



2023 CREW GUIDE v.2

Welcome! As experienced crew, we know what it feels like wandering around a strange town following your runner and forgetting to take care of yourself, don't do it!! You are an integral part of getting your runner to the finish line, and we are here with some information to help you make it fun and safe!

We have included some information here to help you navigate with suggestions for points of interest, restaurants, grocery stores, and gas stations. Crewing is hard work!

Things to Note:

- Aid Station Food and Goodies are prioritized for runners, but feel free to keep yourself going by asking aid station volunteers for a bite.
- Dogs and Children are allowed. However, unattended children will be given kazoos and espresso. Unattended dogs may go missing because we love them and will take them home for ourselves. Please be respectful that this is a race environment. It will be a long day, we recommend keeping the kids with and without fur at home.
- Please respect staff, volunteers, and rangers.
- No alcohol. No littering. Period.

Runners are responsible for their crew and their crew's compliance with our rules. Crew can access their runners and provide aid within 100 yards of any aid station (staffed or unstaffed EXCEPT for Lock 29, which is off limits for crew and pacers). Crew CANNOT ride a bike alongside their runner. It's fine if you bike from aid station to aid station, but please stay clear of runners and do not pace your runner. Please note that there are many places along The Towpath where crew can see their runner, but only the area around the aid station is an allowable place to receive aid. A violation of these rules will result in disqualification of the runner.

SCHEDULE OF EVENTS

Packet pickup and check in at Missing Falls Brewery Aid Station (540 S. Main St, Suite 112, Akron, OH 44311) on Friday October 6, 2023 from 3:00pm-8:00pm.

Race Starts at 7:00 AM on Saturday, October 7, 2023 in Akron, Ohio.

There is a 30 hour time limit.

The finish line is back in Akron, Ohio. The race ends at 1:00pm on Sunday October 8, 2023.

Friday, October 6

3:00pm – 8:00pm : Check-in & packet pickup

8:00pm: Deadline for Drop Bags

Saturday, October 7

STARTING LINE – Akron, Ohio

5:30am – 6:00am: Runner Drop Bag dropoff for Late Arrivals

7:00am SHARP: Mass Start

FINISH LINE – Missing Falls Brewery

Sunday, October 8

1:00am: Missing Falls Brewery closes for a few hours.

6:00am: Missing Falls Opens for brunch!

1:00pm: Race Closes / Awards

CUTOFF: 30 hours

DIRECTIONS TO THE START/FINISH & PARKING

The start/finish is located in the parking lot in front of Missing Falls Brewery, Canal Place, 540 S. Main Street, Suite 112, Akron, Ohio 44311. There is plenty of parking in the Canal Place complex right along our race route. We'll be directing traffic into the parking area as early as 5:30am.

Along the route, please be mindful of using parking spaces at trailheads and to not obstruct traffic or park "off road."

MEDICAL

Aid stations have basic first aid supplies but cannot administer first aid. They do have contact information for medical staff who can assist runners in an emergency or assess if it is safe for them to continue. Aid station personnel will call 911 if there is an emergency.

PACERS

Runners are responsible for their pacers conduct. Only one pacer per runner at any given time. Pacers may start at mile 45.2 (Wolf Creek) and every fully staffed aid station after mile 45.2 **with the exception of Lock 29**. Please note that the Towpath provides numerous access opportunities for pacers and crew to see their runner. However, pacers and crew may only assist their runner within 100 feet of **aid stations**. The Towpath is also bikeable, but runners CANNOT use a cyclist as a pacer. Note that runners may use a bicyclist as their crew. The difference is that a bicyclist acting as a pacer follows closely behind, beside or in front of their runner – this is prohibited and will result in disqualification of the runner. A bicyclist who is crewing should handle their runner within 100 feet of an aid station, but may not closely follow.

Pacers cannot start at the Lock 29 Trailhead because it is restricted by the National Park. Pacers who start at another aid station may see their runner through the Lock 29 turnaround. If pacers are unable to keep up with their runner for whatever reason, the pacer needs to stop at the next aid station. The race is not responsible for transporting pacers. Pacers cannot mule (carry things) for their runner. Pacers may not give their runner any aid, clothing, food, water unless it is an emergency situation, in which case the runner may be disqualified. The role of a pacer is for safety, not for aid or gaining an advantage over fellow participants. Runners are only allowed one pacer at a time. Pacers may have food at the aid stations. Pacers are expected to review, sign

and submit a waiver to participate. Waivers will be available at all staffed aid stations starting at Mile 45.2.

AID STATIONS

Full service aid stations will typically include Hyle Hydration, Heed, water, Coke, ginger ale, 7up, Mtn. Dew, ice, Spring Energy gels (Awesome Sauce, Long Haul and Canaberry; and Koffee w/ caffeine after mile 50) at full aid stations, Hammer Nutrition gels at unstaffed aid stations, PB&J, bananas, oranges, watermelon, M&Ms, chips, pretzels, salted potatoes, fruit cups, peanuts, jelly beans, pickles, mini Paydays, and fig newtons. After 6:00pm, we'll have ramen, coffee and other hot foods for nighttime fueling. All full aid stations will have menstrual products (tampons and pads) on the table for any runner or pacer in need. Each fully manned aid station will also have Hammer Nutrition endurolytes available.

Please have your runner bring their own collapsible cup, handheld or bladder for hydration.

COURSE DESCRIPTION

The start/finish line is at Missing Falls Brewery in downtown Akron, Ohio. The course runs along the Towpath Trail following the Ohio & Erie Canalway. The Towpath is a crushed limestone trail that yields to asphalt or concrete walkway and wooden bridges. The start is in downtown Akron, Ohio and runners will travel south on the Towpath to Ernie's Bike Shop in Massillon, totaling 27 miles, then will return north, pass back through Akron and head into the Cuyahoga Valley National Park. Runners can obtain aid from the Missing Falls Brewery parking area – mile 53.9 - and at your (or their) closely-parked car at this point as well. After departing the Missing Falls Brewery aid station the second time, runners will head north on The Towpath through the Summit Metroparks and into the Cuyahoga Valley National Park all the way to Lock 29 in Peninsula before turning around to return to Akron, Ohio.

An 8-mile out & back in the National Park

This year, the National Park asked us to limit the Northern extent of our course to Lock 29 to accommodate erosion control projects. We're also limited to the South by an erosion control project by the Army Corps of Engineers in Massillon. To accomplish the full 100 miles on the Towpath, once a runner gets to mile 82 (before entering downtown Akron), we'll turn them around **at the OCIT aid station** back into the National Park to the **Ira Trailhead** (mile 90), then back to Akron for your runner's inevitable finish. So, the full course is:

- south to Ernie's Bike Shop (mile 27);
- at Ernie's, runners will turnaround to the north all the way to Lock 29 in Peninsula (mile 69);
- at Lock 29, turnaround to the south all the way back to OCIT (mile 82);
- at OCIT, runners will turnaround to the north back to the Ira Trailhead (mile 90);
- at Ira, runners will finally go south all the way back to Missing Falls Brewery at the finish.

We're planning to keep track of runners' short out & back between OCIT and Ira by handing each runner a neon glow bracelet at OCIT mile 82. When the runner hits Ira with their bracelet, aid station staff will know to turn them around to the finish. As crew, you can help us out by affixing the glow bracelet to your runner at OCIT mile 82.

There are aid stations approximately every 4-5.5 miles apart throughout the course.

AID STATION DESCRIPTIONS

MANCHESTER ROAD TRAILHEAD: Mile 4.5 and 49.5.

Amenities: unstaffed water & gel drop, restroom, crew access

Coordinates: 41.0236, -81.55072

Address: 2740 Manchester Road, Akron, OH 44314

WOLF CREEK: Mile 8.8 and 45.2

Amenities: full aid, restroom, crew access, pacer access for runners headed north

Coordinates: 41.003814, -81.607699

Address: 33 Snyder Ave, Barberton, OH 44203

FRANKLIN: Mile 13.5 and 40.5

Amenities: unstaffed water & gel drop, restroom, crew access

Coordinates: 40.947637, -81.617644

Address: 2328 Center Rd, New Franklin, OH 44216

CANAL FULTON – ST. HELENA'S: Mile 19 and 35

Amenities: full aid, restroom, crew access, drop bag access

Cutoff: 4:30pm (runners headed north)

Coordinates: 40.88777, -81.59698

Address: 123 Tuscarawas St NW, Canal Fulton, OH 44614

CRYSTAL SPRINGS: Mile 23.8 and 30.2

Amenities: unstaffed water & gel drop, crew access

Coordinates: 40.845722, -81.531265

Address: 4489 High Mill Ave NW, Massillon, OH 44647

ERNIE'S BIKE SHOP: Mile 27 – SOUTHERN TURNAROUND!

Amenities: full aid, restroom, crew access

Coordinates: 40.811361, -81.528213

Address: 135 Lake Ave NW, Massillon, OH 44647

MISSING FALLS BREWERY/SUMMIT SPORTS & SOCIAL: Mile 0, 54 and 100.5

Amenities: full aid, restroom, crew access, pacer access for runners headed north, access to your parked car, drop bag access, timing mat at aid station(!)

Cutoff: 11:15 pm (runners headed north)

Coordinates: 41.0705, -81.52658 (start/finish); 41.071404, -81.530364 (aid station by the volleyball courts)

Address: Canal Place, 540 S Main St #112, Akron, OH 44311 (start/finish); 123 W Bartges, Akron, OH 44311 (aid station by the volleyball courts)

OHIO CANAL INTERCEPTOR TUNNEL (OCIT): Mile 56.1, 82 (Turnaround to Ira), 98.4

Amenities: full aid, crew access, portapotties, pacer access for runners in both directions

Coordinates: 41.094313, -81.521773

Address: 155 Otto Street, Akron, OH 44313 (parking on Otto and Boder Streets; overflow parking at Mustill Store, 57 W North Street)

SECOND SOLE AKRUN: Mile 60, 78.1, 85.9, 94.5

Amenities: full aid, crew access, pacer access for runners in both directions, portapotty, timing mat

Cutoffs: 11:30 am on Sunday (runners headed south the 2nd time)

Coordinates: 41.13471, -81.54946 (note that parking and aid station are behind Second Sole Akrun)

Address: 1466 North Portage Path, Akron, OH 44313

IRA TRAILHEAD: Mile 64.3 (continue to Lock 29), 73.8, 90.2 (turnaround and head south/home!)

Amenities: full aid, restroom, crew access, pacer access for runners in both directions

Cutoffs: 10:00 am (runners headed south)

Coordinates: 41.18369, -81.58208

Address: 3801 Riverview Road, Peninsula, OH 44264

LOCK 29: Mile 69 – Turnaround and head south to OCIT

Amenities: full aid, restrooms (other end of parking lot), NO CREW & NO PACERS (or else!)

RACE DAY COMMUNICATION

The best contact for crew members to speak to race staff is through aid station captains. If you need something or have questions during the race, approach an aid station where crew are allowed and ask for the aid station captain.

RUNNER TRACKING

The tracking link will be provided a few days before the race so that you can see when your runner crosses timing mats at Canal Fulton, the Southern Turnaround at Eddie's Bike Shop, Missing Falls, OCIT, Second Sole, Ira, and Lock 29.

LAST MINUTE SUPPLIES

Visit our sponsor Second Sole Akrun at 1466 N Portage Path, Akron, OH 44313 for nutrition, hydration and gear needs. Their staff is packed with talented runners who know The Towpath

and running gear inside and out. They are also located at the Second Sole Akron aid station location of our course. <https://www.facebook.com/secondsoleakrun/>

MAPS

The course map and aid stations are available [here](#).

WEATHER

Daily average temperatures on October 7:

- High: 66 Record: 83
- Low: 48 Record: 39
- Day average: 57

Sunrise/Sunset Times for October 7

- Sunrise: 7:29 am
- Sunset: 6:59 pm

LODGING

Courtyard by Marriott, Akron Downtown and **Blu-tique Hotel by Marriott** are the closest options to the start/finish (probably around 5 minutes away). 41 Furnace Street, Akron, OH 44308 and 1 South Main Street, Akron, OH 44308, respectively. We have a group rate of \$149/night at the Akron Downtown location from October 6-8. Use this link to get the group rate: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1678723892074&key=GRP&app=resvlink>

There's a **Hilton**, **Hilton Garden Inn** and **Sheraton** within a reasonable driving distance to the start/finish as well.

PRE-RACE MEAL SUGGESTIONS

Missing Falls Brewery (RACE HEADQUARTERS!)

- www.missingfalls.com
- 540 S Main St #112, Akron, OH 44311
- Remember that they'll also have brunch on Sunday starting at 7:00am

Sushi Katsu (around the corner from Second Sole, entrance in back of building)

- 1446 N Portage Path, Akron, OH 44313

Mustard Seed Market (great for breakfast, brunch, lunch, and dinner. A local favorite.)

- <https://www.mustardseedmarket.com/locations/highland-square/>
- VEGAN/VEGETARIAN friendly

Lock 15 Brewing (excellent food and great beer right along the Towpath!)

- <https://www.lock15brewing.com/>
- 21 W. North St., Akron, OH 44304

Luigi's Pizza

- 105 N Main St, Akron, OH 44308
- Cash only!

ON COURSE AREAS OF INTERES

1. Missing Falls	
	<p>Restaurants:</p> <ul style="list-style-type: none">● Missing Falls Brewery!● R.Shea Brewing (around the corner from Missing Falls)● Lock 15 Brewing● Crave● Eddie’s Famous Cheesesteaks● El Patron● NOMZ https://www.nomzeatz.com/● Luigi’s Pizza https://luigisrestaurant.com/ <p>Coffee</p> <ul style="list-style-type: none">● Akron Coffee Roasters: 30 N High St, Akron, OH 44308 https://www.akron.coffee/ <p>Grocery Stores:</p> <ul style="list-style-type: none">● ALDI 772 S Main Street Akron, OH 44311● Market District 2687 State Rd, Cuyahoga Falls, OH 44223● Mustard Seed Market 867 W Market St, Akron, OH 44303
2. Manchester Road	
	<p>Restaurants:</p> <ul style="list-style-type: none">● Magic City Brewery 2727 Manchester Rd, Akron, OH 44319 <p>Grocery Stores + Supplies:</p> <ul style="list-style-type: none">● Marc’s 360 E Waterloo Road● Giant Eagle 484 E Waterloo Road

3. Wolf Creek	
	<p>Restaurants:</p> <ul style="list-style-type: none"> • Ignite Brewing Company 600 W Tuscarawas Ave, Barberton, OH 44203 <p>Coffee:</p> <ul style="list-style-type: none"> • Kave Coffee Bar 584 W Tuscarawas Ave, Barberton, OH 44203
4. Canal Fulton (Cherry Street)	
	<p>Restaurants:</p> <ul style="list-style-type: none"> • Sisters Century House Restaurant (breakfast) 123 Canal St S, Canal Fulton, OH 44614 • Peace Love & Little Donuts 2378 Locust St S, Canal Fulton, OH 44614 <p>Coffee:</p> <ul style="list-style-type: none"> • Speakeasy Coffee 128 Canal St N, Canal Fulton, OH 44614 <p>Supplies:</p> <ul style="list-style-type: none"> • Brimstone Bikes & Brimstone Adventures 133 Canal St S, Canal Fulton, OH 44614
5. Crystal Springs	
	<p>** You're welcome at the Towpath Cabinn</p> <ul style="list-style-type: none"> • 4462 Erie Ave NW, Massillon, OH 44647 <p>Say hi to Mike, he is a BT50k Runner. Crystal springs trailhead is .25 miles north and has parking.</p>
6. OCIT	
	<p>Restaurants</p> <ul style="list-style-type: none"> • Lock 15 Brewing 21 West North Street, Akron, OH 44304
7. Second Sole	
	<p>Restaurants</p> <ul style="list-style-type: none"> • R.Shea Brewing 1662 Merriman Rd, Akron, OH 44313 • Merchant Tavern 1824 Merriman Rd, Akron, OH 44313 • Portage Crossing Shopping Center with Restaurants and Grocery: <ul style="list-style-type: none"> ○ Market District: 2687 State Rd, Cuyahoga Falls, OH 44223 ○ Aladdin's (Mediterranean) • Valley Café (breakfast!) 1212 Weathervane Ln, Akron, OH 44313 • Sushi Katsu 1446 N Portage Path, Akron, OH 44313

8. Ira	<p>Restaurants:</p> <ul style="list-style-type: none"> ● Winking Lizard (bar/restaurant): 1615 Main St Peninsula, OH 44264 <p>Nearby areas Of Interest in the Cuyahoga Valley National Park:</p> <ul style="list-style-type: none"> ● Beaver Marsh Boardwalk 3801 Riverview Rd, Peninsula, OH 44264 ● Countryside Farmers Market (Saturday from 9-noon) https://countrysidefoodandfarms.org/ ● Brandywine Falls 8176 Brandywine Rd, Sagamore Hills, OH 44067
9. Lock 29	Remember: no crew or pacers allowed at the trailhead!
	<p>Lunch & Grocery</p> <ul style="list-style-type: none"> ● Purplebrown Farmstore – great non-alcoholic drinks, snacks, groceries, sandwiches from local food sources 1619 Mill St W, Peninsula, OH 44264