Participant Guide Run with Scissors

Start times:

5:00am Double Marathon

7:00am Marathon

9:00am Half Marathon

Address: 1151 LEDGE RD HINKLEY OH 44233. USE GOOGLE MAPS!!! APPLE MAPS MAY LEAD YOU TO THE WRONG PLACE!!!

Parking: parking is available at the start/finish area (Ledge Pool). Please park carefully and carpool if you can. The race is nearly sold out and probably will sell out completely by race day. Note that there are 3 start times and we need to leave space for all participants, so there will not be crew or spectator parking until after 9:00 (unless they are your ride).

Packet Pickup will be at 1151 Ledge Rd., Hinckley, OH US 44233 starting at 4:30am on race day for the Double Marathon and continuing until 8:45am for the other distances. The restrooms will be open for you- there is a stand-alone restroom opposite the lodge and more around the right-hand side of the lodge.

Drop bags are allowed for the double marathon and the marathon. You can leave them at the start so you can access them when you come through the 13.1-ish mile loop. The lodge may not be open for the double marathon/marathon starts, but you will be able to leave your bags, and we will move them inside once the park opens it. Please make sure they are labeled with your last name and distance so that we can organize them. Drop bags should be either 2-gallon plastic bags or small dry bags. You may also use your car as your personal aid station if you wish- the marathon and double marathon will pass through the parking lot on subsequent loops.

There will be 3 aid stations- one at the start/finish (FULL), one at Rt 606 (roughly 2.6 miles, FULL) and Parker Rd (roughly 7.7 miles, FLUIDS ONLY). There is absolutely no crew access at the remote aid stations! You will be disqualified if your crew/family attempt to park at these locations. There is NO room to park. If your crew wants to see you, they can park at the Spillway at 910 Bellus Rd, Hinkley OH 44233 (sign at East Rd), it's about mile 5 or so. They can also see you when you come through the start/finish after 9:00.

Full Aid stations will have water, Gatorade, chips, pickles, fruit, PB & J (some will be Gluten free), fruit snacks and/or gels, candy, etc. We will have hot ramen available later in the day for the marathon/double marathon.

Headphones: STRONGLY discouraged for the following reasons: there is an open road section where you will have to listen for traffic; there will very likely be horses on the trails so you will need to hear directions from the riders (you need to yield to the horses always); you will need to hear any and all instructions from the folks at the aid stations, etc.

Course: will be marked on the right-hand side with FGRC logoed white flags with reflectors and arrow signs at most of the turns. Some of the turns will be marked with 3 flags leading up to the turn and 3 flags in the direction of the turn.

Cutoff: there will be a cutoff of 9:00pm for all distances. This means 16 hours for the double, 14 hours for the marathon, and 12 hours for the half marathon.

Dropping out of the race: please notify a volunteer if you intend to drop. We like to keep track of everyone and make sure you are all safe out there!

Leave no trace: we are guests at the park so please do not throw trash on the trails. Please plan on using a handheld water bottle, waist belt, or hydration vest, as we will be very limited in the number of cups available at aid stations.

Questions? Please email the race director at jen@fastgirlsrunningcompany.com. Do not post questions on Facebook or send them in messenger, as I am not monitoring this race week. I also will not be answering questions on race day, and the day before I will be out marking the trail for you.

Thank you

Jennifer Douglas, Race Director