

PARTICIPANT GUIDE



Welcome

Welcome and thank you for participating in the Burning River 100-Mile, 50-Mile, 26.2M Endurance Run 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 website often. Participants will be emailed when this guide is updated. After you have completed reading these documents, if you have additional questions, the following options are available to you:



WWW.WESTERNRESERVERACING.COM



HELP@WESTERNRESERVARACING.COM



[HTTPS://WWW.FACEBOOK.COM/GROUPS/47929771716](https://WWW.FACEBOOK.COM/GROUPS/47929771716)

This Facebook 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.

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 call the valley their home. As part of Connecticut's Western Reserve, the Cuyahoga River once served as the western border of the United States. Many of the trails on the course trace routes first used by Native Americans and early settlers.

The 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 are following the same path the donkeys used to tow canal boats between Cleveland and Akron. Transportation continued to evolve, and eventually the railroad replaced the canal system. Today, the Cuyahoga Valley National Park remains the only national park with a working train—the Cuyahoga Valley Scenic Railroad.

Early industrialization led to environmental decline, and the Cuyahoga River's infamous fires became a symbol of pollution and helped spark the environmental movement of the late 1960s. From that turning point, the valley began a remarkable recovery.

Now celebrating its 20th year, the Burning River Endurance Run & Relay has become one of the Midwest's premier ultrarunning events. It draws runners from across the country to test themselves on the scenic trails of Northeast Ohio. Over two decades, Burning River has built a reputation not only for its challenging course but for the strong sense of community that surrounds it. Volunteers, crews, pacers, and runners all play a role in creating an experience that is as memorable as it is demanding.

The flames of the Cuyahoga were extinguished long ago—but the spirit they ignited lives on. Today, the Cuyahoga Valley is on fire—and for 20 years, so is the Burning River Endurance Run & Relay!



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:

AID STATION	CAPTAIN
Botzum 1	
Botzum 2	Rachel Trembly
Kendall Lake 1 & 2	Suzanne Paroff
North Hawkins 1	Stephanie Orwick / David Garnier - North Water Brewing Run Club
North Hawkins 2	Renee Harden
Oak Hill 1	
Oak Hill 2	Rick Hohman / Trail Enthusiasts for Burning River
Olde Rt 8 (Bike & Hike)	Cleveland Clinic Rehab and Sports Therapy
Pine Hollow 1	Brandon Henneman - Conservancy for CVNP
Pine Hollow 2	John McDaniel
Silver Springs	Jennifer Gray
Valley Picnic 1	
Valley Picnic 2	Crystal Uhl/Family Simple Podcast
Chestnut 1	
Chestnut 2	Julie Sadar / Marc Travis - Cleveland Triathlon Club
Schumacher 1	Danielle Birch
Schumacher 2	
Schumacher 3	Andrew Knight
Robinston Field 1	Jeff Lambert-Shemo - HYL A Running & Wellness
Robinson Field 2	Carrie Madison
Finish Line	Vertical Runner



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

 SHERATON CUYAHOGA FALLS (TENT IN GRASS LOT)
1989 FRONT STREET
CUYAHOGA FALLS OHIO 44221

-  Bib & Swag Pickup
-  Merchandise & Expo
-  Rules Meetings
-  Drop Bag Collection

Race Timeline

DAY	TIME	DESCRIPTION	LOCATION
THURSDAY	2PM-9PM	Expo/Packet Pickup	1989 Front Street, Cuyahoga Falls
THURSDAY	7PM	Rules Meeting	1989 Front Street, Cuyahoga Falls
FRIDAY	12PM-8PM	Expo/Packet Pickup	1989 Front Street, Cuyahoga Falls
FRIDAY	3PM, 5PM, 7PM	Rules Meetings	1989 Front Street, Cuyahoga Falls
SATURDAY	2:00AM	100M Early Start	1989 Front St, Cuyahoga Falls
	4:00AM	100M Start	1989 Front St, Cuyahoga Falls
	5:30AM	50M Start	1989 Front St, Cuyahoga Falls
	6:14AM	SUNRISE	
	6:30AM	Marathon Early Start	3901 Oak Hill Road, Peninsula
	7:00AM	Relay Start	1989 Front St, Cuyahoga Falls
	8:00AM	Marathon Start	3901 Oak Hill Road, Peninsula
	4:00PM	Back 50M Starts	Silver Springs Park
	8:50PM	SUNSET	
SUNDAY	6:15AM	SUNRISE	
	8:00AM	100M/BACK 50M Drop Bags Arrive	1989 Front Street, Cuyahoga Falls
	8:30AM	100M Award Ceremony Overall & Age Group	1989 Front Street, Cuyahoga Falls
	10:00AM	RACE CLOSE	1989 Front Street, Cuyahoga Falls



Course Description

The Burning River Endurance Run takes you deep into one of Northeast Ohio's best-kept secrets — a stunning river valley corridor winding through Summit Metro Parks and the Cuyahoga Valley National Park.

The 100-mile out-and-back course breaks down like this: roughly 70 miles of singletrack and bridle trail, 12 miles of crushed limestone towpath, and 18 miles of road. The rolling terrain is anything but monotonous — this course has a personality, and you'll feel every bit of it.

You'll follow the historic Ohio & Erie Canal Towpath along the river, duck into hardwood forests shaped by glaciers and carved by fast-moving streams, and pop out into open meadows before hitting the paved Bike & Hike trail on your way to the 50-mile turnaround at Silver Springs Park. Streams, rivers, wildflowers, wildlife — Northeast Ohio puts on a show out here.

And here's the beauty of the out-and-back format: anything you missed on the way out, you'll catch on the way back. That second look at every climb also tends to settle the debate about which direction is actually harder.

Oh, and the road shoes vs. trail shoes question? You'll have a very definitive opinion by the time you finish.

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 course is the same as last year's course.

- ★ **ALL EVENTS:** The section of the race between Route 303 (Happy Days Parking lot thru Boston Run to Bike & Hike) will run the loop in a counterclockwise direction, using the trail that starts by paralleling Rt 303 (taking the second left-hand turn into Boston Run). For 100-mile, Back 50 and Relay: On the return, when you turn off the Bike & Hike, you will turn left onto Boston Run trail and run Clockwise to the Happy Days parking lot.
- ★ **100M, 50M, & Relay:** The start line of the race this year will be at the south end of the Sheraton aligned with the south driveway of the Jacob & Clara Faber Foundation near the Expo Tent. The race will start by running south down Front Street and turn right onto Chestnut Street like last year's race.
- ★ **100M, Back 50M, & Relay:** The finish line of the race this year will return to the grassy area south of the Sheraton parking lot, at the Expo Tent.
- ★ **Marathon:** We have moved the start line to reduce confusion for the other races as those racers run down the long entry/driveway to Oakhill. The marathon will start further down the driveway across from the parking area. To provide the needed distance to compensate for the elimination of the longer driveway start, we will run Boston Run counterclockwise (between 303 and the Bike & Hike @ mile 19.25).



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.

- ★ 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 (continued)

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. Links will be published on our website and through email communication to participants in the weeks leading up to the race.
- ★ Participants in this year's race will use the RaceJoy app for live GPS tracking and progress updates/live tracking. The app will continue tracking your progress using your GPS signal even if you temporarily lose or disable cellular service. However, updates for family, friends, crews, and teammates will only appear when your phone connects to cellular service. You may reconnect or disconnect service at any time during the event (including using Airplane Mode). For participants not using the RaceJoy app on a phone, their position on the course is estimated based on official timing checkpoint data. Instead of continuous GPS tracking, the system updates their progress each time they cross a timing mat or checkpoint and approximates their location between those points. We strongly encourage participants to carry a phone.

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



(330) 234-9360



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.
- ★ Sections of the route are on roads. We strongly suggest wearing reflective material and a safety light during nighttime hours.



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 ensure 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.



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.



Participant Parking & Transportation

100M

- ★ Free weekend is available at the public parking garages on Olde Town Loop near Broad Blvd and 2nd Street in Cuyahoga Falls.

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. Boarding will be at the Silver Springs Park, 5120 Young Rd, Stow, Ohio (by the baseball fields). Buses will depart from Silver Springs at 4:30am. Please be prepared to board the buses no later than 4:15am.
- ★ You may also park in Cuyahoga Falls and be picked up at Silver Springs or take the shuttle back to Front Street.

Back 50M

- ★ Participants have the option to park in Cuyahoga Falls and take the shuttle bus to the start line at Silver Springs. 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.
- ★ You may also park at Silver Springs and be picked up in Cuyahoga Falls. There is NO transportation between Cuyahoga Falls and Silver Springs.

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.

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.



Medical & Non-Emergency



- ★ **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	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 on Saturday morning and not all crew will be able to be at this location. We encourage 100M crews to pick either Botzum or Oak Hill on Saturday 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 & Water	PB Crackers/Corn Chips/Cheezits/Chex Mix
Coke / Ginger Ale	Candy Bars/Fig Bars/Fruit Pies/Biscoff Cookies
Freezer Pops (Kendall Lake & Rt 8)	Watermelon & Bananas
Sno Cones (Silver Lake)	
MISC	
Hammer Nutrition Endurolytes	Vaseline
Bug Spray	First Aid Kit
Baby Powder	



Aid Station Overview

AID STATION OVERVIEW									
STATION	MILE	OPEN	CLOSE	DROP BAGS	CREW	PACER	RELAY	TYPE	FOOD OFFERING
Schumacher	4.7	4:15 AM	8:14 AM					WATER/ICE	NONE
North Hawkins	8.9	4:40 AM	9:21 AM		50/100			FULL	PBJ/BACON
Chestnut Shelter	12.4	5:10 AM	10:16 AM	X			2	FULL	PBJ/BACON
Botzum	14.0	5:20 AM	10:42 AM		50/100			SKRATCH WATER/ICE	NONE
Indigo Lake	19.5	5:55 AM	12:10 PM					SELF SERVE GALLON JUGS	NONE
Oak Hill	22.9	6:20 AM	1:04 PM	X	100			FULL	GRILLED CHEESE/WHOLE WHITE POTATOES PB&J / BACON
Valley Picnic	26.7	6:35 AM	2:04 PM				3	FULL	SANDWICHES DELI MEAT/CHEESE PB&J/BACON
Robinson Field	30.3	6:50 AM	3:01 PM					SKRATCH WATER/ICE	NONE
Pine Hollow	34.5	7:20 AM	4:08 PM		50/100			FULL	PIEROGIES PB&J
Kendall Lake	40.4	8:10 AM	5:43 PM	X			4	FULL	VEGETABLE FRIED RICE (CONTAINS WHEAT/SOY) BACON CRUMBLES/SOY SAUCE/HONEY
Rt. B (Bike & Hike)	45.7	8:50 AM	7:08 PM					FULL	SANDWICHES DELI MEAT/CHEESE/PB&J
Silver Springs	50.7	9:15 AM	8:30 PM	X	100	X	5	FULL	GROUND BEEF/MASHED POTATOES/GRAVY
Rt. B (Bike & Hike)	55.9	**	9:49 PM					FULL	SANDWICHES DELI MEAT/CHEESE/PB&J
Kendall Lake	61.2	**	11:14 PM	X			6	FULL	VEGETABLE FRIED RICE (CONTAINS WHEAT/SOY) BACON CRUMBLES/SOY SAUCE/HONEY
Pine Hollow	67.2	**	12:49 AM		50/100	X		FULL	PIEROGIES / PB&J BROTH VEGAN CHICKEN/RAMEN
Robinson Field	71.4	1:10 PM	1:56 AM					FULL	SANDWICHES DELI MEAT/CHEESE/PB&J BROTH VEGAN CHICKEN/RAMEN
Valley Picnic	75.0	**	2:54 AM				7	FULL	PIEROGIES / PB&J BROTH VEGAN CHICKEN/RAMEN
Oak Hill	78.8	2:10 PM	3:54 AM	X	50/100	X		FULL	PIEROGIES / MASHED POTATOES / BACON POTATO SOUP /BROTH VEGAN CHICKEN/RAMEN
Indigo Lake	82.2	2:45 PM	4:48 AM					SELF SERVE GALLON JUGS	NONE
Botzum	87.7	3:25 PM	6:15 AM		100	X		SKRATCH WATER/ICE	NONE
Chestnut Shelter	89.4	3:40 PM	6:43 AM	X			8	FULL	VEGETABLE FRIED RICE (CONTAINS WHEAT/SOY) BACON CRUMBLES/SOY SAUCE/HONEY BROTH VEGAN CHICKEN/RAMEN
North Hawkins	92.9	4:15 PM	7:38 AM		50/100	X		FULL	SANDWICHES DELI MEAT/CHEESE/PB&J BROTH VEGAN CHICKEN/RAMEN
Schumacher	97.1	4:55 PM	8:44 AM		100	X		FULL	PIEROGIES /PB&J / BACON BROTH VEGAN CHICKEN/RAMEN
Finish	101.8	5:30 PM	10:00 AM	X	100			--	PANCAKES & SYRUP VEGETABLE SOUP (VEGETARIAN)



Relay Information

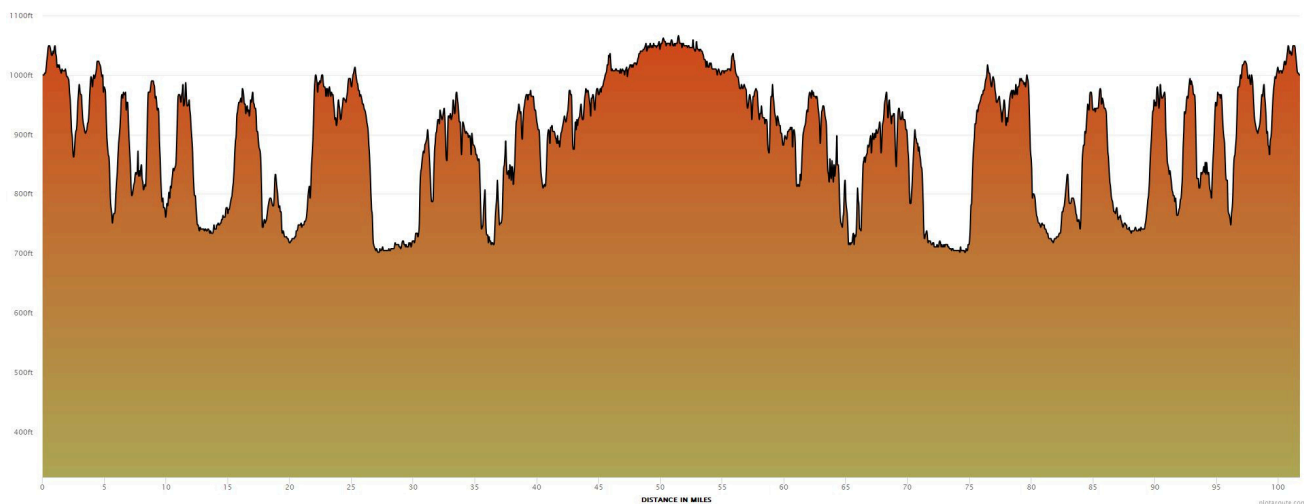
- ★ All participant rules apply to relay participants!
- ★ See the Aid Station Overview for Leg Starting Points.
- ★ NO PARKING. Due to limited parking, relay team vehicles can only park in Cuyahoga Falls and at Silver Springs Park. Relay team members are to be dropped off and picked up.
- ★ Relay team 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. 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

100Mi		Revised 03/07/2026		101.8
Distance	101.775 miles	Ascent/Descent (Raw)	8494 feet / 8494 feet	
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	6794 feet / 6788 feet	
Lowest Point	702 feet (at 27.12 miles)	Highest Point	1066 feet (at 51.45 miles)	
Uphill	41.66 miles (40.9%)	Downhill	41.27 miles (40.6%)	
Flat	18.79 miles (18.5%)	Height Gain	364 feet	
Steepest Uphill	20.0% (at 30.48 miles)	Steepest Downhill	-20.0% (at 93.28 miles)	
Longest Uphill	1.17 miles (at 81.76 miles)	Longest Downhill	1.23 miles (at 25.72 miles)	
Ascent Rate	83 ft/mile	Descent Rate	83 ft/mile	

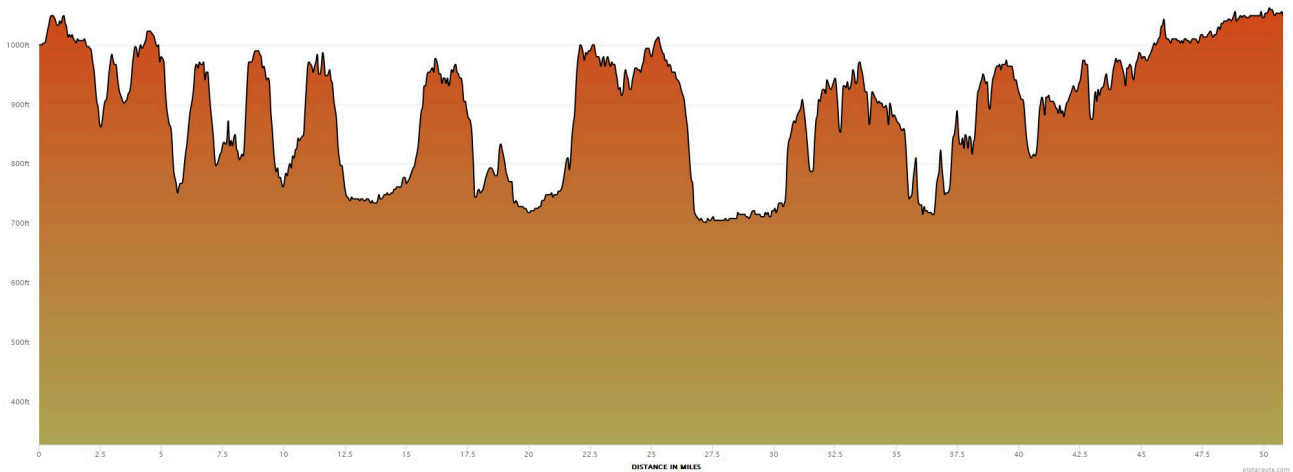
BR100 2026 - V02 - ROUTE PROFILE



Elevation Charts

FRONT 50		Revised 03/07/2026		50.8
Distance	50.752 miles	Ascent/Descent (Raw)	4232 feet / 4183 feet	
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	3336 feet / 3277 feet	
Lowest Point	702 feet (at 27.07 miles)	Highest Point	1062 feet (at 50.16 miles)	
Uphill	21.70 miles (42.8%)	Downhill	19.80 miles (39.0%)	
Flat	9.23 miles (18.2%)	Height Gain	360 feet	
Steepest Uphill	18.9% (at 30.42 miles)	Steepest Downhill	-17.8% (at 17.73 miles)	
Longest Uphill	1.06 miles (at 14.99 miles)	Longest Downhill	1.23 miles (at 25.67 miles)	
Ascent Rate	83 ft/mile	Descent Rate	82 ft/mile	

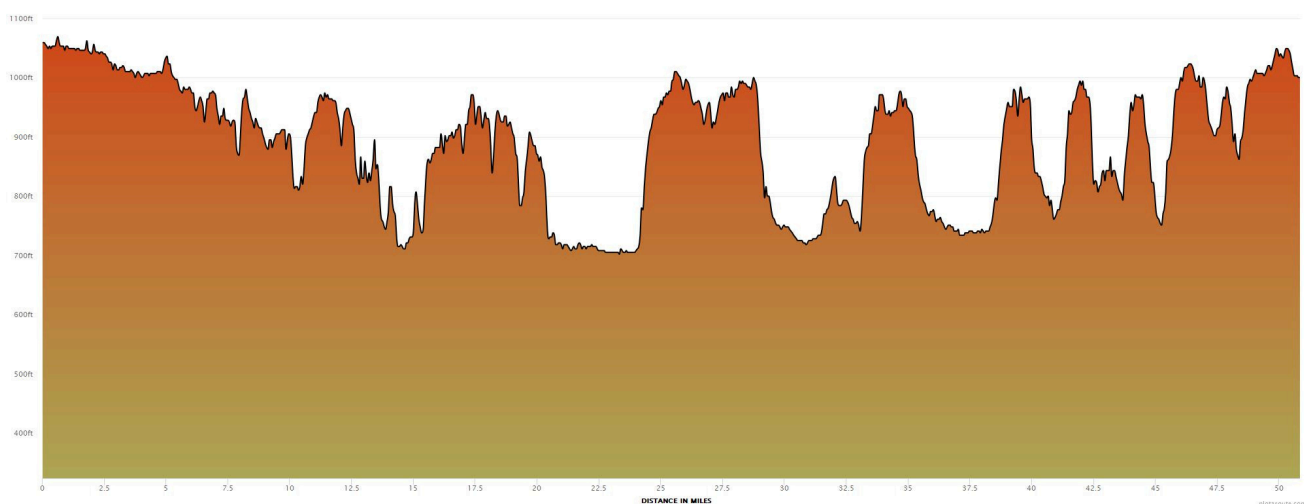
BR50 2026 - FRONT - V02 - ROUTE PROFILE



Elevation Charts

BACK 50		Revised 03/07/2026		50.9
Distance	50.864 miles	Ascent/Descent (Raw)	4271 feet / 4330 feet	
Ascent Filter	5 m ++	Ascent/Descent (Filtered)	3356 feet / 3402 feet	
Lowest Point	702 feet (at 23.32 miles)	Highest Point	1069 feet (at 0.62 miles)	
Uphill	19.13 miles (37.6%)	Downhill	21.31 miles (41.9%)	
Flat	10.40 miles (20.5%)	Height Gain	367 feet	
Steepest Uphill	18.9% (at 41.33 miles)	Steepest Downhill	-23.3% (at 42.39 miles)	
Longest Uphill	1.17 miles (at 30.87 miles)	Longest Downhill	1.12 miles (at 22.20 miles)	
Ascent Rate	84 ft/mile	Descent Rate	85 ft/mile	

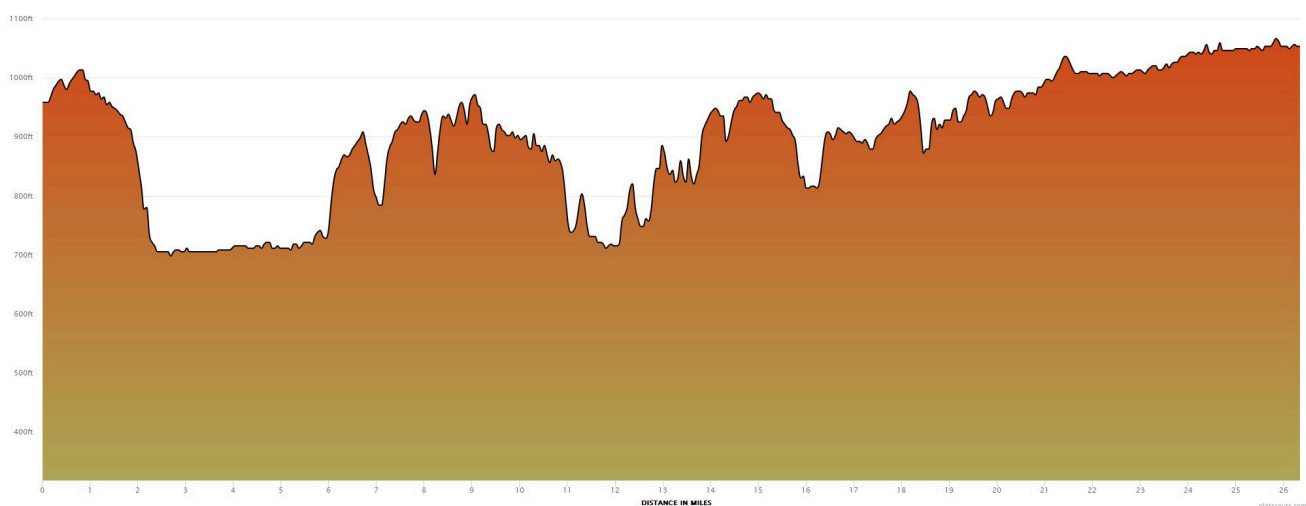
BR50 2026 - BACK - V02 - ROUTE PROFILE



Elevation Charts

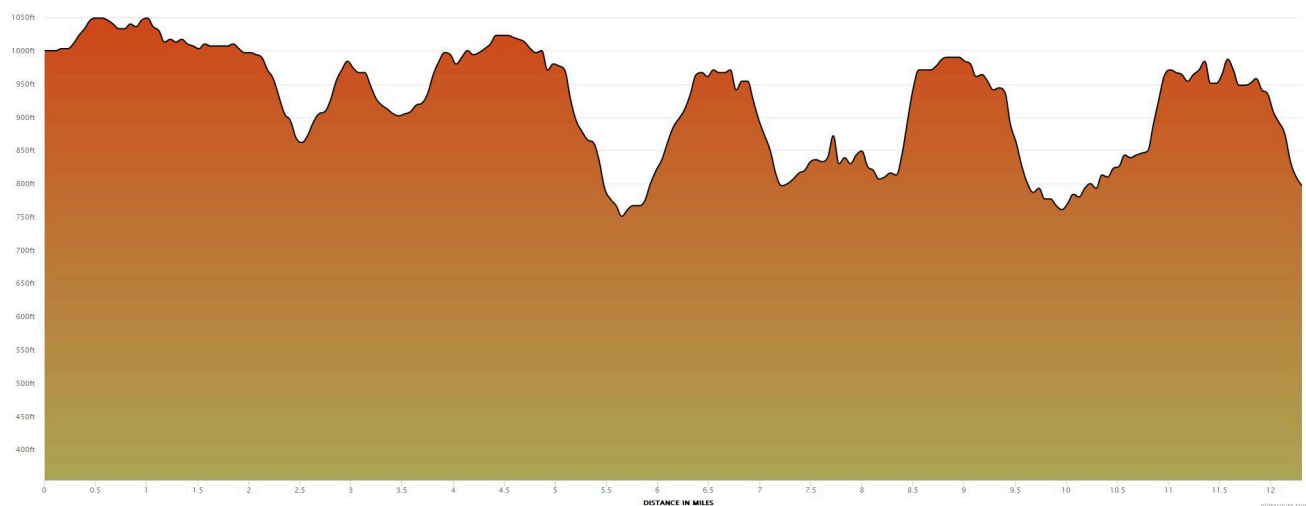
MARATHON		Revised 03/07/2026		26.4
Distance	26.383 miles	Ascent/Descent (Raw)	2148 feet / 2053 feet	
Ascent Filter	5 m ++	Ascent/Descent (Filtered)	1669 feet / 1568 feet	
Lowest Point	698 feet (at 2.68 miles)	Highest Point	1066 feet (at 25.84 miles)	
Uphill	11.07 miles (42.0%)	Downhill	9.73 miles (36.9%)	
Flat	5.54 miles (21.0%)	Height Gain	367 feet	
Steepest Uphill	16.7% (at 13.76 miles)	Steepest Downhill	-15.6% (at 2.18 miles)	
Longest Uphill	0.62 miles (at 3.64 miles)	Longest Downhill	0.73 miles (at 1.40 miles)	
Ascent Rate	81 ft/mile	Descent Rate	78 ft/mile	

BR26.2 2026 V02 - ROUTE PROFILE



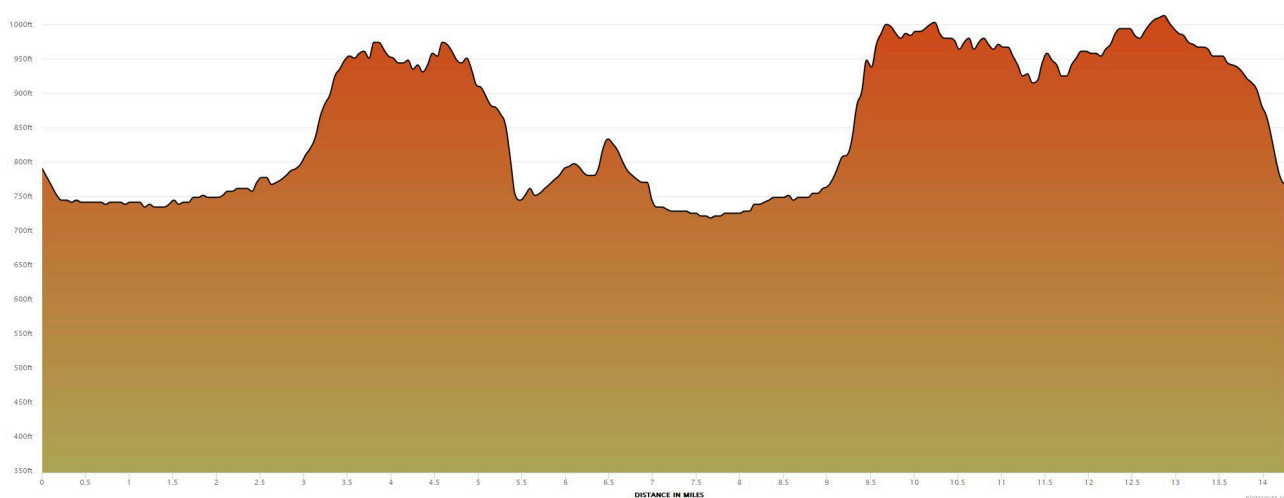
Elevation Charts

Leg One		Revised 03/07/2026		12.4
Distance	12.351 miles	Ascent/Descent (Raw)	1217 feet / 1420 feet	
Ascent Filter	5 m -+	Ascent/Descent (Filtered)	1007 feet / 1197 feet	
Lowest Point	751 feet (at 5.65 miles)	Highest Point	1049 feet (at 0.50 miles)	
Uphill	5.48 miles (44.4%)	Downhill	5.59 miles (45.3%)	
Flat	1.23 miles (10.0%)	Height Gain	298 feet	
Steepest Uphill	17.8% (at 8.39 miles)	Steepest Downhill	-16.7% (at 9.40 miles)	
Longest Uphill	0.78 miles (at 5.65 miles)	Longest Downhill	0.67 miles (at 1.85 miles)	
Ascent Rate	99 ft/mile	Descent Rate	115 ft/mile	



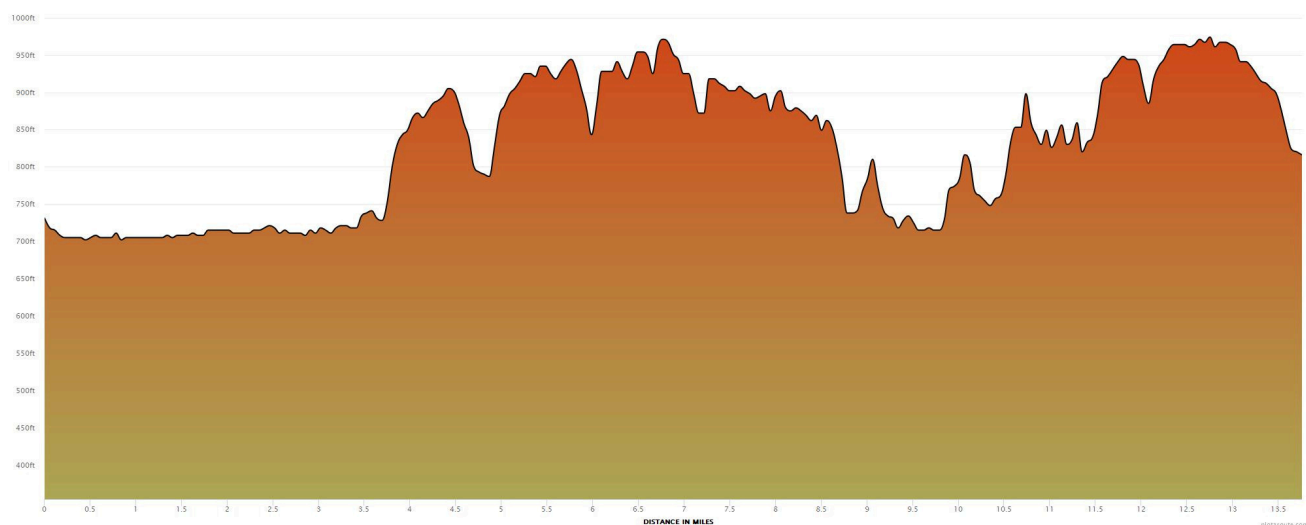
Elevation Charts

Leg Two		Revised 03/07/2026		14.4
Distance	14.366 miles	Ascent/Descent (Raw)	997 feet / 1013 feet	
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	761 feet / 774 feet	
Lowest Point	718 feet (at 7.66 miles)	Highest Point	1013 feet (at 12.92 miles)	
Uphill	5.70 miles (39.7%)	Downhill	5.76 miles (40.1%)	
Flat	2.85 miles (19.9%)	Height Gain	295 feet	
Steepest Uphill	18.9% (at 9.51 miles)	Steepest Downhill	-17.8% (at 5.37 miles)	
Longest Uphill	0.89 miles (at 2.63 miles)	Longest Downhill	1.17 miles (at 6.49 miles)	
Ascent Rate	69 ft/mile	Descent Rate	71 ft/mile	



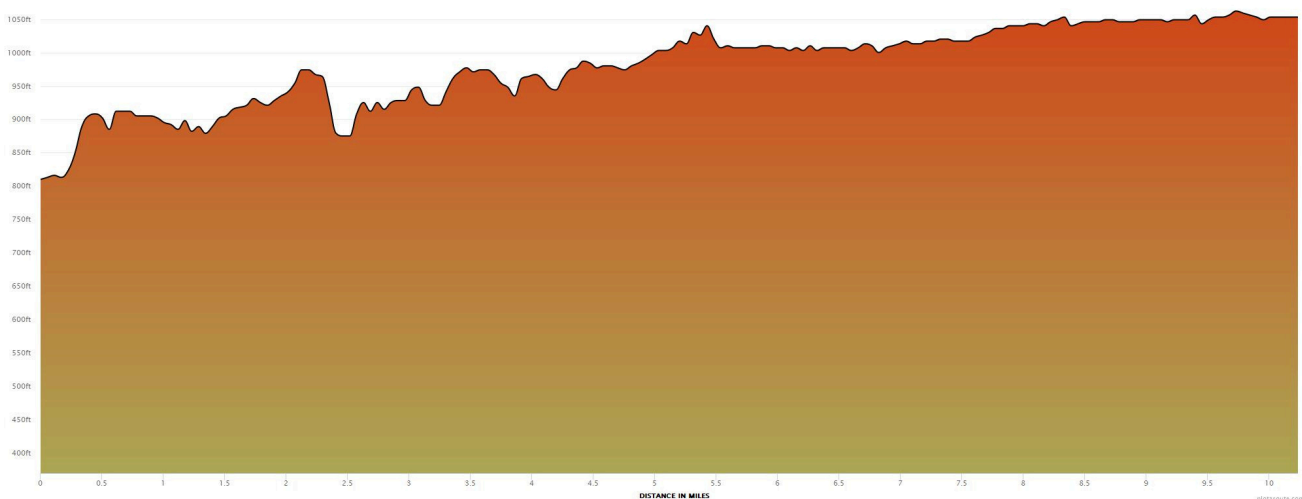
Elevation Charts

Leg Three		Revised 03/07/2026		13.8
Distance	13.776 miles	Ascent/Descent (Raw)	1394 feet / 1309 feet	
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	1174 feet / 1082 feet	
Lowest Point	702 feet (at 0.45 miles)	Highest Point	974 feet (at 12.75 miles)	
Uphill	5.48 miles (39.8%)	Downhill	5.76 miles (41.8%)	
Flat	2.52 miles (18.3%)	Height Gain	272 feet	
Steepest Uphill	16.7% (at 3.75 miles)	Steepest Downhill	-16.7% (at 8.72 miles)	
Longest Uphill	0.50 miles (at 0.84 miles)	Longest Downhill	0.45 miles (at 0.00 miles)	
Ascent Rate	101 ft/mile	Descent Rate	95 ft/mile	



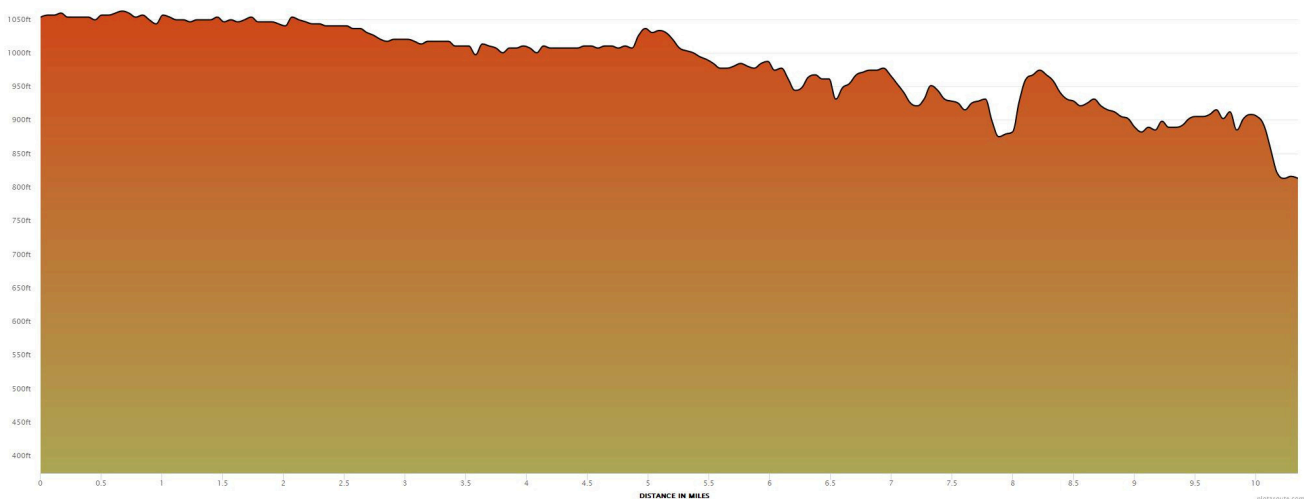
Elevation Charts

Leg Four		Revised 03/07/2026		10.3
Distance	10.287 miles	Ascent/Descent (Raw)	695 feet / 452 feet	
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	501 feet / 259 feet	
Lowest Point	810 feet (at 0.00 miles)	Highest Point	1062 feet (at 9.73 miles)	
Uphill	4.70 miles (45.7%)	Downhill	3.13 miles (30.4%)	
Flat	2.40 miles (23.4%)	Height Gain	252 feet	
Steepest Uphill	13.3% (at 0.28 miles)	Steepest Downhill	-15.6% (at 2.35 miles)	
Longest Uphill	0.56 miles (at 7.55 miles)	Longest Downhill	0.39 miles (at 0.73 miles)	
Ascent Rate	68 ft/mile	Descent Rate	44 ft/mile	



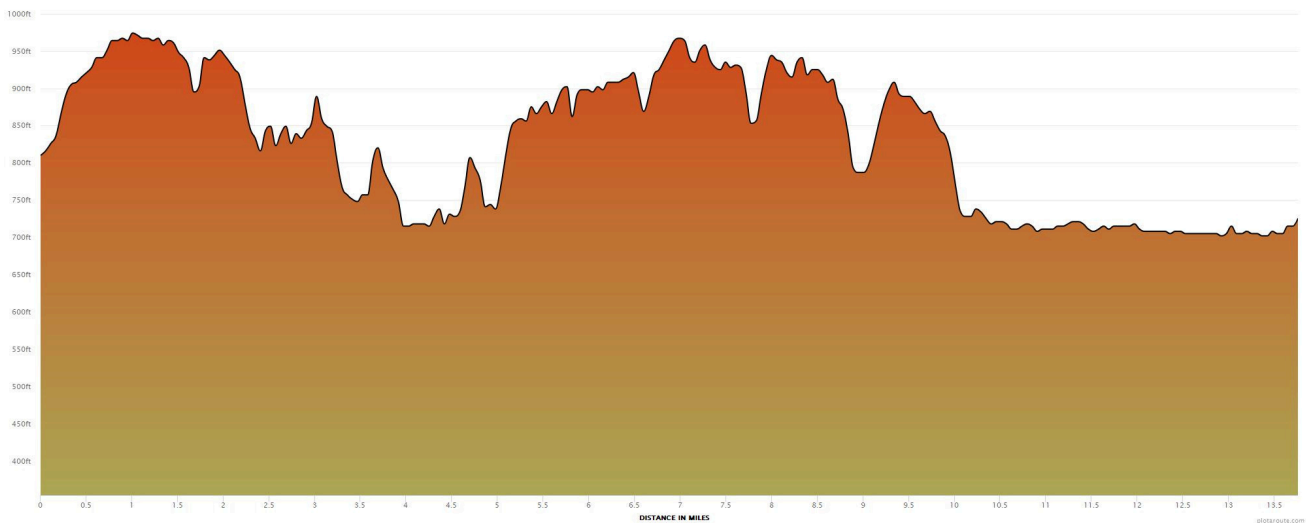
Elevation Charts

Leg Five		Revised 03/07/2026		10.4
Distance	10.402 miles	Ascent/Descent (Raw)	475 feet / 715 feet	
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	255 feet / 488 feet	
Lowest Point	813 feet (at 10.23 miles)	Highest Point	1062 feet (at 0.67 miles)	
Uphill	3.52 miles (33.9%)	Downhill	4.92 miles (47.3%)	
Flat	1.90 miles (18.3%)	Height Gain	249 feet	
Steepest Uphill	15.6% (at 8.00 miles)	Steepest Downhill	-12.2% (at 10.07 miles)	
Longest Uphill	0.39 miles (at 6.54 miles)	Longest Downhill	0.78 miles (at 2.07 miles)	
Ascent Rate	46 ft/mile	Descent Rate	69 ft/mile	



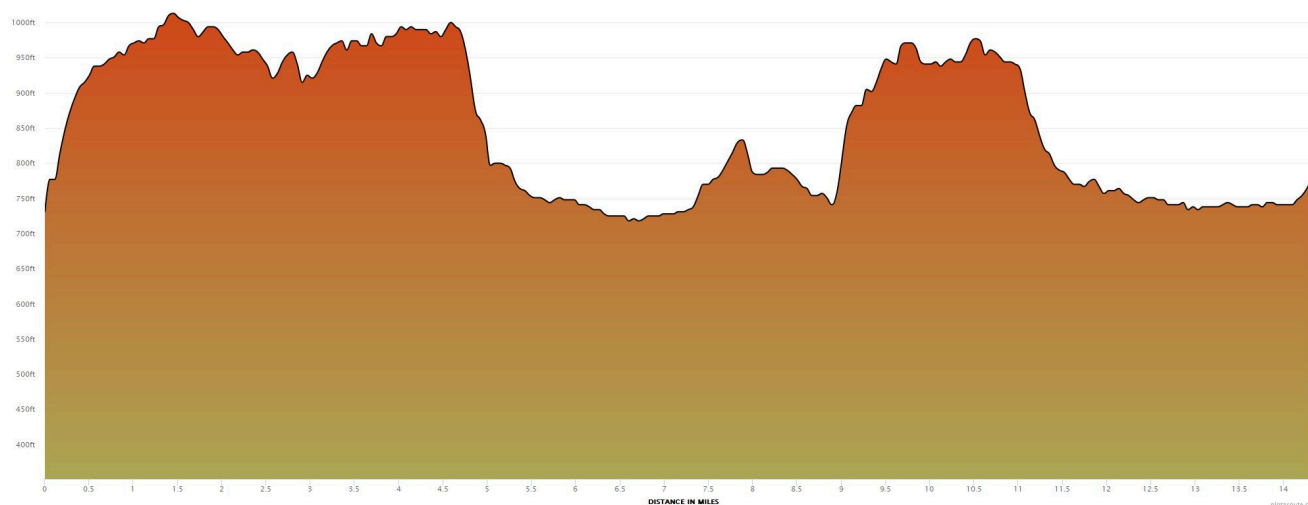
Elevation Charts

Leg Six		Revised 03/07/2026		13.8
Distance	13.777 miles	Ascent/Descent (Raw)	1295 feet / 1381 feet	
Ascent Filter	5 m +	Ascent/Descent (Filtered)	1030 feet / 1115 feet	
Lowest Point	702 feet (at 12.92 miles)	Highest Point	974 feet (at 1.01 miles)	
Uphill	5.76 miles (41.8%)	Downhill	5.82 miles (42.2%)	
Flat	2.18 miles (15.8%)	Height Gain	272 feet	
Steepest Uphill	15.6% (at 3.58 miles)	Steepest Downhill	-15.6% (at 8.84 miles)	
Longest Uphill	0.89 miles (at 0.00 miles)	Longest Downhill	0.45 miles (at 1.96 miles)	
Ascent Rate	94 ft/mile	Descent Rate	100 ft/mile	



Elevation Charts

Leg Seven		Revised 03/07/2026		14.4
Distance	14.366 miles	Ascent/Descent (Raw)	1007 feet / 961 feet	
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	784 feet / 751 feet	
Lowest Point	718 feet (at 6.60 miles)	Highest Point	1013 feet (at 1.45 miles)	
Uphill	5.70 miles (39.7%)	Downhill	5.82 miles (40.5%)	
Flat	2.80 miles (19.5%)	Height Gain	295 feet	
Steepest Uphill	16.7% (at 9.00 miles)	Steepest Downhill	-15.6% (at 4.81 miles)	
Longest Uphill	1.17 miles (at 6.71 miles)	Longest Downhill	1.06 miles (at 10.68 miles)	
Ascent Rate	70 ft/mile	Descent Rate	67 ft/mile	



Elevation Charts

Leg Eight		Revised 03/07/2026	12.3
Distance	12.344 miles	Ascent/Descent (Raw)	1407 feet / 1197 feet
Ascent Filter	5 m +-	Ascent/Descent (Filtered)	1210 feet / 1000 feet
Lowest Point	748 feet (at 6.71 miles)	Highest Point	1049 feet (at 11.35 miles)
Uphill	5.70 miles (46.2%)	Downhill	5.42 miles (43.9%)
Flat	1.17 miles (9.5%)	Height Gain	301 feet
Steepest Uphill	17.8% (at 2.80 miles)	Steepest Downhill	-21.1% (at 3.86 miles)
Longest Uphill	0.78 miles (at 6.71 miles)	Longest Downhill	0.78 miles (at 5.93 miles)
Ascent Rate	114 ft/mile	Descent Rate	97 ft/mile

