

PARTICIPANT GUIDE



Revisions

REV 1 - 7/2/26

- ☆ **Expo Hours** = Changed Thursday from 12pm open time to 2pm.
- ☆ **Aid Station Overview** - Aid station open times updated and minor updates to food offerings.
- ☆ **Aid Station Overview** - Clarified which aid stations are for 50M crew and for 100M crew.
- ☆ **Timing, Results, Participant Tracking** - Updated to reflect using RTRT for live results and GPS tracking.
- ☆ **Race Day Communications** - Updated with this year's phone number.
- ☆ **Drop Bags** - Clarified that drop bag service is for 50M and 100M participants.
- ☆ **Participant Rules** - Clarified that aid stations are no access by anyone except the participant unless marked as crew/pacer locations. One car per participant's crew and pacer.
- ☆ **Participant Rules** - Clarified eligibility for overall awards in the 100M, marathon, and Back 50M races.



Welcome

Welcome and thank you for participating in the 19th 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.

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!



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
Michaela McCune	Botzum 1	CLE Racing
Rachel Trembly	Botzum 2	
Suzanne Paroff	Kendall Lake 1 & 2	
Stephanie Orwick	North Hawkins 1	NWB Run Club
Renee Harden	North Hawkins 2	
Nick Anderson	Oak Hill 1	Pin-Point Physical Therapy
Rick Hohman / Bob Smaltz	Oak Hill 2	Trail Enthusiasts for Burning River
Allison Triskett	Olde Rt 8 (bike & hike)	Cleveland Clinic Rehab & Sports Therapy
Howard DeBerry	Pine Hollow 1	
John McDaniel	Pine Hollow 2	
Jennifer Gray	Silver Springs	She Runs this Town
Paul Estergall	Valley Picnic 1	Hudson Overhead Door
Dan Smith	Valley Picnic 2	
Jennifer Douglas	Chestnut 1	
Julie Sadar	Chestnut 2	Cle Tri Club
Danielle Birch	Schumacher 1	Black Girls Run Cleveland
Monica Owen & Ursula Drinko	Schumacher 2	
Kristen Oberhaus	Robinson Field 1	N/A
Carrie Madison	Robinson Field 2	N/A
	Front Street - Finish Line	Vertical Runner

Date: 5/22/25



Donations

Western Reserve Racing is proud to be an active community partner. 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 19th 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 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



EXPO & PACKET PICKUP

THURSDAY JULY 24TH 2:00PM - 9:00PM
FRIDAY JULY 25TH 12:00PM-8:00PM



THE NATATORIUM
 2345 4TH STREET
 CUYAHOGA FALLS OHIO 44221

- ★ Bib & Swag Pickup
- ★ Merchandise & Expo
- ★ Rules Meetings
- ★ Drop Bag Collection
- ★ Questions? We will have a representative on site during Expo hours. Race Directors will be at the Expo on Friday. You can also email us anytime at help@westernreserveracing.com

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 6:16 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 also pace/start with their 100M participant.	Silver Springs Park
Sat 8:00pm	50M Participants Drop Bag Pickup Deadline	Silver Springs Park
Sat 8:48pm	Sunset	
Sun 6:17am	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



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 (out & back) 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. As you climb out of the Cuyahoga Valley, you will be on 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 then the paved Bike & Hike on your way to the 50-mile mark at Silver Springs Park!

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. Inevitably, the question of road shoes or trail shoes will be answered.

Course Maps



Course maps are on our [website](#). We have provided Google Map links and GPX files. Please check back as the race gets closer as the route is subject to change due to unanticipated trail closures or other needs.



Course Change Summary

This summary is for those participants who know the routes/courses we have used historically, know the trails within the park systems very well, and want to understand any changes we have incorporated for this year's races.

The majority of the 2025 course is the same as the 2024 course.

- ★ **100M/50M Start:** In 2024, the Start to State Road went straight out Grant Avenue. This year, we will take the city streets that border the Gorge Metro Park. The trails within Gorge Metro Park do not connect with our route due to the on going dam removal project.
- ★ **Merriman to Portage Path (Leg One):** This year we will cross Merriman, and turn left onto the upper portion of the ParCour trail and climb up to the Treaty Line parking area. We will continue on the trail and cross Portage Path in the crosswalk. Note: We added this length of trail to compensate for Metro Park modifications of the Nuthatch Trail (formerly Mingo) from the Jog Trail.
- ★ **Jog Trail to Nuthatch (Leg One):** Metro Parks modified the connector to the Nuthatch Trail to remove a failing bridge. The turn for Nuthatch is approximately three tenths of a mile earlier than it used to be.
- ★ **Chestnut Aid Station:** All participants will be routed to the Chestnut Aid Station this year. In previous years it was only open to the Relay on the way out. It will be a full aid station for all race distances.
- ★ **Stow Road to Silver Springs 50M Split/Finish & Marathon Finish (Leg Four/Five):** We have revised the course to remove the portion of the course that went around the baseball fields resulting in a more direct route to this location. For the 100M and Relay Participants, you will leave this aid station in a more direct route back to the paved bike/hike too.
- ★ **Nuthatch to Jog Trail (Leg 8):** The trail has been rerouted by Metro Parks and will outlet onto the Jog trail earlier than in previous years.
- ★ **Portage Path to Merriman (Leg 8):** After crossing Portage Path in the cross walk, you will turn right onto the ParCours trail and proceed up the hill to the Treaty Line parking Area. You will descend the trail close to Merriman Road and cross at the new cross walk opened last year.
- ★ **State Road to Finish (Leg 8):** The last section of the course has been modified to remove a high-traffic street with no berm or sidewalk that was a hazard during marking and during higher traffic volume times of the day. It also removes the 3-way intersection at Front Street and Second Street, to improve runner safety. **FLAGS WILL BE PLACED ALONG THE RIGHT SIDE OF THE ROAD FROM 20th street to the Finish due to parking on the north side of the street which could obscure flags from view.**
- ★ **Marathon Start:** The marathon start location is located to the Oakhill Parking lot instead of out by the entrance. This will help with 100 mile crew vehicle access to this parking lot. Marathon participants being dropped off will walk from the entrance down to the start/parking lot - no vehicle access except for 100M crew vehicles.



Course Markings & Materials

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.

- ★ 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 red Western Reserve Racing logo 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. For the 100M & Back 50M participants, the last 2.5 miles will be flagged on the right due to cars parking on the left.
- ★ 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 the 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.



Course Markings

Below are photos and artwork of the course markings we utilize. It is our intent to have markings at about every 0.1 mile!

Ground Stakes/Yellow Flags



Barrier & Streamer Tape



Ground Markings



1st 50M (Out)



2nd 50M (Back)

Signage



Timing, Results, Participant Tracking

This is one of the most complicated races in the country to time due to the duration, length of course, number of timing points, number of events, multiple start times, corrals, relay, etc. We utilize the best timing equipment and scoring software on the market. Our timing staff is highly competent, seasoned, and always ready for you!

- ★ The course will be chip timed at 8 locations/aid stations (not all aid stations are timing points):
 - Chestnut Shelter
 - Valley Picnic
 - Kendall Lake
 - Silver Springs
 - Front Street
- ★ 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. You may also call or email us (see below).
- ★ 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.
- ★ Live Results – we will be publishing live results through RTRT. Links will be published on our website and through email communication to participants in the weeks leading up to the race.
- ★ GPS Tracking - we will also be offering GPS tracking through RTRT and is included as part of your registration fees. Use your smartphone to have this feature track/update your location on a map for spectators, crew, and pacers. Instructions/links will be sent through email communication to participants in the weeks leading up to the race. Note: GPS tracking is not available to relay participants.

Race Day Communications

Our customer service team 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.



HELP@WESTERNRESERVERACING.COM



(216) 644-1356



IN CASE OF EMERGENCY CALL 9-1-1



Participant Rules

Any crew, support person, team member, participant, and/or person that is associated with the participant that violates park rules and/or race rules will result in the participant being disqualified. In addition to our monitors, we will accept photographic evidence of participants in violation of the rules. The rules will be strictly enforced. 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 CUSTOMER SERVICE 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 (Marathon/50M Finish/50M Split) and Front Street (100M/Back 50 Finish Line). No illegal parking.
- ★ NO ACCESS Aid Stations – unless marked as a crew or pacer location, only the participant is permitted at the aid stations. Crew and pacers are limited to one car per participant.
- ★ 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!).
- ★ It is the participant's responsibility to understand where/if they can have a pacer join them. It is also the participant's responsibility to assure their pacer is 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.
- ★ Adhere to posted signs and rules of the race and park districts.
- ★ If you go off course, you must backtrack/return to the correct path by your own means. You must start from the point where you went off course.
- ★ Bibs must be worn by the participant that is registered and was assigned the bib.
- ★ To be eligible for overall awards, 100 Milers must start at 4:00am, Marathoners must start at 6:30am. Back 50M participants who start early and are also pacing are not eligible for overall awards.



Participant Information

This section provides information that we are commonly asked and will help in your success.

- ★ Know which direction to enter and exit the Aid Station.
- ★ Properly tag your drop bags.
- ★ 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.
- ★ 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; 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 use the portable restrooms supplied by our race. Leave the park restrooms for park visitors – thank you!
- ★ Volunteers are NOT race directors or race staff. They are not responsible to tell participants the correct direction, rules, or other information. It is impossible for our volunteers to have the knowledge required to answer all of your questions.



Participant Information (continued)

This section provides information that we are commonly asked and will help in your success.

- ★ Do NOT drop out of the race without notifying an aid station, finish line, emailing help@westernreserveracing.com, or calling Customer Service.
- ★ 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.
- ★ Wear your Race Bib in front (Relay runners will also have a back bib) where it is visible.
- ★ It is the participant's responsibility to cross all roads responsibly and in a safe manner.

Pacer Information

Pacers must be registered and any violation of rules would lead to disqualification of the participant they are pacing.

- ★ Pacers are allowed for 100M participants at designated pacer locations. 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. You would not be eligible for Overall Awards.
- ★ No pacing by bicycles, tricycles, motorized vehicles, rickshaws, or other wheeled vehicles are allowed.
- ★ Pacers cannot carry supplies/water bottles for participants or provide aid to a participant – no muling.
- ★ A runner may have several pacers, but only one pacer at a time.
- ★ All pacers must wear a PACER bib and be registered under their name.
- ★ You may have someone join you as your pacer during the race at a designated pacer location. The person must sign a waiver to receive their pacer bib and then will be considered a registered pacer.
- ★ The only case when multiple pacers are acceptable is for the last mile of the race. Pacer bibs are not required for family and friends joining their participant for the final mile. (but it would make a cute photo if you pinned one to your two year old).



Drop Bags

Drop bag service is available for 100M, 50M, and Back 50M Solo Participants.

- ★ 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.
- ★ 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! If you place a drop bag in our truck and/or loading area that does not comply, we reserve the right to discard the drop bag.
- ★ 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.
- ★ Do NOT use Cinch Bags. Stuff falls out of them in our trucks.
- ★ Drop Bag Service is for 50M and 100M participants.
- ★ Pacers are not permitted drop bags but are welcome to include their items in the participant's drop bag.
- ★ We have provided a lot of drop bag locations (see Aid Station sheet). This is a great opportunity for you to pack items you may need that our aid stations may not have either as part of our plan or a shortage/stock out. Pack any special diet needs/medications that are not available at aid stations.

Headlamps

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, Chestnut Shelter, 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.



Parking

- ★ 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 – 5120 Young Road, Stow Ohio (by the baseball fields), 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 Park - 5019 Stow Road, Stow Ohio (by Bow Wow Beach) 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 canceled and then open up for others. The Sheraton is located near 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.



Medical & Non-Emergency Information

- ★ **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.
- ★ 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.
- ★ For non-emergency, see the chart below for helpful contact and location information. If only pertaining to our race, please contact Customer Service.
- ★ We strongly recommend participants, crew, and pacers print and carry the chart below with them.
- ★ Please notify our Customer Service after all emergency and non-emergency calls have been placed.



Aid Station	Address	GPS	Police Dept Non-Emergency	Nearest Hospital	Park System
Start / Finish	1659 Front Street, Cuyahoga Falls, OH 44221		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	Western Reserve Hospital 1900 23rd St, Cuyahoga Falls, OH 44223	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
Chestnut Lodge	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	Summit Metro Parks (330) 475-0029
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



Aid Station Information

- ★ A first aid kit will be available at all full aid stations. We, including the volunteers, 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.
- ★ Marathon participants - Valley Picnic will NOT have the food offering available for you. Hydration & Snacks will be available.
- ★ It is our intent to have the hydration, snacks, and food offering readily available according to the chart. However, we cannot guarantee this due to the nature of the event and changing conditions. We do have contingency plans that include changing the food offering and, if we do, we will do our best to have a comparable offering in terms of nutritional value.
- ★ We will not have gels at the aid stations. It is very difficult to meet everyone's personal needs with brand, flavor, etc. We have increased the drop bag locations to make it easier for you to have whatever gels you prefer with you (along with other needs).
- ★ Every participant is important to us and we definitely recognize that many are attempting to accomplish some major life goals. We have participants running different distances. The needs of a 100 miler, 50 miler, marathoner, and a relay participant differ. We ask that each participant, pacer, and crew respects the needs of the aid station to supply all participants, especially those running longer distances. Please keep the aid stations clear and avoid overwhelming them.
- ★ 50M/100M crew locations are the same except for Oak Hill and Schumaker 2. The parking lots are not big enough to support crew for both races. It is anticipated that Botzum parking lot will become full in the morning and not all crew will be able to be at this location. We encourage 100M crews to pick either Botzum or Oak Hill in the morning.
- ★ We ask the crew to be cognizant of the parking lot limitations. If the parking lot is full and you don't need to be at the location, please exit to let other crew park.

Full Aid Station Offering

HYDRATION	SNACKS
Skratch - Orange Water Ice Coke Mountain Dew Ginger Ale	Potato Chips (Single Serve Bags) Payday Candy Bar (Snack Size) Cookies M&M's Fig Bars Pickles Ginger Chews Fruit - Watermelon or Grapes or Pineapple Chunks
Hammer Nutrition Endurolytes, bug spray, baby powder, vaseline, first aid kit at all full aid stations. Snow Cones or Freezer Pops @ Kendall Lake/ Rt 8 / Silver Springs	



Aid Station Overview

AID STATION OVERVIEW									
STATION	MILE	OPEN	CLOSE	DROP BAGS	CREW	PACER	RELAY	TYPE	FOOD OFFERING
Schumacher	4.4	4:20 AM	8:10 AM					WATER/ICE	NONE
North Hawkins	8.6	4:45 AM	9:18 AM		50/100			FULL	PBJ
Chestnut Shelter	12.1	5:15 AM	10:14 AM	X			2	FULL	PANCAKES & SYRUP
Botzum	13.9	5:35 AM	10:43 AM		50/100			SKRATCH WATER/ICE	NONE
Indigo Lake	19.3	6:00 AM	12:10 PM					SELF SERVE GALLON JUGS	NONE
Oak Hill	22.7	6:30 AM	1:05 PM	X	100			FULL	PANCAKES & SYRUP
Valley Picnic	26.5	6:40 AM	2:06 PM				3	FULL	SANDWICHES DELI MEAT/CHEESE/PB&J
Robinson Field	30.1	7:00 AM	3:04 PM					SKRATCH WATER/ICE	NONE
Pine Hollow	34.3	7:00 AM	4:11 PM		50/100			FULL	GROUND BEEF/MASHED POTATOES/GRAVY
Kendall Lake	40.3	8:10 AM	5:48 PM	X			4	FULL	VEGETABLE FRIED RICE (CONTAINS WHEAT/SOY) BACON CRUMBLES/SOY SAUCE/HONEY
Rt. 8 (Bike & Hike)	45.4	8:50 AM	7:10 PM					FULL	SANDWICHES DELI MEAT/CHEESE/PB&J
Silver Springs	50.3	9:15 AM	8:30 PM	X	100	X	5	FULL	PIEROGIES
Rt. 8 (Bike & Hike)	55.3	**	9:49 PM					FULL	SANDWICHES DELI MEAT/CHEESE/PB&J
Kendall Lake	60.5	**	11:13 PM	X			6	FULL	VEGETABLE FRIED RICE (CONTAINS WHEAT/SOY) BACON CRUMBLES/SOY SAUCE/HONEY
Pine Hollow	66.4	**	12:48 AM		50/100	X		FULL	GROUND BEEF/MASHED POTATOES/GRAVY
Robinson Field	70.6	1:20 PM	1:55 AM					FULL	SANDWICHES DELI MEAT/CHEESE/PB&J BROTH - VEGAN CHICKEN
Valley Picnic	74.2	**	2:53 AM				7	FULL	PIEROGIES BROTH - VEGAN CHICKEN
Oak Hill	78.0	2:15 PM	3:54 AM	X	50/100	X		FULL	GRILLED CHEESE/WHOLE WHITE POTATOES BROTH - VEGAN CHICKEN
Indigo Lake	81.4	3:00 PM	4:49 AM					SELF SERVE GALLON JUGS	NONE
Botzum	86.8	3:30 PM	6:16 AM		100	X		SKRATCH WATER/ICE	NONE
Chestnut Shelter	88.6	3:45 PM	6:45 AM	X			8	FULL	PIEROGIES / HOT DOGS BROTH - VEGAN CHICKEN
North Hawkins	92.1	4:30 PM	7:41 AM		50/100	X		FULL	SANDWICHES DELI MEAT/CHEESE/PB&J BROTH - VEGAN CHICKEN
Schumacher	96.3	5:00 PM	8:49 AM		100	X		FULL	PANCAKES & SYRUP / WHOLE WHITE POTATOES BROTH - VEGAN CHICKEN
Finish	100.7	5:55 PM	10:00 AM	X	100			--	PANCAKES & SYRUP VEGETABLE SOUP (VEGETARIAN)



Transportation

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.
- ★ 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 Silver Springs Park, 5120 Young Rd, Stow, Ohio (by the baseball fields). 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 3:00pm. Please be prepared to board the bus no later than 2:45pm.

Marathon

- ★ 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.
- ★ Note: There are buses for the 50M race leaving at 4:30am - don't get on their bus or you will go the wrong start line and be faced with running 50 miles instead of 26.2 miles!
- ★ Boarding will be at the Silver Springs Park, 5019 Stow Road, Stow, Ohio (by Bow Wow Beach).
- ★ 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.

Relay

- ★ There is no transportation/busing for the relay participants.

100M

- ★ Please arrange for a piggyback ride from the finish to your car/hotel room.

Silver Springs <-> 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 s shuttle.



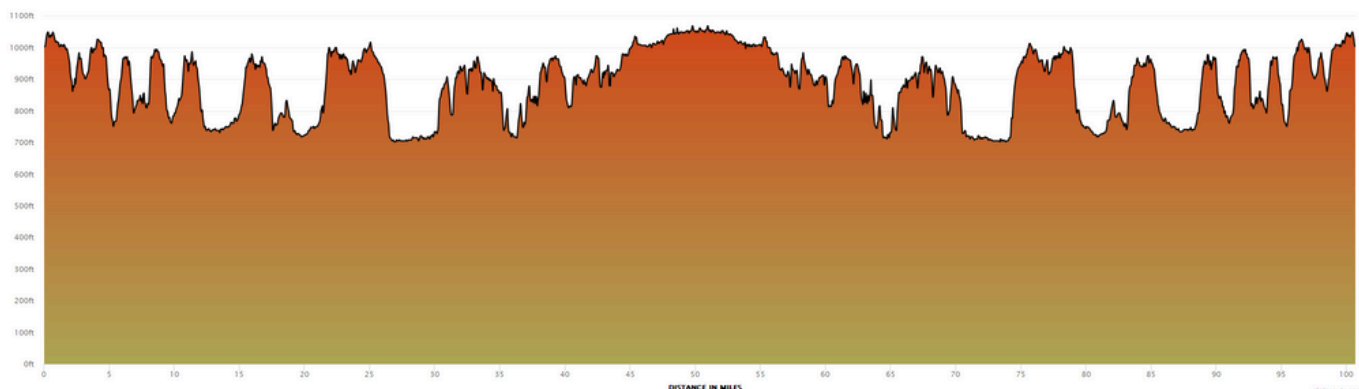
RELAY INFORMATION

- ☆ All participant rules apply to relay participants!
- ☆ See the Aid Station Overview for Leg Starting Points.
- ☆ NO PARKING. Due to limited parking, relay team vehicles can only park in Cuyahoga Falls and at Silver Springs Park. Relay team members are to be dropped off and picked up.
- ☆ Relay team members are all welcome at any relay aid station exchange location. Relay team members or any other support person(s) are not allowed at any other aid station locations UNLESS they are volunteering at the aid station.
- ☆ 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.
- ☆ 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.
- ☆ There is no drop bag service or pacers for the relay.
- ☆ 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 and announce “Relay” when passing out of courtesy to the 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 or any other reason, the next person can start at their leg without the previous leg being completed. Please notify the finish line that your team did not complete all segments due to injury. You will still receive finisher medals. Team results will not be posted & you will not be eligible for awards.
- ☆ 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.



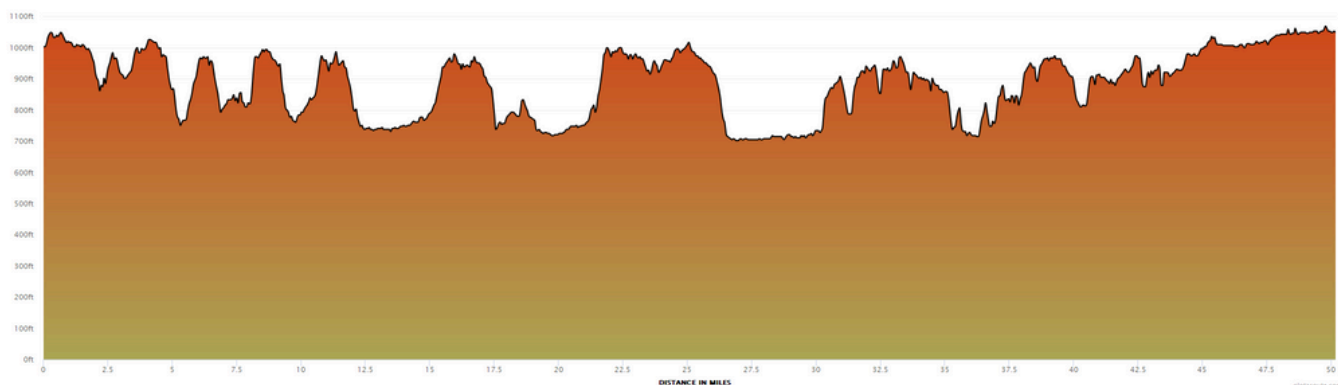
ELEVATION CHARTS

100M		Revised 05/03/2025	100.5
Distance	100.7 Miles	Ascent/Descent (Raw)	8530 feet / 8530 feet
Lowest Point	702 feet (at 26.90 miles)	Highest Point	1069 feet (at 49.77 miles)
Uphill	40.77 miles (40.5%)	Downhill	40.88 miles (40.6%)
Flat	19.01 miles (18.9%)	Height Gain	367 feet
Steepest Uphill	21.1% (at 30.25 miles)	Steepest Downhill	-23.3% (at 92.55 miles)
Longest Uphill	1.23 miles (at 73.82 miles)	Longest Downhill	1.68 miles (at 25.05 miles)
Ascent Rate	85 ft/mile	Descent Rate	85 ft/mile



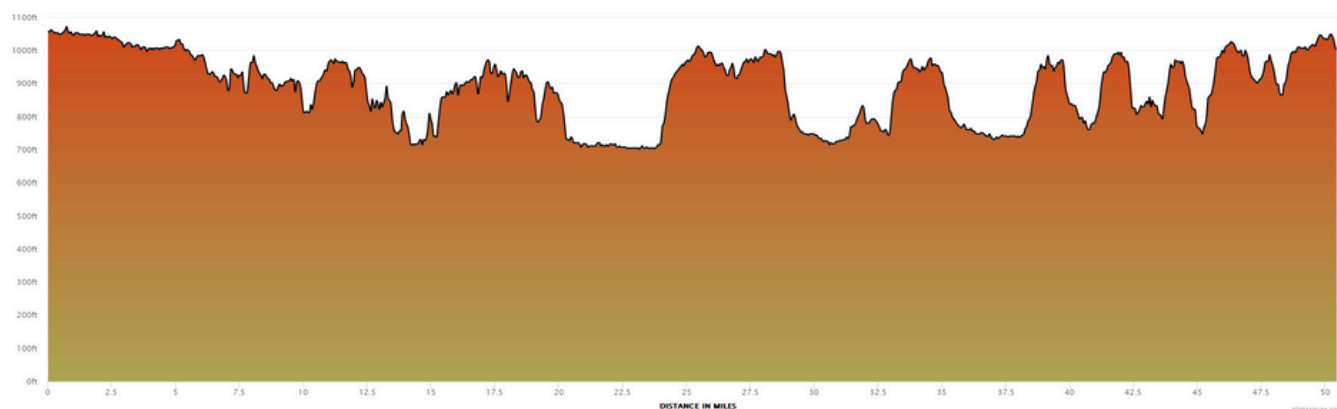
ELEVATION CHARTS

FRONT 50		Revised 05/03/2025	50.22 Miles
Distance	50.22	Ascent/Descent (Raw)	4271 feet / 4225 feet
Lowest Point	702 feet (at 26.90 miles)	Highest Point	1069 feet (at 49.77 miles)
Uphill	21.19 miles (42.2%)	Downhill	19.80 miles (39.4%)
Flat	9.17 miles (18.3%)	Height Gain	367 feet
Steepest Uphill	21.1% (at 30.25 miles)	Steepest Downhill	17.8% (at 43.34 miles)
Longest Uphill	1.01 miles (at 14.76 miles)	Longest Downhill	1.68 miles (at 25.05 miles)
Ascent Rate	85 ft/mile	Descent Rate	84 ft/mile



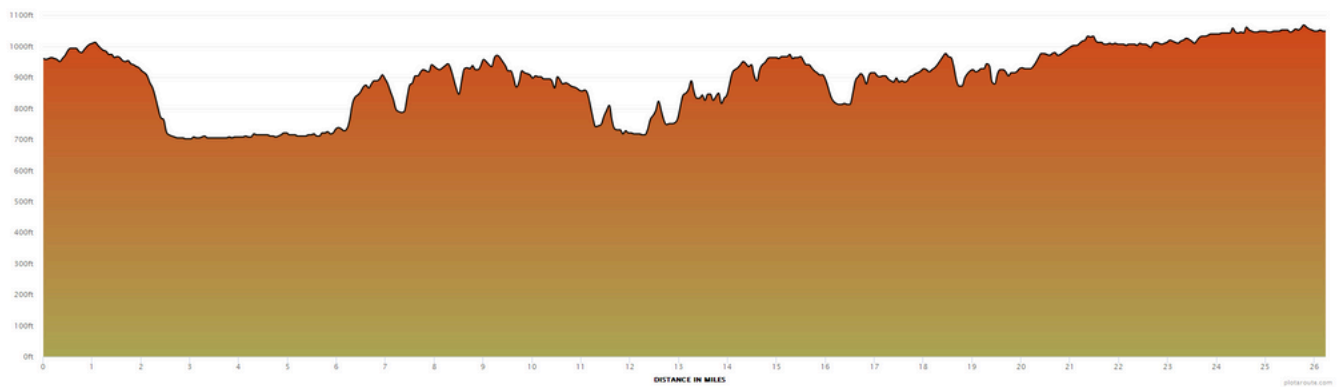
ELEVATION CHARTS

BACK 50		Revised 05/03/2025	50.5 Miles
Distance	50.5 Miles	Ascent/Descent (Raw)	4222 feet / 4278 feet
Lowest Point	702 feet (at 23.15 miles)	Highest Point	1072 feet (at 0.73 miles)
Uphill	20.75 miles (41.1%)	Downhill	20.52 miles (40.7%)
Flat	9.17 miles (18.2%)	Height Gain	370 feet
Steepest Uphill	18.9% (at 7.10 miles)	Steepest Downhill	-18.9% (at 39.76 miles)
Longest Uphill	1.12 miles (at 40.77 miles)	Longest Downhill	1.01 miles (at 34.73 miles)
Ascent Rate	84 ft/mile	Descent Rate	85 ft/mile



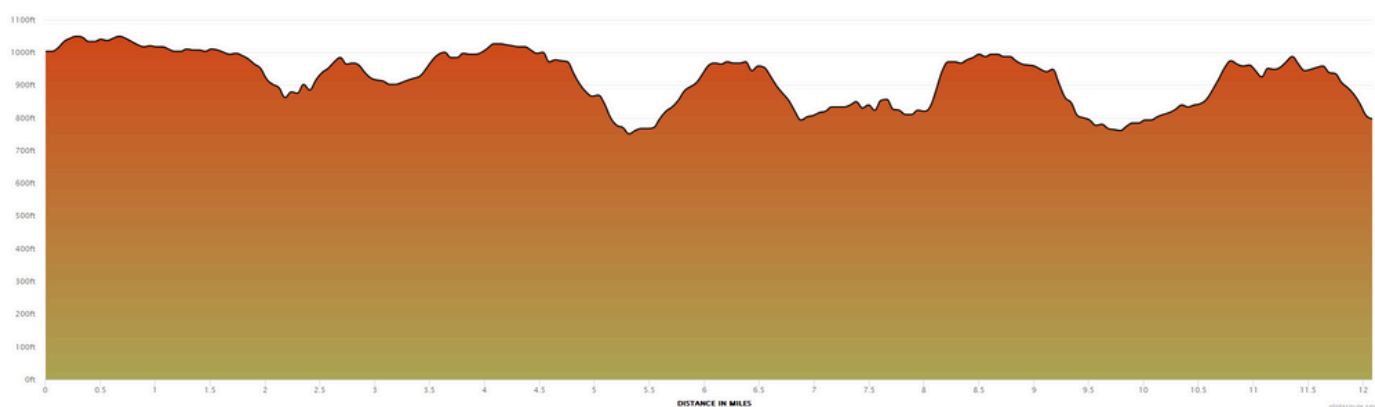
ELEVATION CHARTS

MARATHON		Revised 05/03/2025	
		26.2 Miles	
Distance	26.2 Miles	Total Ascent/Descent	2135 feet / 2047 feet
Lowest Point	702 feet (at 2.91 miles)	Highest Point	1069 feet (at 25.78 miles)
Uphill	10.63 miles (40.5%)	Downhill	10.51 miles (40.1%)
Flat	5.09 miles (19.4%)	Height Gain	367 feet
Steepest Uphill	17.8% (at 6.26 miles)	Steepest Downhill	-17.8% (at 19.35 miles)
Longest Uphill	0.78 miles (at 23.54 miles)	Longest Downhill	1.29 miles (at 1.73 miles)
Ascent Rate	81 ft/mile	Descent Rate	79 ft/mile



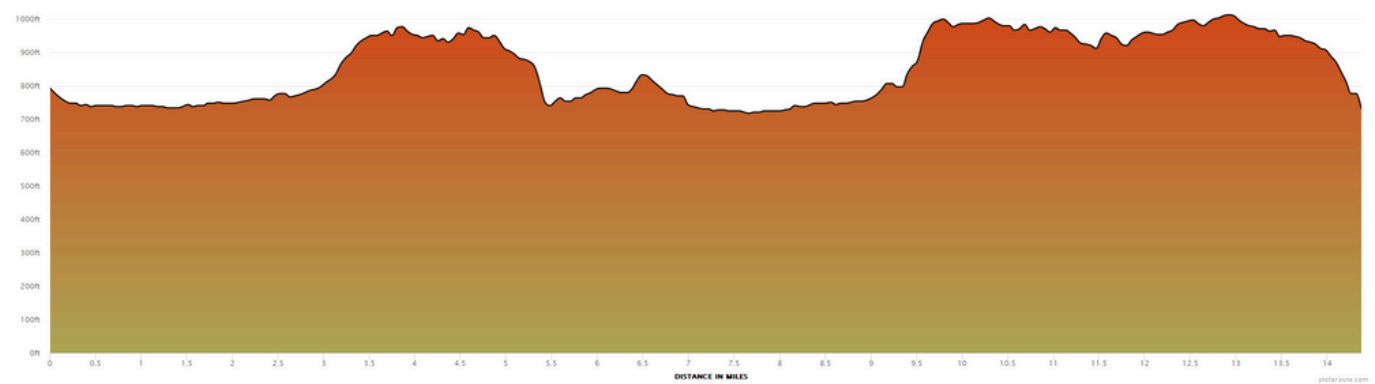
ELEVATION CHARTS

Leg One		Revised 05/03/2025	12.1 Miles
Distance	12.1 Miles	Ascent/Descent (Raw)	1233 feet / 1440 feet
Lowest Point	751 feet (at 5.31 miles)	Highest Point	1049 feet (at 0.28 miles)
Uphill	5.26 miles (43.4%)	Downhill	5.70 miles (47.1%)
Flat	1.12 miles (9.2%)	Height Gain	298 feet
Steepest Uphill	20.0% (at 8.11 miles)	Steepest Downhill	-14.4% (at 5.09 miles)
Longest Uphill	0.78 miles (at 5.31 miles)	Longest Downhill	0.45 miles (at 1.73 miles)
Ascent Rate	102 ft/mile	Descent Rate	119 ft/mile



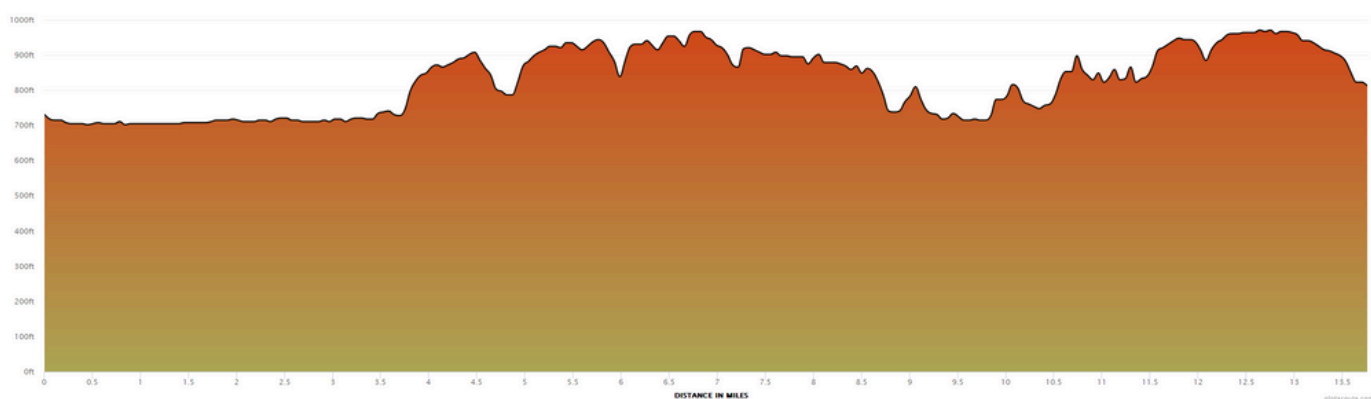
ELEVATION CHARTS

Leg Two		Revised 05/03/2025	14.4 Miles
Distance	14.4 Miles	Ascent/Descent (Raw)	1010 feet / 1072 feet
Lowest Point	718 feet (at 7.66 miles)	Highest Point	1013 feet (at 12.92 miles)
Uphill	5.93 miles (41.2%)	Downhill	5.76 miles (40.1%)
Flat	2.68 miles (18.7%)	Height Gain	295 feet
Steepest Uphill	18.9% (at 9.51 miles)	Steepest Downhill	-18.9% (at 5.37 miles)
Longest Uphill	1.06 miles (at 2.63 miles)	Longest Downhill	0.78 miles (at 6.49 miles)
Ascent Rate	70 ft/mile	Descent Rate	75 ft/mile



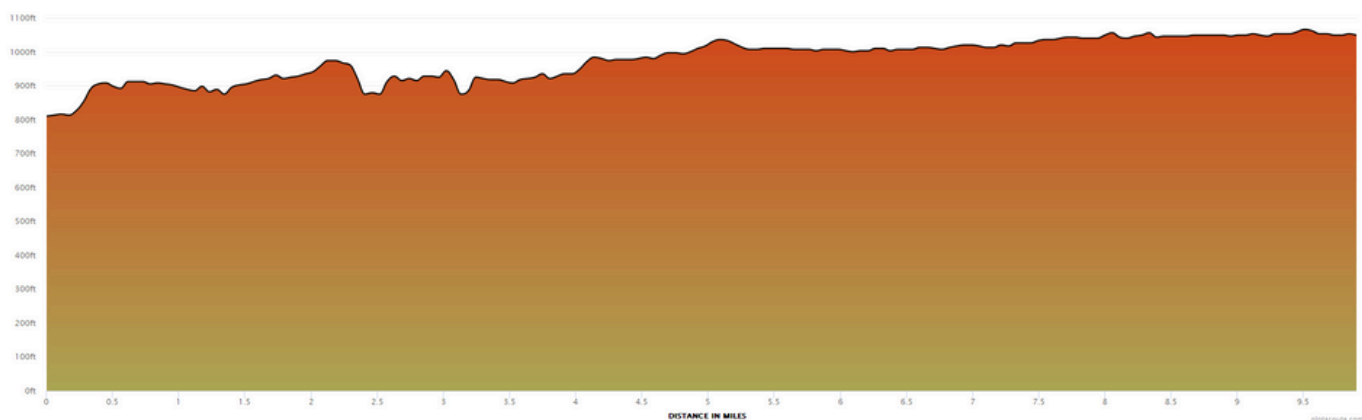
ELEVATION CHARTS

Leg Three		Revised 05/03/2025	13.8 Miles
Distance	13.8 Miles	Ascent/Descent (Raw)	1404 feet / 1322 feet
Lowest Point	702 feet (at 0.45 miles)	Highest Point	971 feet (at 12.64 miles)
Uphill	5.37 miles (38.9%)	Downhill	5.37 miles (38.9%)
Flat	3.02 miles (21.9%)	Height Gain	269 feet
Steepest Uphill	17.8% (at 3.75 miles)	Steepest Downhill	-15.6% (at 8.72 miles)
Longest Uphill	1.12 miles (at 0.84 miles)	Longest Downhill	0.45 miles (at 0.00 miles)
Ascent Rate	102 ft/mile	Descent Rate	96 ft/mile



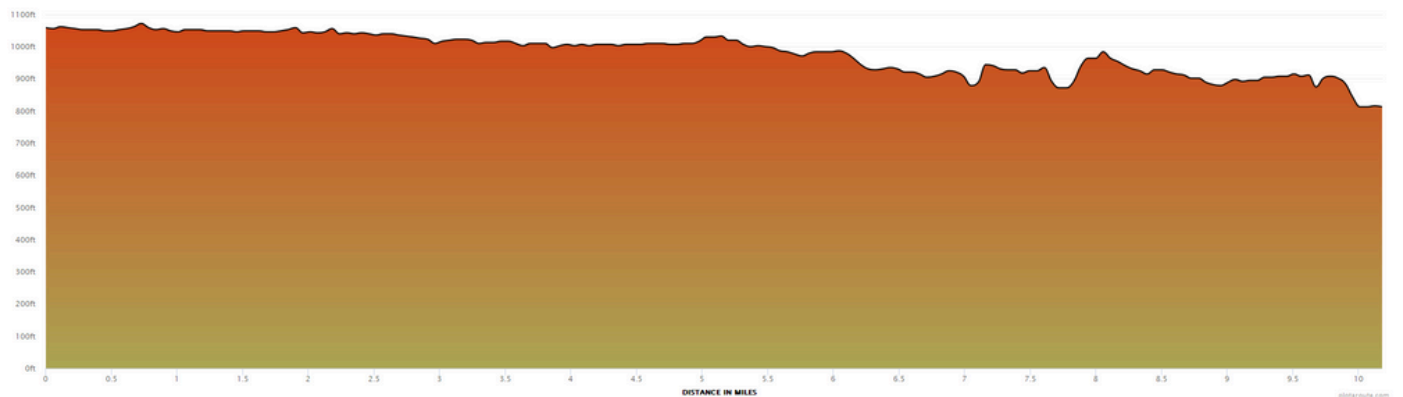
ELEVATION CHARTS

Leg Four		Revised 05/03/2025	10 miles
Distance	9.95 miles	Ascent/Descent (Raw)	695 feet / 456 feet
Lowest Point	810 feet (at 0.00 miles)	Highest Point	1066 feet (at 9.51 miles)
Uphill	4.75 miles (45.5%)	Downhill	3.13 miles (31.5%)
Flat	2.35 miles (23.6%)	Height Gain	255 feet
Steepest Uphill	13.3% (at 0.28 miles)	Steepest Downhill	-15.6% (at 2.35 miles)
Longest Uphill	0.50 miles (at 7.27 miles)	Longest Downhill	0.28 miles (at 0.84 miles)
Ascent Rate	70 ft/mile	Descent Rate	46 ft/mile



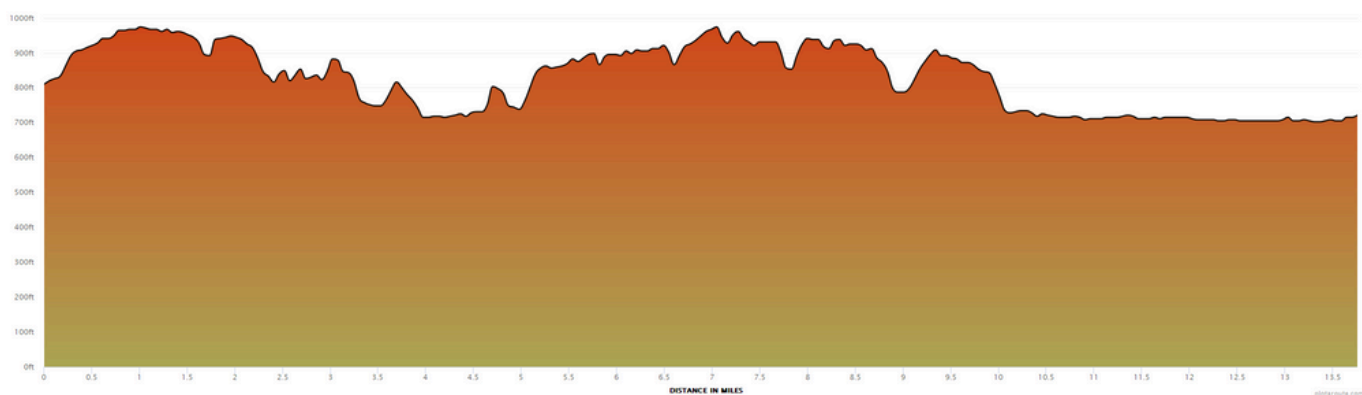
ELEVATION CHARTS

Leg Five		Revised 05/03/2025	10.2 Miles
Distance	10.22 Miles	Ascent/Descent (Raw)	492 feet / 738 feet
Lowest Point	813 feet (at 10.01 miles)	Highest Point	1072 feet (at 0.73 miles)
Uphill	3.41 miles (33.4%)	Downhill	4.53 miles (44.3%)
Flat	2.24 miles (21.9%)	Height Gain	259 feet
Steepest Uphill	18.9% (at 7.10 miles)	Steepest Downhill	-14.4% (at 7.61 miles)
Longest Uphill	0.39 miles (at 9.12 miles)	Longest Downhill	0.45 miles (at 8.50 miles)
Ascent Rate	48 ft/mile	Descent Rate	72 ft/mile



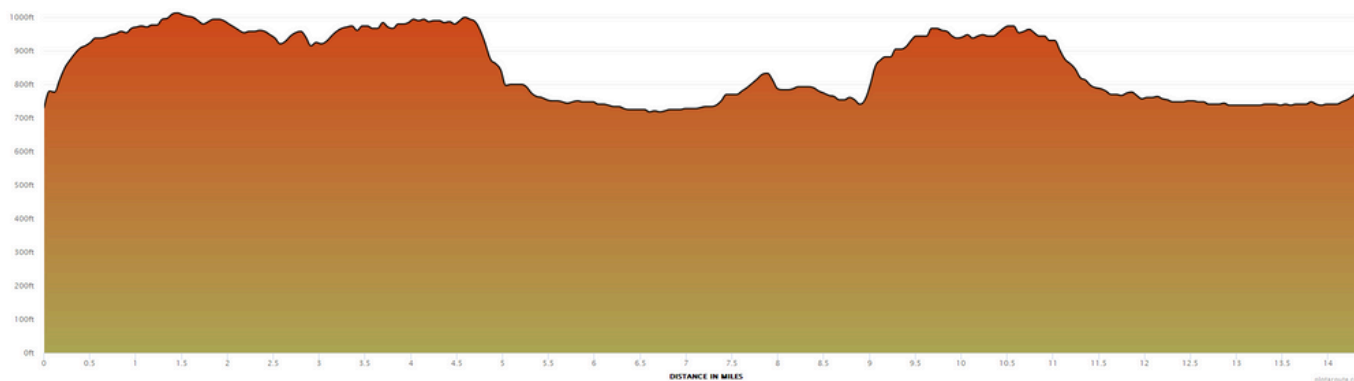
ELEVATION CHARTS

Leg Six		Revised 05/03/2025	13.8 Miles
Distance	13.79 Miles	Ascent/Descent (Raw)	1243 feet / 1332 feet
Lowest Point	702 feet (at 13.31 miles)	Highest Point	974 feet (at 1.01 miles)
Uphill	5.59 miles (40.6%)	Downhill	5.48 miles (39.8%)
Flat	2.68 miles (19.5%)	Height Gain	272 feet
Steepest Uphill	17.8% (at 4.64 miles)	Steepest Downhill	-16.7% (at 3.24 miles)
Longest Uphill	1.01 miles (at 0.00 miles)	Longest Downhill	0.78 miles (at 9.34 miles)
Ascent Rate	90 ft/mile	Descent Rate	97 ft/mile



ELEVATION CHARTS

Leg Seven		Revised 05/03/2025	14.4 Miles
Distance	14.4 Miles	Ascent/Descent (Raw)	1003 feet / 958 feet
Lowest Point	718 feet (at 6.60 miles)	Highest Point	1013 feet (at 1.45 miles)
Uphill	5.65 miles (39.3%)	Downhill	5.42 miles (37.8%)
Flat	3.24 miles (22.6%)	Height Gain	295 feet
Steepest Uphill	18.9% (at 9.00 miles)	Steepest Downhill	-15.6% (at 4.81 miles)
Longest Uphill	1.17 miles (at 6.71 miles)	Longest Downhill	1.01 miles (at 10.74 miles)
Ascent Rate	70 ft/mile	Descent Rate	67 ft/mile



ELEVATION CHARTS

Leg Eight		Revised 05/03/2025	12.1 Miles
Distance	12.1 Miles	Ascent/Descent (Raw)	1400 feet / 1187 feet
Lowest Point	751 feet (at 6.82 miles)	Highest Point	1049 feet (at 11.86 miles)
Uphill	5.87 miles (48.5%)	Downhill	4.92 miles (40.7%)
Flat	1.29 miles (10.6%)	Height Gain	298 feet
Steepest Uphill	17.8% (at 2.74 miles)	Steepest Downhill	-23.3% (at 3.97 miles)
Longest Uphill	0.78 miles (at 6.82 miles)	Longest Downhill	0.78 miles (at 6.04 miles)
Ascent Rate	116 ft/mile	Descent Rate	98 ft/mile

