)
Ascent Rate	70 ft/mile		Descent Rate	69 ft/mile
BACK 50				51.1 miles
Distance	51.093 miles		Ascent/Descent (Raw)	4268 feet / 4311 feet
Lowest Point	702 feet (at 23.21 miles)		Highest Point	1069 feet (at 0.78 miles)
Uphill	20.41 miles (40.0%)		Downhill	20.86 miles (40.8%)
Flat	9.79 miles (19.2%)		Height Gain	367 feet
Steepest Uphill	+23.3% (at 7.16 miles)		Steepest Downhill	-20.0% (at 42.84 miles)
Longest Uphill	1.29 miles (at 23.60 miles)		Longest Downhill	1.01 miles (at 34.78 miles)
Ascent Rate	84 ft/mile		Descent Rate	84 ft/mile



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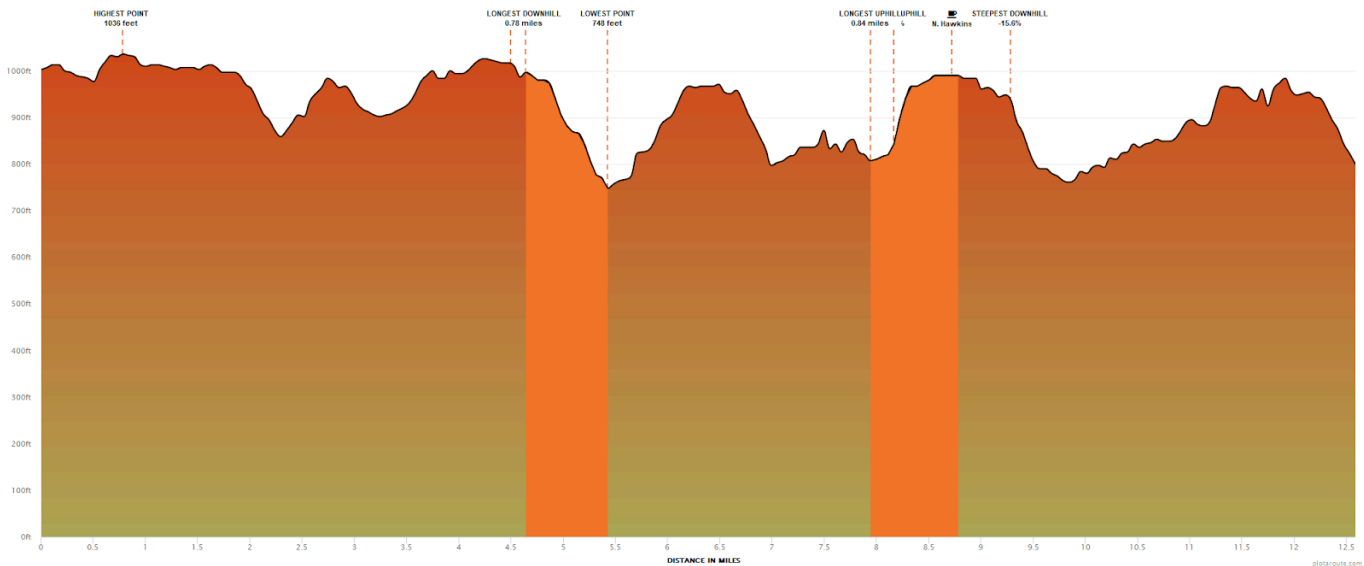
100 & 8P RELAY				102.5 miles
Distance	102.529 miles		Ascent/Descent (Raw)	8681 feet / 8677 feet
Lowest Point	698 feet (at 27.46 miles)		Highest Point	1072 feet (at 51.06 miles)
Uphill	41.50 miles (40.5%)		Downhill	41.55 miles (40.5%)
Flat	19.46 miles (19.0%)		Height Gain	374 feet
Steepest Uphill	+20.0% (at 30.76 miles)		Steepest Downhill	-21.1% (at 94.29 miles)
Longest Uphill	0.95 miles (at 15.32 miles)		Longest Downhill	1.12 miles (at 26.17 miles)
Ascent Rate	85 ft/mile		Descent Rate	85 ft/mile



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Leg One			12.6 miles
Distance	12.630 miles	Ascent/Descent (Raw)	1243 feet / 1446 feet
Lowest Point	748 feet (at 5.42 miles)	Highest Point	1036 feet (at 0.78 miles)
Uphill	5.42 miles (43.0%)	Downhill	5.82 miles (46.0%)
Flat	1.34 miles (10.6%)	Height Gain	288 feet
Steepest Uphill	18.9% (at 8.16 miles)	Steepest Downhill	-15.6% (at 9.28 miles)
Longest Uphill	0.84 miles (at 7.94 miles)	Longest Downhill	0.78 miles (at 4.64 miles)
Ascent Rate	98 ft/mile	Descent Rate	115 ft/mile

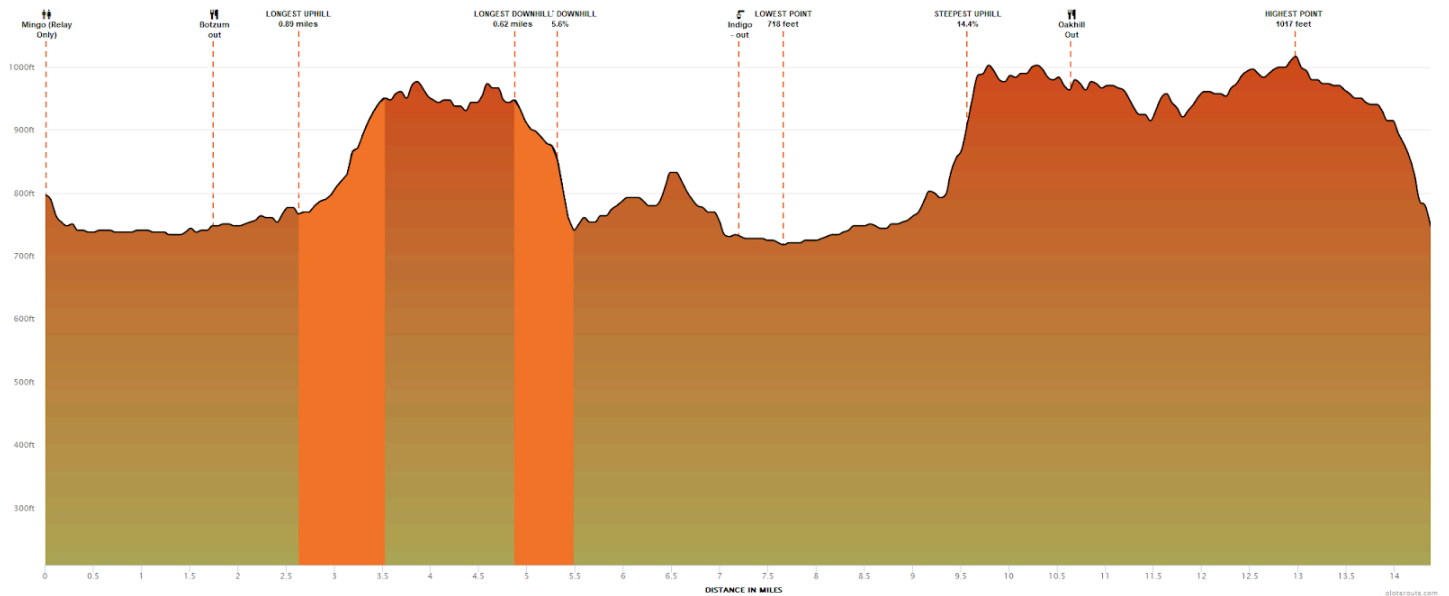




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Leg Two			14.4 miles
Distance	14.393 miles	Ascent/Descent (Raw)	984 feet / 1033 feet
Lowest Point	718 feet (at 7.66 miles)	Highest Point	1017 feet (at 12.97 miles)
Uphill	5.54 miles (38.5%)	Downhill	5.70 miles (39.6%)
Flat	3.13 miles (21.8%)	Height Gain	298 feet
Steepest Uphill	+14.4% (at 9.56 miles)	Steepest Downhill	-15.6% (at 5.31 miles)
Longest Uphill	0.89 miles (at 2.63 miles)	Longest Downhill	0.62 miles (at 4.87 miles)
Ascent Rate	68 ft/mile	Descent Rate	72 ft/mile

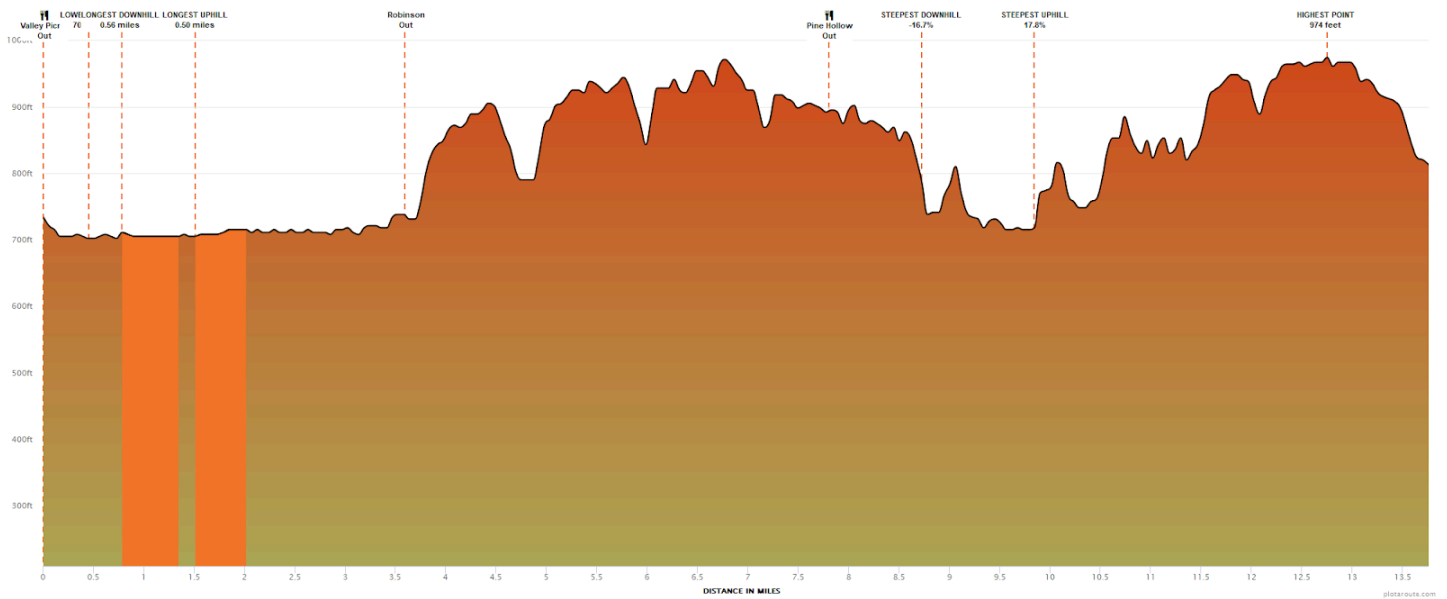




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Leg Three		13.8 miles	
Distance	13.777 miles	Ascent/Descent (Raw)	1348 feet / 1269 feet
Lowest Point	702 feet (at 0.45 miles)	Highest Point	974 feet (at 12.75 miles)
Uphill	5.54 miles (40.2%)	Downhill	5.59 miles (40.6%)
Flat	2.63 miles (19.1%)	Height Gain	272 feet
Steepest Uphill	+17.8% (at 9.84 miles)	Steepest Downhill	-16.7% (at 8.72 miles)
Longest Uphill	0.50 miles (at 1.51 miles)	Longest Downhill	0.56 miles (at 0.78 miles)
Ascent Rate	98 ft/mile	Descent Rate	92 ft/mile

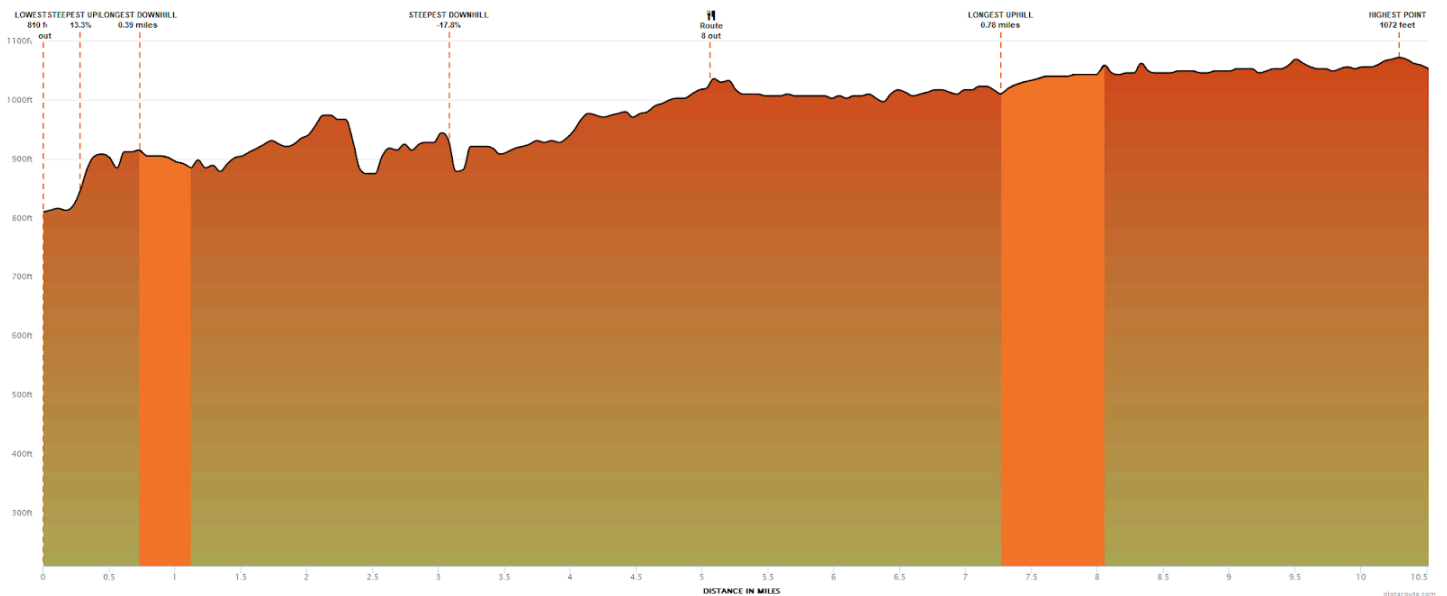




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Leg Four		10.5 miles	
Distance	10.516 miles	Ascent/Descent (Raw)	715 feet / 472 feet
Lowest Point	810 feet (at 0.00 miles)	Highest Point	1072 feet (at 10.29 miles)
Uphill	5.03 miles (47.9%)	Downhill	3.19 miles (30.3%)
Flat	2.29 miles (21.8%)	Height Gain	262 feet
Steepest Uphill	+13.3% (at 0.28 miles)	Steepest Downhill	-17.8% (at 3.08 miles)
Longest Uphill	0.78 miles (at 7.27 miles)	Longest Downhill	0.39 miles (at 0.73 miles)
Ascent Rate	68 ft/mile	Descent Rate	45 ft/mile

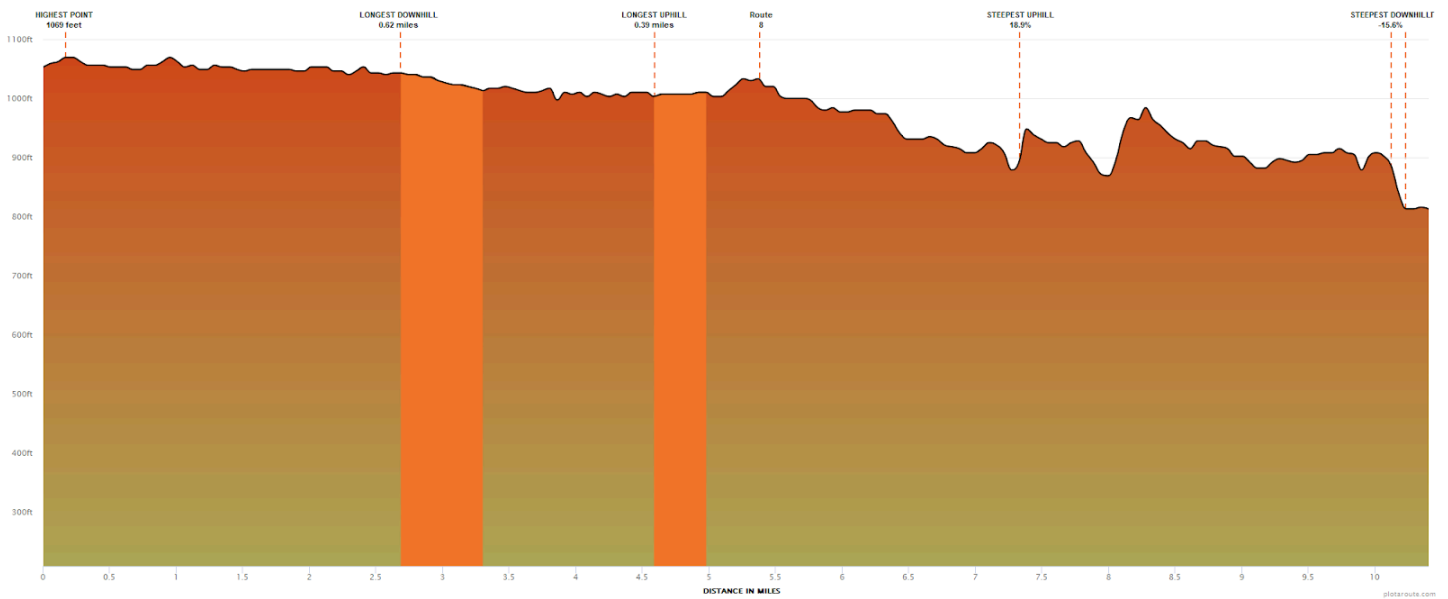




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Leg Five		10.4 miles	
Distance	10.441 miles	Ascent/Descent (Raw)	465 feet / 705 feet
Lowest Point	813 feet (at 10.23 miles)	Highest Point	1069 feet (at 0.17 miles)
Uphill	2.85 miles (27.3%)	Downhill	4.75 miles (45.5%)
Flat	2.80 miles (26.8%)	Height Gain	255 feet
Steepest Uphill	+18.9% (at 7.33 miles)	Steepest Downhill	-15.6% (at 10.12 miles)
Longest Uphill	0.39 miles (at 4.59 miles)	Longest Downhill	0.62 miles (at 2.68 miles)
Ascent Rate	45 ft/mile	Descent Rate	68 ft/mile

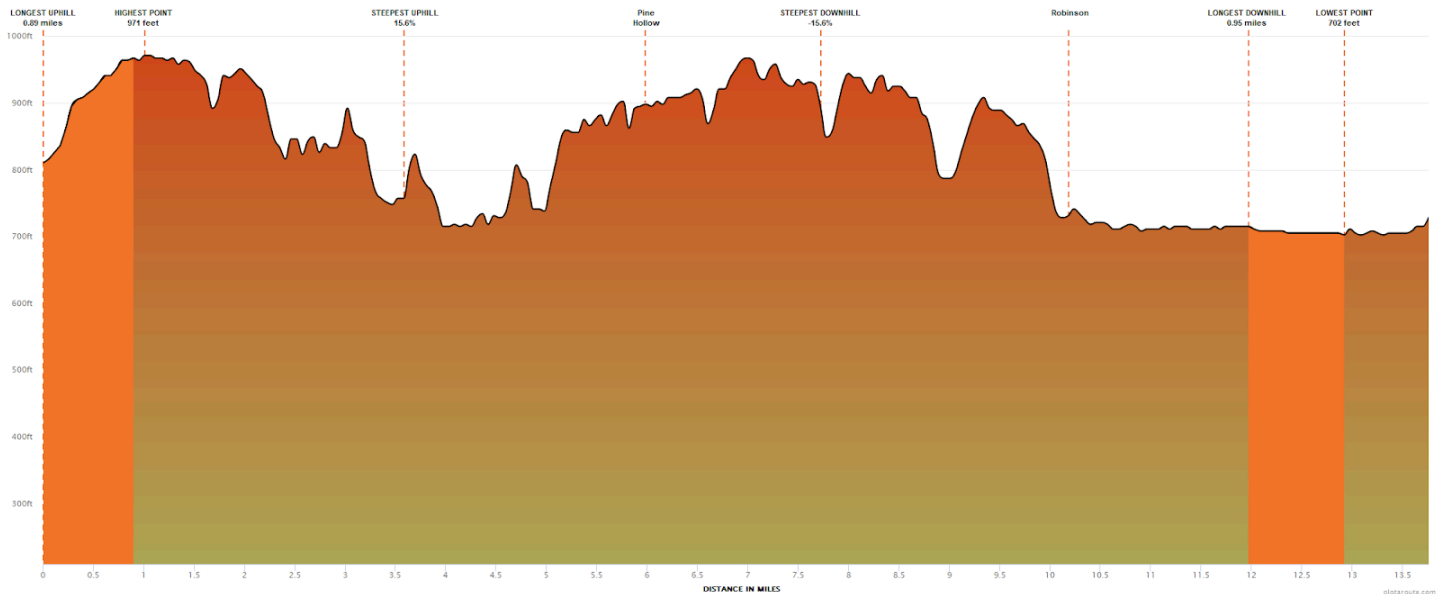




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Leg Six		Revised 03/08/2024	13.8 miles
Distance	13.769 miles	Ascent/Descent (Raw)	1286 feet / 1368 feet
Lowest Point	702 feet (at 12.92 miles)	Highest Point	971 feet (at 1.01 miles)
Uphill	5.42 miles (39.4%)	Downhill	5.65 miles (41.0%)
Flat	2.68 miles (19.5%)	Height Gain	269 feet
Steepest Uphill	+15.6% (at 3.58 miles)	Steepest Downhill	-15.6% (at 7.72 miles)
Longest Uphill	0.89 miles (at 0.00 miles)	Longest Downhill	0.95 miles (at 11.97 miles)
Ascent Rate	93 ft/mile	Descent Rate	99 ft/mile

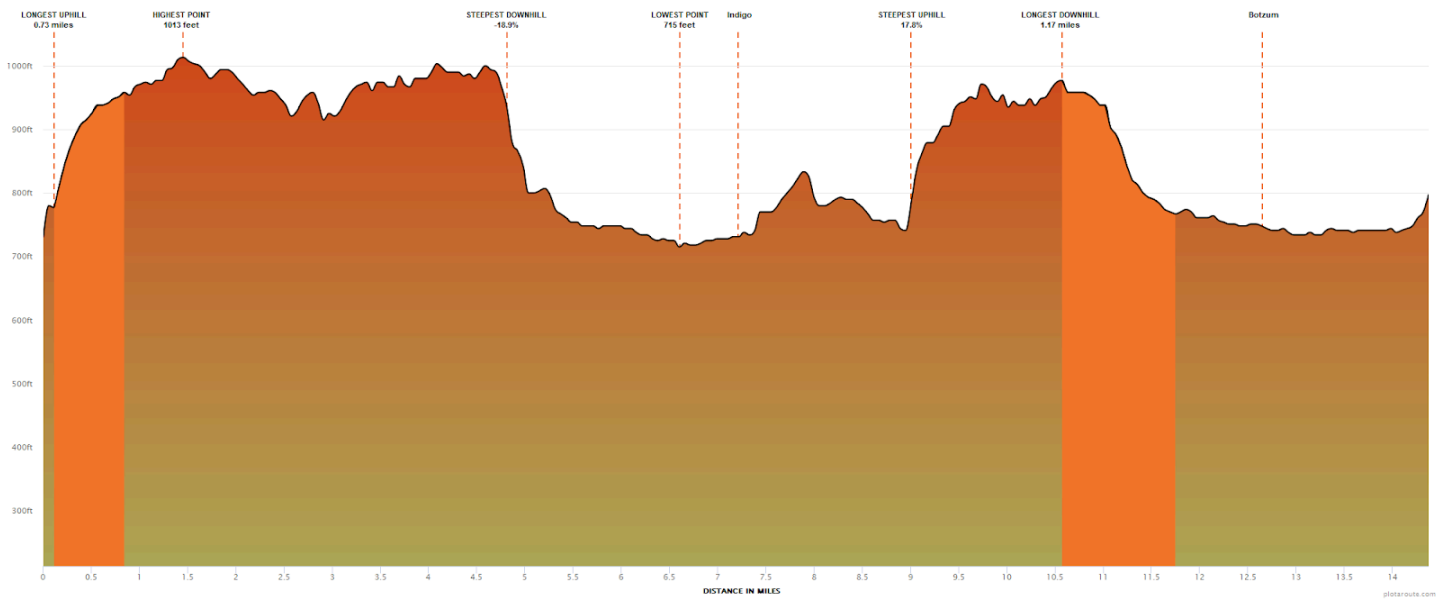




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Leg Seven			14.4 miles
Distance	14.402 miles	Ascent/Descent (Raw)	1049 feet / 984 feet
Lowest Point	715 feet (at 6.60 miles)	Highest Point	1013 feet (at 1.45 miles)
Uphill	5.65 miles (39.2%)	Downhill	5.70 miles (39.6%)
Flat	3.02 miles (21.0%)	Height Gain	298 feet
Steepest Uphill	+17.8% (at 9.00 miles)	Steepest Downhill	-18.9% (at 4.81 miles)
Longest Uphill	0.73 miles (at 0.11 miles)	Longest Downhill	1.17 miles (at 10.57 miles)
Ascent Rate	73 ft/mile	Descent Rate	68 ft/mile





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Leg Eight		Revised 03/08/2024	12.6 miles
Distance	12.654 miles	Ascent/Descent (Raw)	1459 feet / 1243 feet
Lowest Point	751 feet (at 7.21 miles)	Highest Point	1036 feet (at 11.80 miles)
Uphill	5.82 miles (46.0%)	Downhill	5.26 miles (41.5%)
Flat	1.57 miles (12.4%)	Height Gain	285 feet
Steepest Uphill	+22.2% (at 3.19 miles)	Steepest Downhill	-22.2% (at 4.42 miles)
Longest Uphill	1.12 miles (at 2.85 miles)	Longest Downhill	0.78 miles (at 6.43 miles)
Ascent Rate	115 ft/mile	Descent Rate	98 ft/mile

