

The Fifth Annual
Burning River
100 Mile Endurance Run
and
2011 USA Track & Field
100 Mile Trail National Championship



Runner's Packet
www.burningriver100.org

July 14 Version 2011-1.7A
*Revisions include updates to crew directions
to aid stations for last two aid stations.*

Contents

Our Sponsors.....	3
Welcome To The Fifth Annual Burning River 100-Mile Endurance Run	4
Organizing Committee.....	5
History Behind The Name Of The Race.....	5
Today In The Cuyahoga Valley – 40 Years Later	5
Trails Forever.....	5
Interesting Facts.....	6
Schedule Of Events.....	7
Instructions To Runners.....	8
General Information.....	8
Information For Runners.....	8
Information For Pacers	9
Aid Stations.....	10
Cut Off Times	10
Course Markings.....	10
Crew	12
Rules For Runners, Pacers & Crew	12
Dropping	12
Medical Information And Concerns	12
Drop Bags	12
Temperatures.....	13
Awards	13
Children And Pets.....	13
Cuyahoga Falls Natatorium	14
Volunteers	14
Lodging Tips.....	14
Contact Information.....	15
Affiliated Organizations	15
Appendix.....	16
General Course Description	16
Driving Directions	16
Crew Directions To Aid Stations	16
Driving Directions To Aid Stations.....	16
Meals	16
Aid Station Descriptions.....	16
With Cut Off Times, Drop Bag Locations And Crew Access.....	16
Driving Directions	20
Crew Directions To Aid Stations	21
Burning River 100 Mile Run Aid Station Locations.....	23
Meals	25
Aid Station Open/Close And Cut Off Information.....	26

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.

Hammer Nutrition

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

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.

Playing With Knives and Fire

"On the road of life, you will meet many hungry people.... Our job is to feed them." Chef Bill Bailey will be cooking for you Friday evening and breakfast on Sunday. Enjoy Chef Bill's culinary expertise!

AID STATION SPONSORS

Southeast Running Club

Summit Athletic Running Club

Cleveland Clinic

Northeast Running Club

Vertical Runner

Ohio Canal Corridor

Human Potential Labs

Lakeland Community College

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

Welcome to the Fifth Annual Burning River 100-Mile Endurance Run and the 2011 USA Track & Field 100 Mile National Trail Championship

Thank you for participating in the Burning River 100 Mile Endurance Run. In 2011 this race is also the USA Track & Field 100 Mile National Trail Championship.

USATF National Championship Rules

You have the option of selecting either the USATF National 100 Mile Championship race or the Open race. Rules for The USATF National Championship race:

- Athletes must be United States Citizens.
- Athletes must be current USATF members (sign up at <http://www.usatf.org/membership/> or fill out application at packet pickup). Must sign up BEFORE race time.
- No pacers (competitors may run together, but no outside person may join in for pacing purposes or accompaniment)
- No headphones, mp3 players or similar electronics
- No GPS or Heart Rate Monitors- No electronic devices which provide external aid
- No cell phones

USATF Awards will be given to:

- Male and Female top-10 overall
- Age groups beginning at 40-44, 45-49, etc.

It is our goal at USATF to keep competition fair between athletes and have athletes rely on personal abilities and not outside aid.

For those competing in the USATF 100 Mile Trail National Championship below is the breakdown of prize money for the event.

Total Prize Money: \$10,000+

Each of the following prizes is available for both the USATF Male and Female categories:

Overall (open)
1st Place: \$1250
2nd Place: \$900
3rd Place: \$700
4th Place: \$500
5th Place: \$300

Age group winners for each division over 40 (40-44, 45-49, 50-54, etc): \$250

Runners will only win ONE prize. e.g. If the first place runner is 40 years old, he or she will win the \$1250 overall prize and **NOT** the \$250 top masters prize.

Organizing Committee

The Western Reserve Trail Runners and 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 <http://www.westernreserve.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 - 40 Years Later

Much has changed since the river fire in 1969. In fact, the fire has been credited with changing the way we use the river and focusing us on the environment. Our theme for the race, **eracing 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.

Trails Forever

Thanks to you, the Burning River 100-Mile Endurance Run Organizing Committee and the Western Reserve Trail Runners are charter members of the Cuyahoga Valley National Park Conservancy's "TRAILS FOREVER" Legacy Fund, which was created to ensure, in perpetuity, that Cuyahoga Valley National Park will have the resources to expand, enhance, and maintain its world-class trail system. The 125 miles of trails provide the public with access to rich natural resources, cultural history and wellness experiences in Cuyahoga Valley National Park. Through the proceeds of this race, we are able to annually donate to this important effort. For more information visit www.cvnpa.org/trailsforever or contact Lisa Meranti, Development Officer, at 330-657-2909 ext. 136.

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

Packet pickup, check in and pasta buffet will be at the Cuyahoga Falls Natatorium, 2345 Fifth Street, Cuyahoga Falls, OH 44221.

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

The finish line is Falls River Square, Front Street and Broad Blvd., Cuyahoga Falls, OH 44221 in downtown Cuyahoga Falls. Shuttle busses will take runners to start line from Falls River Square starting at 3:15am Saturday morning.

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

The following activities are at the Cuyahoga Falls Natatorium

Friday, July 29	Check-in and Packet Pickup	10:00am - 7:00pm
	Pasta Buffet	2:00pm – 6:00pm
	Deadline for Drop Bags	7:00 pm

The following activities are at Falls River Square

Saturday, July 30	Shuttle busses depart from Broad Ave between Front St. and Second St. (near the Finish Line at Falls River Square) for Start Line. Pre-registration required.	3:15am - 4:15am
		3:15am – 3:30am
<u>STARTING LINE</u> Squire's Castle	Report in at Start Line	3:30am -4:30am

**ALL RUNNERS MUST
CHECK IN AT START LINE
(RUNNERS CHECKED IN ON
THE SHUTTLE BUS DO NOT
HAVE TO CHECK IN AGAIN.)**

Runner Bag pickup for Late Arrivals	3:30am -4:15am
-------------------------------------	----------------

Race Starts	5:00am SHARP
--------------------	---------------------

FINISH LINE
Falls River Square
Sunday, July 31

Open Brunch Begins	7:00am
--------------------	--------

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 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 4:30 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 3:30am and 4:30am.
- Wear his/her Race Bib in front where it is visible. **IMPORTANT: USATF** runners must also wear a bib on their back with their age for the entire race.
- 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 (Not USATF championship 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

Please Note: USATF championship runners will NOT be allowed to have a pacer at any time during the race.

- **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.
- 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.
- All runners may have a pacer beginning at Aid Station K at Boston Store – Mile 53.5
- Other Pacer access points are at Aid Stations:
 - M - Happy Days Visitor Center – 63.8
 - N – Pine Hollow Mile - Mile 70.6
 - P – Covered Bridge - 80.5
 - R - Covered Bridge - 85.5
 - T – Merriman - 93.0
 - U - Memorial Parkway Mile - 96.0

Mile 99*

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

Aid Stations

There are 20 Aid Stations on the course from Start to Finish and 3 unmanned water stops. The furthest distance between Aid Stations is 6.8 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 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 six types of markings to direct competitors along the racecourse 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 as indicated below. In portions of the course where it is anticipated that runners may encounter darkness, reflective materials are added to increase the visibility of the marking materials.

Our goal is to mark the course so that when you are at a marker you will be able to see the next one or within a very short distance of travel. 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!

Markers will generally be applied on the RIGHT-HAND side of the trail based on the runners' direction of travel. HOWEVER, where the course shares the road AND it is not closed to on-coming traffic, markings (that are inserted into the ground such as flags) will be located to the LEFT of the paved surface and the Runners are advised to run facing traffic, run defensively and obey all traffic laws.

Marker Types: (Descriptions are listed in order of anticipated use from the most frequent to the least frequent over the entire length of the race course.)

Orange & Silver Flags: The primary course marker used throughout the entire course is a 3"x3" orange flag with diagonal silver/gray colored stripes which are mildly reflective. These markers are placed at fairly regular intervals of approximately a 1/10 of a mile (150 meters) or more frequent in areas where cross trails occur or where the trail maybe more difficult to discern (grassy areas for example). To indicate the correct turn/crossing

direction, TWO flags will be provided immediately after a turn or road crossing - the flags will be placed approximately 3 feet (1 meter) apart and another pair of flags will be placed together within 50'-100'. NOTE Flags will NOT bear the "BR100" identifier.

Yellow Pie Plates with Red Arrows: Yellow plates with red arrows mounted to wooden stakes will be used at road crossings, trail intersections, and similar locations. Typically these will be located as you approach a turn/crossing as well as located on the far side of the turn/crossing. The Red Arrow indicates the direction you are to travel. The plates will be marked with "BR100".

Streamers, or bands: orange Bands or streamers will be attached to trees, foliage, or other similar support. These will be used in areas where ground vegetation may conceal the orange & silver flags. Where they are used, they will be used as a compliment to the ground flags. The streamers will be marked with "BR100". If there are streamers that are not orange, and/or are not marked with "BR100", DO NOT FOLLOW THEM (streamers are used by equestrian groups also).

Red "WRONG WAY" Plates and Flags: RED Plates with White Lettering (on wooden stakes) or Red Flags with "BR100 - WRONG WAY" labels will be used in select locations where it may be difficult to clearly identify the correct route, at select cross trails and potential wrong turns. We provide these only where we can anticipate potential confusion. Remember course markings are intended to provide you indication of the direction of travel along the course. It is not possible for us to mark everywhere you should NOT go!

Lime ground marking: In select locations, marking lime (white powder applied to the ground) will be used to form ground arrows pointing the direction of travel. The arrows will consist of a 2' (approx.) tail with 2 lines applied at an angle to the tail, indicating the direction of travel. The use of lime is restricted by several of the park entities that have jurisdiction over the parks the course travels through. Do NOT anticipate that lime will be used throughout the entire course.

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.

Horse Trails:

On portions of the course that are Horse Trails, "BR100 Runners - YIELD to Horses" will be posted where Yellow Plates occur. Runners are advised that it is good practice to announce yourself if approaching a horse/rider, and 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 horses. Runners identified as failing to practice this courtesy may be disqualified at the Race Director's discretion.

All trail markings, with the exception of ground markings and ground flags will be identified as property of Burning River 100 or of Western Reserve Trail Running. If the marker is not identified as belonging to the race, do not use it to guide you.

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

Please Note: USATF championship runners are NOT allowed to have a pacer at any time during the race and are NOT allowed to have headphones, music/audio devices, GPS watches or other GPS devices or heart rate monitors during the race.

- 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.
- **Drop bags will be brought to Finish Line on Sunday morning. IMPORTANT: Items left at the Finish Line will NOT be mailed and will be either donated or disposed by 12 NOON on Sunday. Please check that you have EVERYTHING or make arrangements for others to pick up your items before you depart !**

PLEASE:

- **DO NOT** use black plastic garbage bags-they can be mistaken for trash and disposed of accidentally.
- **DO NOT** use plastic grocery bags-they tear easy and may rip during transport.
- **DO NOT** use huge plastic coolers or big heavy containers, have mercy on the volunteers who move the drop bags.
- **DO NOT** pack any glass containers.

Temperatures

It is highly recommended 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, July 30: Sunrise: 6:19am Sunset 8:46pm (it may be dark in the woods approximately 30 minutes before sunset so please plan accordingly)

Sunday, July 31: Sunrise 6:20am

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

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 at <mailto:Suzanne@burningriver.org>

LODGING TIPS

For information on lodging and camping in the Cuyahoga Valley National Park, see <http://www.nps.gov/cuva/planyourvisit/lodging.htm>

The following hotels and motels are near the finish line in Cuyahoga Falls:

- 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

A live webcast and updated Burning River 100 information including results 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) and 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 Runners Club (SERC)

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 Runners 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

General Course Description

Driving Directions

Crew Directions to Aid Stations

Driving Directions to Aid Stations

Meals

Aid Station Descriptions

with Cut off Times, Drop Bag Locations and Crew Access

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 2011

The only major difference in 2011 from courses of previous years is two course reroutings between Boston Store 1 and Pine Lane, primarily because of trail closings near Brandywine Falls. 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 Road. **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.**

Leave Station Road Bridge and head out on the multipurpose trail. Cross Riverview Road and continue on the multipurpose trail until you cross the bridge. Take a right onto Cross Creek Trail. Stay on the trail until you reach the kiosk. Go around the kiosk and get back on the multipurpose trail. After a short distance cross the street at the crosswalk and enter the trail. Go past the Harriett Keeler monument, make a sharp right then a sharp left...continuing on the trail. Stay on the trail until you reach Meadows Drive. Cross Meadows Drive and continue on the Bridle Trail. You will next cross Valley Parkway. Again, continue on the Bridle Trail. As you approach the stables take a sharp right on the trail. Cross the road and continue on the Buckeye Trail until you reach the Ottawa Point access Road. Take the access road to the Ottawa Point aid Station. **39.6 miles. Restrooms available.**

Leave the Ottawa Point aid station and follow the Buckeye Trail to the Snowville Road aid station. **43.8 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. **49.1 miles. Restrooms available.**

Leave Boston Store #1 on the Towpath north. At the sign for the Valley Bridal Trail, take a sharp right turn onto the Valley Bridle Trail. Follow the Valley Bridle Trail until you reach Stanford Road. Turn left onto Stanford Road and proceed up the hill. Follow Stanford Road until the road dead-ends at a traffic barricade. Pass the barricade on the left-hand side and immediately turn right onto a short connector trail. Turn right onto the Stanford Trail at the "T" intersection. Follow Stanford Trail to its trailhead at the Stanford Hostel. Continue across the drive onto the grass on the west side of the barn and pond until you intersect with the Valley Bridal Trail. Turn left onto the Valley Bridle Trail. Continue on the Valley Trail to Boston Store #2 aid station. **53.5 miles Restrooms (running water) available. Pacer Access available.**

Take the Towpath south over the footbridge and turn right onto the short paved section underneath the Route 271 Bridge where all three trails share a common path (Valley, Towpath, and Buckeye). Continue on the Towpath (slight RIGHT) and proceed approximately 3/8 of a mile to the Turnpike Bridge (Route 80). Under the Turnpike Bridge, turn left off of the Towpath. At the trail access road turn left again and follow it to the entrance to the single track Buckeye Trail. Turn right onto the Buckeye Trail and stay on the Buckeye Trail to Pine Lane aid station. **58.3 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. **63.8 miles. Pacer Access available. Restrooms/portapotties available.**

Leave Happy Days aid station and go through the tunnel under Rt. 303. Follow the edge of the driveway 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 as you descend the stone "stairs". Follow the trail along the base of the ledges until the intersection with the trail to the "Octagon" trailhead. Turn left onto the trail towards the Octagon and take the first trail to the left (do not proceed to the parking lot). Follow the trail, crossing the road and climb the stairs on the far side. Follow this trail until it intersects with the Pine Grove Loop. Turn RIGHT onto the Pine Grove Loop until you reach a trail to the right which descends a set of wood stairs and continue on towards Kendall Lake. Once you cross Truxell Road, continue straight ahead and follow the paved exit drive until you reach the stone Kendall Lake Shelter. Continue through the grass on the lake side of the shelter (SELF-AID STATION AVAILABLE AT LOWER LEVEL OF SHELTER - RESTROOMS AVAILABLE). Continue through the grass with the lake on your right and enter the single track trail and climb the hill. Continue on this trail until it ends at a "T" intersection and turn LEFT (DO NOT ENTER THE TUNNEL). In a short distance turn right onto the "Cross Country Loop" and climb the hill. Follow the CC Loop Trail until you enter the open grassy fields and continue to the base of the "Sound of Music" Hill. Up and over the "Sound of Music" Hill to the Pine Hollow 1 aid station. **70.6 miles. Restrooms (running water) available. Pacer access.**

Exit Pine Hollow 1 heading down the sledding hill to the Salt Run Trail. Follow the Salt Run Trail in a counter clockwise directions. Exit the Salt Run Trail at the course markings, heading straight up the hill to the ridge/parking lot edge. Enter the Pine Hollow 2 aid station. **73.9 miles. Restrooms available. Pacer access.**

Exit Pine Hollow 2 along the parking lot edge. Cross the parking lot ...then cross Quick Road, entering the Wetmore Trail. Follow the Wetmore Trail to the left. Stay on the Wetmore trail to the Valley Bridal Trail and follow it to the Wetmore parking lot. Go straight across Wetmore Road and continue on the trail to Robinson Field. Leave Robinson across Akron Peninsula Road rejoining the valley Bridal Trail to Bolanz Road. Stay on the valley Bridal Trail behind the Bolanz Visitors center and go north for 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 the Everett Road Covered Bridge aid station 1. **80.5 miles. Restroom available. Pacer access.**

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. At the fork in the trail STAY TO THE LEFT. until Runners will cross Everett Road and turn LEFT 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 2. **85.2 miles. Restroom available. Pacer access.**

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. **88.5 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 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 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. You are now on Front Street. Take Front Street directly to the finish line.

100.8 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 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 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

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 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

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 ½ mile on left

Shadow Lake to Egbert Rd.

Exit out of the parking lot and turn left on Hawthorne Parkway.
Turn left on Richmond Rd. and then turn right on Hawthorne Parkway.
Drive a couple miles past Broadway Ave and Union St. and the road will become Egbert Rd.
Just past the railroad overpass, turn right onto Gorge Parkway into the Metroparks.
Less than 1 mile on the right is Egbert Picnic Area.

Egbert Rd. to Station Rd.

Exit the Picnic Area and turn left back to Egbert Rd.
Turn right and take Egbert Rd. until it dead ends at Dunham Rd.
Turn left and follow Dunham Rd. about 3 miles until it ends at Valley View Rd.
Turn right and go 1 mile until Chafee Rd.
Turn left at take Chafee Rd. about 3 miles until it ends at Royalton Rd. (82).
Turn right on Royalton Rd., go about 1 mile over the Cuyahoga Valley Bridge to the light at Riverview Rd.
Turn left, go down the hill and the entrance to Station Rd. is on the left (at the bottom of the hill).

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

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)

Ottawa Point to Boston Store (First Pacer Pickup)

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)

Boston Store to Happy Days Visitor Center

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 O'Neill Woods

Turn right out of the parking lot and take Everett Rd. east to Riverview Rd.

Turn right on Riverview and drive a little over 1 mile to Ira Rd.

Turn right on Ira and then left on Martin Rd.

Follow Martin Rd. about 1 mile to the O'Neil Woods Picnic Area.

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 FirstMerit 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.

O'Neill Woods to Merriman

Leave the Picnic area and turn right on Martin Rd.

Turn right on IRA Road.

Turn right on Riverview Rd.

Follow Riverview Rd. about 3 miles to N. Portage Path.

Turn left on Portage Path and drive about 1000 feet. There is a car wash on the left side and the aid station is behind the car wash.

Merriman to Memorial Parkway

Exit the parking lot and turn right onto N. Portage Path.

Turn left at Merriman and follow the road about 2 miles to Memorial Parkway.

Turn left on Memorial and drive about 1 mile. The parking lot for Towpath access is on the left side, just before the bridge. The aid station is at the bottom of the hill on the left hand side.

Memorial Parkway to Finish (Front Street & Broad Blvd.)

Turn left from parking lot onto Memorial Parkway and continue east for approx. .7 miles. (It will become Tallmadge Avenue.)

After crossing Cuyahoga Street, veer to the left onto E. Cuyahoga Falls Avenue.

In 1.6 miles turn left onto 2nd Street.

Continue on 2nd Street and cross Broad Blvd. Take first right after crossing Broad and park in either the parking deck in front of you or on your left. Parking is free in the decks.

The finish is in a pedestrian mall area east (down the hill/ramp/stairs) of the parking decks.

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 (No Crew Access)

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

Polo Field

Southeast corner of the intersection of Chagrin River Road and South Woodland Road.

Harper Ridge

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

Shadow Lake

On Hawthorn Parkway, 1 mile northeast of Richmond Road

Egbert Shelter

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

Alexander Road (No Crew Access)

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 (No Crew Access)

200 meters west from Riverview Road on the North side.

Boston Store

East of Riverview Road on Boston Mills Road

Pine Lane (No Crew Access)

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

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.

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.

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.

Finish Line

Falls River Square at the intersection of Front Street and Broad Street in downtown Cuyahoga Falls.

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

2:00 PM to 6:00 PM

Salad

Rolls & butter

Whole Wheat Pasta & Marinara & Meatballs

Cookies

Lemonade & Iced Tea

Sunday Breakfast

7:00 AM to 11:00 AM

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.

Burning River 100 -- Aid Station OPEN/CLOSE and CUT OFF Information

2011	Location	Course Mile	Distance to next aid	SET UP/ OPEN	CLOSE	Cut Off	Drop Bags	Crew Access	Bathroom
	Squire's Castle	0.0	4.8	4:00 a.m.	5:30 a.m.			yes	yes
A	Old Mill & Chagrin River Rds	4.8	4.8	5:00 a.m.	6:30 a.m.	6:26 AM			
B	Polo Field	9.6	5.8	5:30 a.m.	8:00 a.m.	7:52 AM		yes	yes
C	Harper Ridge Picnic	15.4	3.2	6:30 a.m.	9:45 a.m.	9:35 AM			yes
D	Shadow Lake	18.6	4.8	6:45 a.m.	10:40 a.m.	10:31 AM	yes	yes	
E	Egbert Shelter	23.4	5.0	7:30 a.m.	12:10 p.m.	12:00 PM		yes	yes
F	Alexander Rd & Bedford Rd.	28.4	4.9	8:00 a.m.	1:30 p.m.	1:26 PM			yes
G	Station Road Bridge	33.3	6.3	8:45 a.m.	3:00 p.m.	2:53 PM	yes	yes	yes
H	Ottawa Point	39.6	4.2	9:15 am	4:55 p.m.	4:45 PM		yes	yes
I	Snowville	43.8	5.3	10:30 a.m.	6:10 p.m.	6:00 PM			yes
J	Boston Store 1	49.1	4.4	11:00 a.m.	7:45 pm	7:34 PM	yes	yes	yes
K	Boston Store 2	53.5	4.8	12 noon	9:20 p.m.	9:11 PM	yes	yes	yes
L	Pine Lane	58.3	5.5	12:20 pm	10:30 p.m.	10:23 PM			yes
M	Happy Days	63.8	6.8	1:40 p.m.	12:10 a.m.	12:01 AM	yes	yes	yes
N	Pine Hollow 1	70.6	3.3	2:30 p.m.	2:15 am	2:03 AM	yes	yes	yes
O	Pine Hollow 2	73.9	6.6	3:10 p.m.	3:10 a.m.	3:01 AM	yes	yes	yes
P	Covered Bridge 1	80.5	4.7	5:00 p.m.	5:00 am	4:59 AM	yes	yes	yes
R	Covered Bridge 2	85.2	3.3	5:15 pm	6:30 a.m.	6:22 AM	yes	yes	yes
S	O'Neil Woods	88.5	4.5	6:00 p.m.	7:30 a.m.	7:21 AM		yes	yes
T	Merriman Road	93.0	3.0	6:45 p.m.	8:45 a.m.	8:41 AM	yes	yes	
U	Memorial Parkway	96.0	4.8	7:30 p.m.	9:45 a.m.	9:35 AM	yes	yes	yes
V	Finish: CF River Front	100.8	DONE!	7:00 p.m.	11:00 a.m.	11:00 AM	yes	yes	yes

Additional Unmanned Water Stations will be embeded in the following segments: G, M, and O