

The Third Annual
Burning River
100 Mile
Endurance Run
August 1 & 2, 2009



Runner's Packet
www.burningriver100.org

June 20, 2009 Version 2009-1.1

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Our Sponsors

Western Reserve Trail Running and the Burning River 100 Mile Endurance Run Planning Committee would like to extend a special thanks to the sponsors who have made a contribution to the success of this year's race. We would not be here without the support of these sponsors. Please support them and their products.

Summa Health Care

Summa Health System is consistently ranked as one of the best healthcare providers in the country.

Hammer Nutrition

With our Products you can EXPECT to Race more successfully, train more productively, recover more efficiently.

Wigwam

For over 100 years Wigwam Mills has been making men's socks and women's socks in cotton, wool and other great materials.

Vertical Runner

Adventure Starts Here.

Wild Bill Shirt Company

There's a new sheriff in town.

Ohio College of Podiatric Medicine

Our mission is to educate students to be highly competent doctors of podiatric medicine who excel in residency training.

Inov-8

Innovative technical running shoes for off-road, trail, fell, adventure racing, orienteering, paragliding and free running.

EAS

EAS is a leading science-based sports nutrition brand and part of Abbott Nutrition. EAS' portfolio of nationally recognized products includes Myoplex™ and AdvantEDGE®.

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Southeast Running Club

Summit Athletic Running Club

Cleveland Clinic

Northeast Running Club

Vertical Runner

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Ohio Canal Corridor

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Lakeland Community College

A very special thanks to our Community Sponsors:

The Cuyahoga Valley National Park

The Cleveland Metroparks

Metro Parks Serving Summit County

The City of Cuyahoga Falls

Northeast Ohio Regional Sewer District

Welcome to the Third Annual Burning River 100-Mile Endurance Run

Thank you for participating in the Burning River 100 Mile Endurance Run. Many organizations, municipalities and sponsors have joined us in welcoming you, your families and friends to this exciting weekend.

The Burning River 100 Mile Endurance Run is a world-class event for participants, volunteers, spectators, and sponsors. Western Reserve Trail Runners provides year-round support for the Northeastern Ohio region and its activities, helping increase awareness for running and walking events.

Organizing Committee

The Burning River 100-Mile Endurance Run Organizing Committee is a dedicated and passionate group of runners and ultra distance runners who have come together to establish what is growing into a world-class ultrarunning event. Our leadership group includes race directors, race coordinators, nationally recognized runners and ultra distance runners. Our expertise extends to all areas of race management, course preparation and certification, promotion and race-day logistics. Visit www.wrtr.org for more information and to see a schedule of our races.

History Behind the Name of the Race

On June 22, 1969, the Cuyahoga River caught fire in Cleveland, Ohio. The blaze lasted just thirty minutes, but did approximately fifty thousand dollars in damage -- principally to railroad bridges spanning the river. It is unclear what caused the fire, but most people believe sparks from a passing train ignited an oil slick in the Cuyahoga River. On August 1, 1969, Time Magazine reported on the fire and on the condition of the Cuyahoga River.

The magazine stated,

Some River! Chocolate-brown, oily, bubbling with subsurface gases, it oozes rather than flows. "Anyone who falls into the Cuyahoga does not drown," Cleveland's citizens joke grimly. "He decays". . . The Federal Water Pollution Control Administration dryly notes: "The lower Cuyahoga has no visible signs of life, not even low forms such as leeches and sludge worms that usually thrive on wastes." It is also -- literally -- a fire hazard.

Today In the Cuyahoga Valley

Much has changed since the river fire in 1969. In fact, the fire has been credited with forcing us to change the way we use the river and focusing us on the environment. Our theme for the race, erasing the past, builds on the continuing efforts to preserve the beauty of this area and protect it from future environmental hazards.

Cuyahoga Valley was authorized as a National Recreation Area on December 27, 1974. It became Cuyahoga Valley National Park on October 11, 2000. The total area within the boundary of Cuyahoga Valley National Park is about 33,000 acres. Of this, the National Park Service owns approximately 18,000 acres. Local public agencies own 9,000 of the remaining acres, and the balance is privately owned.

The Cleveland Metroparks, and Metro Parks Serving Summit County, along with the Cuyahoga Valley National Park, are all part of a system of parks and greenways that encompass the region and provide year round recreation activities for the people of Northeast Ohio.

Interesting facts

- Many of the park buildings you'll see on the course, including Happy Days and the Octagon, were built during the Great Depression. The Civilian Conservation Corps helped shape the landscape that would later become Cuyahoga Valley National Park by constructing buildings, playfields, and a lake, as well as planting over 100 acres of trees.
- American Indians in the Cuyahoga Valley were influenced by the Hopewell Culture, which created large mound complexes in central Ohio from 100 B.C. – A.D. 500. In the Cuyahoga Valley, American Indians built small mounds rather than large ceremonial centers.
- Part of the course uses the Ohio & Erie Canal Towpath Trail. The Towpath Trail has existed for over 165 years. But, the last 15-20 years have brought a renewed interest in this unique resource. Today, although still not fully completed or connected along its proposed 308 mile length from Cleveland to Portsmouth, it represents a new kind of park, blending existing park sites, neighborhoods, downtowns and even industrial facilities with new parks, trails and museums into a mosaic of special places marked by the stories that have defined this region's growth.
- You will run on parts of the Buckeye Trail. For nearly 1444 miles, the Buckeye Trail winds around Ohio, reaching into every corner of the state. First envisioned in the late 1950's as a trail from the Ohio River to Lake Erie, the Buckeye Trail evolved into a large loop, branching both north and east from Cincinnati. The separate legs rejoin in the Cuyahoga Valley National Park near Cleveland, and complete the trip to Lake Erie. The Buckeye Trail is marked by blue blazes and is maintained by The Buckeye Trail Association (BTA), a group of volunteers who help promote and protect the trail.

Much of the historic Ohio & Erie Canal Towpath Trail is crushed limestone. Along some areas of the trail, parts of the original canal, including locks and bridges, can still be seen. The return of Blue Heron and Bald Eagles to this area is a testament to the water quality improvement of the Cuyahoga River, and is a visible symbol that dedicated people believed in the value and rebirth of the canal and the towpath.

For more information about the Cuyahoga Valley National Park visit www.nps.org/cuva

SCHEDULE OF EVENTS

All activities listed below will take place at Falls River Square, Front Street and Broad Blvd., Cuyahoga Falls, OH 44221 in downtown Cuyahoga Falls. Falls River Square is the Finish Line. Shuttle busses will take runners to start line from Falls River Square starting at 3:30am Saturday morning.

All registered runners' registration includes pre-race Pasta Buffet and post-race Breakfast for one person.

Friday, July 31	Check-in and Packet Pickup	3:00pm - 8:00pm
	Pasta Buffet	5:30pm - 7:30pm
	Pre-race Information Meeting	6:30pm
Saturday, August 1	Packet Pickup for Late Arrivals at Finish Line	3:00 - 3:45am
	Shuttle busses depart from Finish for Start Line. Pre-registration required.	3:30 – 4:00am
	Report in at Start Line ALL runners must check in at Start Line	4:30am
	Race Starts	5:00am SHARP
Sunday, August 2	Open Brunch Begins	7:00am
	Race Closes / Awards	11:00am

INSTRUCTIONS TO RUNNERS

IMPORTANT NATIONAL PARK, CLEVELAND METROPARKS AND METRO PARKS
SERVING SUMMIT COUNTY RULES -- PLEASE OBSERVE!

Race Starts at Squire's Castle
in the North Chagrin Reservation of Cleveland Metroparks
Off of Route 91 & Route 6
www.clemetparks.com

NOTICE! Parking at Squire's Castle is limited only for the purpose of the race start. Any vehicles parked remaining at Squire's Castle after 6:00am will be towed at the owner's expense per Cleveland Metroparks.

Race Finishes at Falls River Square, Front Street and Broad Blvd., Cuyahoga Falls.

There is plenty public parking available at and near the finish line. Runners and crew can park their cars all weekend at the public areas. Free parking over the entire weekend (Friday through Sunday) is available in city garages near the Finish Line in Cuyahoga Falls. We suggest you use the RED parking garage, if possible. This is the closest garage to the Pre-Registration activities and the Finish Line. (Note: the Rockin' on the River concert / festival will take place Friday night at the adjacent amphitheater and parking space will be limited starting at 6PM.)

Please observe these rules:

- DO NOT EXCEED PARK SPEED LIMITS!!!
- No campfires.
- No camping overnight at aid stations.
- Vehicle parking only at designated areas.
- No nailing on any Forest property.
- Put garbage in OUR bags. Do not use park barrels.
- DO NOT LITTER
- Dogs must be on leashes.

**GENERAL INFORMATION – all updates are at
www.burningriver100.org**

All runners must check in **before 4:45 a.m.** at the starting line on Saturday morning to get their number checked off on the runner's roster. This is **essential** so we know who IS starting the race and who is NOT. **The race starts promptly at 5:00 a.m.**

Information For Runners

It is the runner's responsibility to:

- Check in at the Start Line on race day between 4:00 and 4:45am.
- Wear his/her Race Bib in front where it is visible.
- Check In and Out of each Aid Station to have your Race Number and Time recorded.
- Know which direction he/she should enter and exit the Aid Station.
- Properly tag his/her drop bag(s): Race Bib Number and Aid Station Letter.

- Review the map of the whole course and be familiar with race trail markings
- Adhere to rules of the race and park districts.
- If runner gets off-course, take time to assess your situation. Re-trace your steps until you come to a race/trail marking. Do not drop out of the race without notifying an aid station or Finish Line. Runner(s) who drop without reporting it to aid station or finish line will not be allowed to participate in future BR100 races and/or events.
- In case of inclement weather (thunderstorm, tornado) your safety is your own responsibility. Race officials will make every attempt to locate runners.
- Each runner must complete the entire course under his/her own power. No physical or mechanical aids are allowed, including but not limited to ski poles, walking sticks or crampons.
- Use common sense! Know your limits, take care of yourself and enjoy our run!
- Runners can use cell phones on the course, in some areas there may be limited coverage.
- **Pacers will NOT be provided. Obtaining and transporting pacers will be your responsibility.**

Information For Pacers

- **No pacing by bicycles, motorized vehicles or other wheeled vehicles is allowed.** Aid cannot be given from any moving vehicles. Any runner paced by vehicle or accepting aid from a moving vehicle will be DISQUALIFIED.
- Some volunteer pacers may be available on the day of race. Although race management will try, when possible, to match runners with pacers, **it is the runner's and pacer's responsibility to arrange their own link-up.** We will **not** be able to provide transportation for pacers.
- Pacers cannot carry supplies/water bottles for the runner.
- Pacer is allowed anytime throughout the course for any runner 60 years or older.
- All runners may have a pacer beginning at Aid Station J2 at Boston Store.
- Other Pacer access points are at Aid Stations:

L – Happy Days Visitor Center - Mile 70.3

N- Pine Hollow Mile - 75.1

O1 – Covered Bridge - 81.6

O2 - Covered Bridge - 85.7

R – Merriman - 93.5

S - Memorial Parkway Mile - 96.4

Mile 99*

- Only one pacer at a time. A runner may have several pacers, but only one pacer at a time.
- All pacers will register and sign a waiver at the Aid Station before he/she joins the runner.

**The only exception of multiple pacers is at Mile 99. Families and Friends are welcome to join the runner during mile 99 to the Finish Line. If doing so, please follow the rules of the road.*

Aid Stations

There are 25 Aid Stations on the course from Start to Finish (22 manned and 3 unmanned). The furthest distance between Aid Stations is 6.3 miles. (*See Aid Station descriptions in the appendix of this packet.*)

- Typical “ultra” food available at all manned Aid Stations including: PBJ, pretzels, Hammer Gel, watermelon, bananas, candy, chips and other food items according to weather conditions i.e. hot soup at night.
- Heed by Hammer Gel is the official electrolyte sports drink.
- Water and Gatorade will also be available.
- **Advil, Aspirin, or other pain relievers will not be supplied at Aid Stations**
- First Aid supplies will be very limited such as band-aids, bug spray, and sunscreen.
- If you are prone to blisters, please include blister supplies in your drop bag.
- At unmanned Aid Stations, only water will be available.
- Runners cannot accept any aid from anyone (crew, family, friend, moving vehicle, bicycle,) beyond 100’ of an Aid Station.
- You will need to put any **special** food requirements into drop bags.

Cut Off Times

Cut off at all aid stations is based on the 30 hour time limit. Runners reaching any sequence point after cut-off times may not be allowed to continue.

Course Markings

The Burning River 100 will use five types of markings to direct competitors along the race course in the correct direction. The trail marking crews will make every effort to keep these marks consistent in appearance and placement over the length of the course. Our goal is to mark the course so that when you are at a marker you will be able to see the next one.

The course markings will let you know where you are SUPPOSED to go. It is not possible to mark all the places you are NOT SUPPOSED to go! If you do not see one of the following types of marking-DON'T GO THERE! All trail markings, with the exception of ground markings, will be identified as property of Burning River 100 or of Western Reserve Trail Running and will include the date of the race. If the marker is not identified as belonging to the race, do not use it to guide you.

GROUND MARKINGS-white lime arrows about two feet long, two inches wide, with an arrow point in the direction of travel. This mark is always to be located to the right of trail center in relation to the direction of travel.

STREAMERS-orange surveyor's tape two or three feet in length, tied to a clip which is used to secure it to vegetation or other objects. The clips will have red reflective tape attached to them so they may be easily seen in the dark. Streamers are to be placed, where possible, at eye level and to the right of trail center relative to the direction of travel.

PIE PLATES-round yellow plastic plates with reflective direction of travel arrows fastened to wood lath, driven into the ground to the right of trail center relative to the direction of travel. When they must be fastened to man made objects or vegetation they will be tied to the object with string so as not to cause damage.

GLOW STICKS-will be used to mark some sections of the trail used in darkness. They will be used in the vicinity of aid stations and other areas as needed to clearly define the

course. They also are to be placed, where possible, to the right of trail center relative to the direction of travel.

TRAFFIC CONES-may be used on some road sections to alert motorists to the presence of runners as well as to mark the course. They will be placed, where possible, in such a way as to keep runners on the left side of the road, facing traffic.

TURN MARKING: Runners will be ALERTED to a turn by two streamers close together and two ground markings indicating a turn ahead.

The runner is DIRECTED through the turn by a pie plate and a ground marking arrow.

As soon as the runner completes the turn, the correct direction of travel is CONFIRMED by two directions of travel ground arrows close together with one streamer above.

Crew

- Crew may be ONLY at the designated Aid Stations. See Chart
- Runners receiving aid from crews outside the designated crew access points are subject to disqualification.
- Crews must abide by the instructions of the aid station personnel
- Runners are responsible for his/her crew.

See driving directions to all crew access points in the appendix of this packet.

Rules for Runners, Pacers & Crew

- Absolutely no littering! You may not stash supplies along the course!
- No aid allowed from a moving vehicle and/or bicycle. No vehicle/bicycle may follow a runner assisting with headlights. **Bicycle pacing is not allowed.**
- **Runners cannot accept any aid from anyone (crew, family, friend, moving vehicle, bicycle) beyond 100 feet of an Aid Station.**
- Crew cannot be on the race course-only at the designated Aid Stations.
- Runners receiving aid from crews outside the designated crew access points are subject to disqualification.
- Crews must abide by the instructions of the aid station personnel. Runners are responsible for his/her crew.

Dropping

- **Never drop out of the race by abandoning the course between aid stations and going "home." If you must drop, please report to an Aid Station or Finish Line.**
- Runner(s) who drop without reporting it to aid station or finish line will not be allowed to participate in future BR100 races and/or events.

Medical Information and Concerns

- The entire course is located within several minutes of public services, including EMS. However, all medical expenses incurred are the responsibility of the individual.
- Staff from the Ohio College of Podiatric Medicine will be available to runners at the race finish.
- Any runner having medical conditions that may arise such as bee sting allergic reaction should include that information on his/her race application as well as write it on his/her race bib number.

Drop Bags

- **Drop Bags must be brought to the Finish line on Friday no later than 7PM.**
- Volunteers will organize drop bags at aid stations according to race bib numbers.
- For faster and easier drop bag access at aid stations, **please mark each drop bag clearly** with your **Race Bib Number and Aid Station Letter.**
Example: #201 aid station G
- Waterproof your drop bag ID tags. Any items left at the end of the race, will be distributed at the discretion of the race committee.
- Items will not be mailed. Please check that you have EVERYTHING before you depart!

Do NOT:

- Use black plastic garbage bags-they can be mistaken for trash and disposed of accidentally.
- Use plastic grocery bags-they tear easy and may rip during transport.
- Use huge plastic coolers or big heavy containers, have mercy on the volunteers who move the drop bags.
- Pack any glass containers.

Temperatures

It is highly recommended that all runners carry at least one water bottle during the race. Be prepared for daytime temperatures between 50-95 F on race weekend. The humidity may also vary from 10-100%. Nighttime temperature may dip as low as 40F. Be sure to pack extra shoes, socks, rain gear, jacket and/or long sleeved shirt.

Sunrise & Sunset

Saturday, August 1th: Sunrise: 6:22am Sunset 8:43pm

Sunday, August 2th: Sunrise 6:23am

Awards

All finishers within the 30-hour time limit will receive a unique belt buckle designed to also be worn as a pendant. This one-of-kind special design is one you'll be proud to wear!

All participants receive the official technical t-shirt and other goodies.

Award Categories:

1st Overall Male and Female – Will receive Glass Trophy

2nd and 3rd Overall – Will receive Plaque

The following age group winners will receive a plaque.

Open: 39 years and younger Male & Female

Master: 40-49 years Male & Female

Grand Masters: 50-59 years Male & Female

Children and Pets

- Children and pets are welcome at the Burning River 100.
- At Aid Stations with crew access, please have your pet on a leash at all times per park

regulations.

- To insure 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.
- Aid Station volunteers are not baby-sitters for children and/or pets.
- Please clean up after your pets including on the trail or towpath.
- Please be responsible for your family and friends.

Cuyahoga Falls Natatorium

Burning River runners get a special rate at the Cuyahoga Falls Natatorium for showers only from 8-9 AM on Sunday for \$5. All visitors need to bring ID's to access the natatorium so they should have their driver license, etc. with them or available near the Finish Line.

Regular fees are: Adults are \$10, seniors over 60 are \$7. There are also discount family passes as follows: Fridays 5 pm-9 pm or Saturdays and Sundays 1-7 pm / family fun in the pools, gym, tree house and more! Resident family of 2 - \$10.00. Resident family of 3 - \$15.00. Resident family of 4 - \$20.00. Nonresident family of 2 - \$13.00. Nonresident family of 3 - \$19.50. Nonresident family of 4 - \$26.00.

Waterworks Aquatic Center will also be open. This is an outdoor water park with picnic areas, shelters and fishing. It is a bit further but still within a few minutes drive. Hours of Operation Monday – Friday 5:30 am -11:00 pm, Saturday & Sunday 6:30 am - 9:00 pm, Sunday 9:00 am - 9:00 pm. Pool will close one hour before the facility.

Volunteers

Everyone working this weekend at the BR100 is a volunteer, including all race committee members. Please treat all volunteers with respect. Without them, this event would not be possible.

Volunteers are still needed for various duties including course marking and sweep, Aid Station, Sag vehicle(s), generator delivery and pick up, Logistics and Finish Line.

If you would like to volunteer, please contact committee member Suzanne Pokorny, call 216-375-0405 or email: bobpswife@aol.com

LODGING TIPS

There are no campgrounds in the Cuyahoga Valley National Park.

The following hotels and motels are near the finish line in Cuyahoga Falls, but many will be

filled because of the NFL Hall of Fame Weekend in Canton and the Bridgestone Invitational Golf Tournament in Akron at Firestone Country Club.

- Sheraton Suites, 1989 Front St, Cuyahoga Falls, OH (330) 929-3000
- Courtyard by Marriott, 4047 Bridgewater Pkwy, Stow, OH (330) 945-9722
- Hampton Inn, 4331 Lakepointe Corporate Dr, Stow, OH (330) 945-4160
- Country Inn & Suites, 1420 Main St, Cuyahoga Falls, OH (330) 926-1233
- Economy Inn, 1070 Graham Rd, Cuyahoga Falls, OH (330) 929-8200
- Ranch Motel, 3608 State Rd, Cuyahoga Falls, OH (330) 928-8192
- Eastwood Motor Inn, 2296 State Route 59, Akron, OH (330) 678-1111
- Concord Hospitality, 4047 Bridgewater Pkwy, Stow, OH (330) 945-9722

Additional lodging is available about 20 minutes north of Cuyahoga Falls in Macedonia.

- Country Inn & Suites by Carlson-Macedonia, 7820 Capital Blvd, Macedonia, OH (330) 908-1700
- La Quinta Inn, 268 Highland Rd E, Macedonia, OH (330) 468-5400
- Days Inn Macedonia 275 Highland Rd., Macedonia, OH (330) 467-1516
- Knights Inn Macedonia, 240 Highland Rd E, Macedonia, OH (330) 467-1981
- Motel 6, 311 Highland Rd E, Macedonia, OH (330) 468-1670
- Sunset Motel, 10255 Northfield Rd, Northfield, OH (330) 467-7917
- Sagamore Hills Weekly Rental, 10230 Northfield Rd, Northfield, OH (330) 467-9112
- Kaival Corp, 240 Highland Rd E, Macedonia, OH (330) 467-1981
- Budget Inn: Cleveland Line, Northfield, OH (330) 656-3456
- Twinsburg Country Inn, 11336 Ravenna Rd, Twinsburg, OH (330) 425-8040

Contact Information

Complete results for the 2009 Burning River 100 will be posted on the internet.

Updated Burning River 100 information will be available on the Internet at:

www.burningriver100.org. If you have additional questions about the Burning River 100, Contact Joe Jurczyk, Race Director ,Burning River 100 c/o Joe Jurczyk • 10022 Gatewood Drive • Brecksville, OH 44141, By email: jurczyk@yahoo.com, By phone: 440-546-0183

Affiliated Organizations

Vertical Runner Store

A primary partner and strong supporter of local running events and training programs.

Vertical Runner is one of the area's most popular running and sports specialty suppliers and is a primary Sponsor of the Burning River 100.

Northeast Running Club (NERC)

A primary partner and strong supporter of local running events and training programs. The Northeast Ohio Running Club sponsors three major annual races: Flag Day 5K, It's Better in Mentor 5 Mile and Autumn Leaves, 5 Mile cross country plus sponsors a cross country series in August. During the past 12 years, NERC has awarded \$37, 600 in scholarships to 72 track and/or cross country graduating high school students.

Southeast Running Club

A primary partner, stakeholder and strong supporter of local running events and training programs. Many members of the race committee are members of the Southeast Running Club.

Summit Athletic Running Club (SARC)

A primary partner, stakeholder and strong supporter of local running events and training programs. SARC already conducts many of their major racing events in close proximity to the Towpath Trail.

Appendix

Includes:

General Course Description

Driving Directions

Crew Directions to Aid Stations

Driving Directions to Aid Stations

**Aid Station Descriptions
with Cut off Times, Drop Bag Locations and Crew Access**

Meals

GENERAL COURSE DESCRIPTION

If you read nothing else, study this course description!

Course updates and a course map are available at www.burningriver100.org

The Burning River100 Mile Endurance Run point-to-point course travels through the Cleveland Metroparks, Cuyahoga Valley National Park and Metro Parks Serving Summit County. The race begins in the North Chagrin Reservation of the Cleveland Metroparks near Squire's Castle in Willoughby Hills. Using the Buckeye Trail and other trails and roads, the course connects to the South Chagrin Reservation and the Bedford Reservation of the Cleveland Metroparks before meeting the Towpath Trail in Valley View. The course then follows the Towpath Trail south to Station Road Bridge in Brecksville.

Using various trails including the Buckeye Trail, the Hike-and-Bike Trail, the Bridal Valley Trail and the Towpath Trail the course moves through Brecksville Reservation of the Cleveland Metroparks and the Cuyahoga Valley National Park. The final one-third of the course includes trails in southern areas of the region including the Virginia Kendall Park, Oak Hill and O'Neil Woods. The race finishes at Falls River Square, Front Street and Broad Blvd. in downtown Cuyahoga Falls.

Course changes in 2009

The race continues to be a learning experience for all of us and this year we've made some adjustments to the course to ensure an even better experience for runners. Most of the changes are minor, but please get familiar with even these minor changes if you ran the race in 2008. Please make sure you follow the course markings during the race! Slight variations may occur based on weather or other circumstances beyond our control.

The Course

Start at front of the Castle. Right turn out onto Chagrin River Road. Follow Chagrin River Road to the first aid station at Old Mill Rd. **4.8 Miles. No restrooms.**

Continue back out to Chagrin River Road. Follow Buckeye Trail (BT) marking and turn left on South Woodland Road and right into the Polo Fields aid station. **9.6 miles. Restroom available.**

Go around the Polo Fields and follow the BT. There is a small kiosk marking the new trailhead at the south end of Polo Fields. Follow the BT (except near the construction at mile 13.45 where we follow the old BT through the construction area). Continue to Harper Ridge Shelter aid station. **15.4 miles. Restroom available.**

Leave Harper Ridge Shelter and turn left on paved multi purpose trail about 300 meters, cross the Parkway and rejoin the BT. Follow the BT to Shadow Lake aid station. **18.6 miles. Restroom available.**

Leave Shadow Lake aid station and follow the BT around the lake and past Waste Management. Turn left on Richmond Rd (follow BT blazes) go over Tinker's creek, turn right, cross the street, to

the paved multi purpose trail, then an immediate right off onto single track BT along the creek. Follow the BT to the Egbert Shelter aid station. **23.4 miles. Restroom available.**

Leave the Egbert Shelter aid station on the Buckeye Trail. Next follow the bridle trail for .23 mile and rejoin the Buckeye Trail. Continue to Alexander Road. aid station. **28.4 miles. No restrooms.**

Leave the Alexander Road aid station on the Hike and Bike Trail for 300 meters and turn right down a short, steep single-track trail marked with blue blazes (BT). Continue on the Buckeye Trail to Sagamore Grove Picnic Area. Due to flood damage on this section, go west on Sagamore Rd. (not on Buckeye Trail) and follow past the horse trailer parking area to Canal Rd. Turn right on Canal Rd. to Frazee House. At Frazee House cross Canal Rd. and join the Towpath Trail. Turn left (south) and run 2.47 miles ending at Station Road aid station. **33.3 miles. Restrooms available.**

Exit Station Road Aid Station and cross over bridge back to the towpath. Turn right and follow the Towpath Trail to the 3.5 mile Carriage Trail loop on the left. Complete the loop back to the towpath and turn right. Return to the Station Rd. aid station. **39.7 miles. Restrooms available.**

Leave Station Road Bridge and head out on the all purpose trail. Turn right onto the Chippewa Creek Trail. Keep to the right until the “Y”, then veer left and cross the long narrow wood boardwalk. Continue on the trail until you reach the Kiosk. Go around the kiosk to the all purpose trail. Stay on the all purpose trail then cross over to the Bridle Trail. Stay on the Bridle Trail following the course markings. You will go down a long set of stairs then immediately up another set. Continue on the Bridle Trail to the Buckeye Trail. Follow the blue blazes. At the end of the Buckeye Trail you will return to the Bridle Trail to the final section of the Buckeye Trail after crossing Meadows Drive. Take the Buckeye Trail to Ottawa Point. **46.5 miles. Restrooms available.**

Leave the Ottawa Point aid station and follow the Buckeye Trail to the Snowville Road aid station. **50.6 miles. No restrooms.**

From Snowville, continue to follow the Buckeye Trail across Columbia Rd. and Boston Mills Rd., past the Armory. Cross Riverview Rd. staying on the Buckeye Trail to the Boston Store #1 aid station. **56.0 miles. Restrooms available.**

Leave Boston Store #1 on the towpath north .5 miles, turn right on the Stanford Hostel Trail to Stanford Road. Turn left onto Stanford Road (this portion of the road is also Valley Bridle Trail). Follow Stanford past the intersection with the Valley Trail and up the hill to where the road dead-ends. Turn left on the Brandywine Gorge Trail and follow it across the creek and up to the Falls Viewing area. At the Falls Viewing area sign, turn right, pass the Champion Electric Company ruins and follow the boardwalk until it ends. Turn right at the end of the boardwalk and rejoin the Stanford Trail back to the SYH driveway. Follow the driveway to the road and turn left to enter the Valley Bridle Trail. Continue on the Valley Trail to Boston Store #2 aid station. **60.6 miles Restrooms available. Pacer Access available.**

Take the Towpath south over the footbridge and turn right onto the short paved section where all three trails share a common path (Valley, Towpath, and Buckeye). Turn left on the Buckeye/Valley Trail and follow it to the single track Buckeye Trail on the left. Stay on the Buckeye to Pine Lane aid station. **64.7 miles. Restroom available.**

Leave Pine Lane aid station on the Valley Bridle Trail, turn right on the abandoned section of old Akron Peninsula Road and follow it to Boston Mills Road. Turn right on Boston Mills Road and right again onto the Bike & Hike Trail. Stay on the Bike & Hike for 1.5 miles and turn right on a small trail through to pines to the Boston Run Trail. Go left on Boston Run Trail and follow it to the Happy Days Visitor Center aid station. **70.3 miles. Pacer Access available. Restrooms/portapotties available.**

Leave Happy Days aid station and go through the tunnel. Follow the edge of the parking lot then go left onto the trail. Go left when you hit the Ledges Trail. Remain on the Ledges Trail, past the Overlook, down and around the trail staying to the right. At the parking lot, turn left and follow the trail that borders the road. Cross the road, up the steps, and go right onto the Pine Grove Trail. Once you cross Truxell Road, go left onto the Lake Trail. Take the Lake Trail to the base of the Sound of Music Hill. Up and over the Sound of Music Hill to the aid station.. **75.1 miles. Restrooms available. Pacer access.**

Exit Pine Hollow and follow the Salt Run Trail into the woods and down the hill in the direction of Kendall Lake. Stay on Salt Run to Akron Peninsula Road and turn left. Enter Valley Bridal Trail and follow it to the Wetmore parking lot. Turn left on Wetmore Road for about 1/8 mile to a right turn at Butler Trail. Butler ends at Robinson Field. Leave Robinson across Akron Peninsula Road rejoining the Valley Bridal trail to Bolanz Road. Stay on the Valley Trail behind the Bolanz Visitors Center and go north for a short distance on the Towpath Trail, cross the Iron Bridge and go left on Valley Trail, Cross Riverview Road and the railroad tracks ending at Everett Road Covered Bridge Aid Station. **81.6 miles. Restroom available. Pacer access available.**

Depart Covered Bridge and turn left at the end of the guardrail onto the Perkins Trail. Perkins is a tough technical trail that will take you through several short steep climbs and stream crossings. Runners will cross Everett Road and turn right onto Riding Run Trail back to the Everett Connector. Cross the Connector and follow the trail along the River back to Everett Road Covered Bridge Aid Station. **85.7 miles. Restroom available. Pacer access available.**

Leave Covered Bridge and follow Oak Hill Road. You will travel a pleasant road section that passes through Hale Farm and Village leading to Ira Road. Enter the Buckeye Trail to the right of Ira and ending at O'Neil Woods Aid Station. **89.0 miles. Restroom available.**

Enter the Deer Run Trail from the aid station parking lot. Cross Bath Road and continue on the Deer Run loop until it intersects Bath Road again. Turn right for a short distance to another right onto the Towpath Trail. There are more restrooms on the trail at Botzom where we cross Akron Peninsula, this time there is a crosswalk and permanent warning signs on the road. End at Merriman Aid Station. **93.5 miles. Restroom is about .25 mile off course. Pacer Access available.**

Leave Merriman Aid Station on the Towpath Trail ending at Memorial Parkway Aid Station. **96.4 miles. Restroom available. Pacer Access available.**

Cross the Cuyahoga River on Memorial Parkway and turn left on the brick road, then left again on Cuyahoga St. Turn right into the Chuckery entrance road. Go down the road to the white cross walk and turn left onto the trail. The Chuckery Trail takes the course towards the Signal Tree. When you reach the field prior to Signal Tree, take an immediate left back onto the High Bridge Trail. The High Bridge Trail will turn right. Go up the flight of stone stairs. At the top turn left to a scenic ridge overlooking river rapids and leading under High Bridge. Keeping the water on the left follow the trail towards the old Ohio Edison Power Plant and into the little Gorge Parking Lot. Leave the parking lot to the left onto Front Street. Stay on the sidewalk across a bridge, then turn right at the crosswalk to the Glens Trail. Glens is the last trail section and exits back onto Front Street. Turn Right on Front Street to the finish line.

101.2 miles. The End.

Driving Directions

(additional maps available at www.burningriver100.org)

Directions to Cuyahoga Falls from the Cleveland Hopkins Airport and from the North via I-71 or I-77

Take I-71 South (including from Cleveland Hopkins Airport) or I-77 South to the Ohio Turnpike (I-80 East).

Take Route 8 South (Exit 12) to the Second Street Exit.

The Green (North) Parking Deck is located north of Portage Trail and the Blue (South) Parking Deck is located south of Portage Trail.

Look for signs directing you to the GREEN deck.

Parking is free.

Directions to Cuyahoga Falls from the Northeast via I-271

Take I-271 South to Route 8

Take Route 8 South (Exit 12) to the Second Street Exit.

The Green (North) Parking Deck is located north of Portage Trail and the Blue (South) Parking Deck is located south of Portage Trail.

Look for signs directing you to the GREEN deck.

Parking is free.

Directions to Cuyahoga Falls from the East or West via Ohio Turnpike

Take Ohio Turnpike to Route 8 (Exit 12)

Take Route 8 South to the Second Street Exit.

The Green (North) Parking Deck is located north of Portage Trail and the Blue (South) Parking Deck is located south of Portage Trail.

Look for signs directing you to the GREEN deck.

Parking is free.

Directions to Cuyahoga Falls from the Northeast via I-271

Take I-271 South to Route 8

Take Route 8 South (Exit 12) to the Second Street Exit.

The Green (North) Parking Deck is located north of Portage Trail and the Blue (South) Parking Deck is located south of Portage Trail.

Look for signs directing you to the GREEN deck.

Parking is free.

Directions to Cuyahoga Falls from the South via I-77 (including Akron-Canton Airport)

Take I-77 North to Rt. 8 North.

Take Rt. 8 to the Second Street Exit.

The Green (North) Parking Deck is located north of Portage Trail and the Blue (South) Parking Deck is located south of Portage Trail.

Look for signs directing you to the GREEN deck.

Parking is free.

Directions to Squires Castle (Start)

1. Take I-271 to Wilson Mills Rd.
2. East on Wilson Mills Rd. 2 miles to Chagrin River Rd.
3. Turn left (North) on Chagrin River Rd. 2.5 miles to Squire's Castle

Burning River 100 Run Crew Directions to Aid Stations

Cuyahoga Falls to Squires Castle

North on Rt.8 to Rt. I-271 North to Rt. 90 East towards Erie, PA

Continue 1 mile on Rt. I-90 to exit 189 (Rt. 91)

Turn Left (South) on Rt. 91 1 mile to Rt. 6 (Chardon Road)

Turn Left (East) on Rt. 6 (Chardon Road) 1 mile to Chagrin River Road

Turn Right (South) on Chagrin River Road 1 mile to Squires Castle on Right

Squires Castle to Polo Field

Turn Left from Squires Castle Parking lot on Chagrin River Road (North) 1 mile to Rt. 6 (Chardon Road)

Turn Left (West) on Rt. 6 (Chardon Road) 1 mile to Rt. 91

Turn Left (South) on Rt. 91 10 miles to Rt. 87 (South Woodland Road)

Turn Left (East) on Rt. 87 (South Woodland Road) 2 miles

Polo Field Parking Lot is on Right Hand side just past Chagrin River Road.

Polo Field to Shadow Lake

Turn Left (West) on Rt. 87 (South Woodland Road) 2 miles to Rt. 91

Turn Left on Rt. 91 (South) 5 miles to Solon Road

Turn Right on Solon Road (Southwest) 2 miles to Hawthorne Parkway

Turn Left on Hawthorne Parkway

Shadow Lake Parking is on left mile

Shadow Lake to Station Road Bridge

Turn Left on Hawthorne Parkway ½ mile to Richmond Road
Turn Left on Richmond Road (South) to Forbes Road (less than 1 mile).
Turn Right (West) on Forbes Road to Rt. I-271 South
Rt.I-271 South to Rt. 82 Exit
Turn Right (East) on Rt. 82 4-½ miles to Riverview Road (1st Traffic Light after the Bridge over the Valley)
Turn Left on Riverview Road
The Drive for Station Road Bridge is at bottom of Hill on Left ¼ mile

Station Road Bridge to Ottawa Point

Go straight out of the Picnic Area exit across Riverview into the Cleveland Metroparks (Brecksville Reservation).
Go 1 mile over the bridge and turn left onto Valley Parkway.
Continue about 1 mile and turn left on Meadows Drive.
Go about 1 mile and turn left into the Ottawa Point Reserved Picnic Area.

Ottawa Point to Boston Store

Exit the Ottawa Point access drive and turn right onto Meadows Dr.
Go 1 mile and turn right on Valley Parkway.
When the road ends, turn right and continue to Riverview Road.
Turn Right (South) on Riverview Road 4 miles to Boston Mills Road
Turn Left on Boston Mills Road
The Boston Store is on the Right Immediately after going over the Bridge (200 meters)

Station Road Bridge to Boston Store

Turn Left (South) on Riverview Road 4 miles to Boston Mills Road
Turn Left on Boston Mills Road
The Boston Store is on the Right Immediately after going over the Bridge (200 meters)

Boston Store to Happy Days Visitor Center (Pacer Pick up)

Turn Left back to Riverview Road
Turn Left (South) on Riverview Road 2 miles to Rt. 303 – It's the first Traffic Light
Turn Left (East) on Rt. 303 through Peninsula (There are restaurants in Peninsula) Winking Lizard on left and Fishers on Right
Continue 2-½ miles on Rt. 303 to the Happy Days Visitor Center
Parking Lot and Pacer Central will be on the Left

Happy Days Visitor Center to Pine Hollow

Turn Left (East) on 303 to "Old" Rt. 8 (Akron Cleveland Road)
Turn Right (South) 3 miles to Quick Road
Make a Sharp Right on Quick Road
Continue 2 miles to Pine Hollow on the Right

Pine Hollow to Covered Bridge:

Exit the parking lot turning right onto Quick Road.
Go down Quick until it dead ends into Akron-Peninsula Road.
Turn left onto Akron-Peninsula Road.
Take AP to Bolanz Road and turn right, following Bolanz Road to Riverview Road.
Turn right on Riverview Road and take it to Everett Road.
Turn left.
The parking lot for the covered bridge will be on your left about 1/2 mile down the road.
You must walk a short distance down the towpath to get to the actual covered bridge aid station.

Covered Bridge to Merriman Road

Exit the parking lot turning right onto Everett Road. Everett to Riverview Road. Turn right. Take Riverview road for quite a while. After you pass Smith Road...proceed past Liberty Commons. Turn left into the driveway between First Merit Bank and the large red brick building. This will put you behind several businesses and into a large parking lot. Proceed along the parking lot towards the car wash. The aid station is behind the car wash.

Merriman to Memorial Parkway

Exit the parking lot at Merriman Road, turning right. At the light before the train tracks, turn left onto Merriman Road. Take Merriman road up the hill and continue for a few miles until you hit the first light. This is Memorial Parkway. Turn left onto Memorial Parkway. Go down the hill. The aid station is at the bottom of the hill on the left hand side.

Memorial Parkway to Finish

Turn left out of the parking lot and continue east on Memorial Parkway. Memorial will become Tallmadge Ave. Continue 1/2 mile to Route 8 and turn left. Continue north until the Broad St exit. Turn left on Broad and cross Route 8 to the Finish at Broad St. near Front St.

NO OVERNIGHT PARKING AT SQUIRES CASTLE. OBEY ALL TRAFFIC LAWS (NO SPEEDING). PARK ONLY IN DESIGNATED LEGAL PARKING LOTS. PLEASE DO NOT PARK ON GRASSY AREAS OR NEAR TRAILHEADS. KEEP VEHICLES OFF COURSE (NO ILLEGAL AID) NO LITTERING.

Burning River 100 Mile Run Aid Station Locations

Old Mill & Chagrin River Road

South of Mayfield Road on Chagrin River Road at the bridge.

Harper Ridge

On Hawthorne Parkway West of Rt. 91 between Rt. 91 and Harper Road

Egbert Shelter

Is off of Egbert Road in Bedford Reservation ¼ mile North from Egbert Road on Gorge Parkway on the right side.

Alexander Road

Is on the South side of Alexander Road just West of Dunham

Ottawa Point

Take Meadows Drive in Brecksville Reservation past the Stables. Turn Left at entrance sign, the aid station is straight ahead about 1/2 mile.

Snowville

200 meters west from Riverview Road on the North side.

Pine Lane

Is off Rt. 303 1 mile East from Peninsula. The trailhead is on the North side of the street.

Pine Hollow

Is off Akron Peninsula Road on Quick Road, about 2 miles south of Peninsula. The Trailhead is on the left if you are coming from Akron Peninsula Road.

Happy Days

Is off Rt. 303 1.5 mile East of Pine Lane. The parking lot is on the North side of the street. The aid station is left of the parking lot as you enter in the small group of trees between the road and the parking lot.

Everett Covered Bridge

Parking is at the parking lot on Everett Rd. near the Covered Bridge.

O'Neil Woods

From Riverview head West on Ira Road and make an immediate Left on Martin Road continue up the hill and the drive to O'Neil Woods will be on the left at the bend in the road.

Merriman Road

Is on the North side of Merriman Road between Akron Peninsula (Portage Trail) and Riverview. The aid station is next to the river by the car wash.

Memorial Parkway

On the North side of Memorial Parkway between Uhler Ave. and Hickory Street next to the Cuyahoga River and Towpath.

Meals

The Friday Pre-Race Dinner and Sunday Post-Race Breakfast will again be prepared by Playing with Knives and Fire and Chef Bill Bailey, a local ultramarathoner. Both meals will include vegetarian/vegan options:

Friday Dinner

4:30 PM to 6:30pm

Salad

Rolls & butter

Whole Wheat Pasta & Marinara & Meatballs

Cookies

Lemonade & Iced Tea

Sunday Breakfast

7:00am to 11:00am

Cook-to-order Omelette Station

Scrambled Eggs

Pancakes & Syrup (butter)

Fresh Fruit Bowl

Coffee, Cream, & Sugar

Lemonade & Iced Tea

For additional information about the race, see the Burning River 100 web site: www.burningriver100.org or contact the race director, Joe Jurczyk at jurczyk@yahoo.com or 440-546-0183.