



The 2nd Annual

Canal Corridor 100 Mile Endurance Run

100 Miles on The Towpath Trail

July 7 & 8, 2018

Runner's Information

Running Forward and Giving Back

A Northeast Ohio Trail Running Series

<https://runningforwardandgivingback.com>

Feb 25, 2018 V.7.4 Race schedule/details updates



OVERVIEW

BBA50K, Inc., with Run To Share, will present the Inaugural Canal Corridor 100 Mile Endurance Run on July 7 & 8, 2018. The Canal Corridor 100 Mile Endurance Run will be held on existing portions of the Towpath Trail in Cleveland, Akron and Canton, Ohio. An expected field of 150 runners is anticipated. Profits from this event will be donated to the Conservancy for the Cuyahoga National Park, Canalway Partners and the Ohio and Erie Canal Coalition, non-profit organizations that oversee and help maintain the Towpath Trail systems in Northeast Ohio.

Background

One hundred miles. The distance no longer terrorizes. Could 100 miles be the new marathon? "So many have proven they can finish a marathon," says Greg McMillan, of McMillan Running coaching services. "Now, they want the next challenge. It's a natural evolution."

Statistics indicate McMillan is right: 100-mile finishes in the United States have increased from 1,378 to 7,029 since 2003. In 2014, the number grew by 17 percent.

100 mile trail races will not threaten the marathon anytime soon; last year, the New York City Marathon had 50,530 finishers. But statistics show a comparable stage of the race's development: During the early running-boom year of 1976, an estimated 25,000 people finished U.S. marathons. Last year, 34,180 Americans finished ultra distance races. Worldwide, the number was 208,181.

The Inaugural Canal Corridor 100 Mile Endurance Run builds on this new worldwide trend and offers a new 100 mile challenge on the relatively flat Towpath trail. Perhaps excellent for beginners or for those

who are looking to set a new personal best, the only major variable is the weather. Northeast Ohio weather in July can be hot and humid, with average temperatures from 85-93 degrees and 80% humidity.

Objective

The objective of this project is to provide a successful, enjoyable, and safe race/run to help raise funding and awareness for trail preservation and to promote the Ohio and Erie Canal Corridor. It is the goal of this project to continue support for the Conservancy for the Cuyahoga National Park's Trails Forever Endowment Fund and also help provide funding to develop and enhance the canal corridor experience for visitors.



The Course

The run starts and finishes at Lock 3 in downtown Akron. At 5:00 am the runners start running south to the turnaround at Saint Helena Heritage Park. They will run north back through Lock 3 and continue to the turnaround at the Leonard Krieger Canalway Center in Cuyahoga Heights. The runners then run south to the finish at Lock 3.

There are eleven aid stations approximately every 5-7 miles apart throughout the course. The runners use most of the aid stations at least twice. The aid stations will be staffed by volunteers and will offer water, sports drink and various food items. First Aid will be available throughout the course from local EMS.

Cups will be not be available so carry a water bottle. Although this is a relatively flat course the heat and humidity will combine to dehydrate you. Hydrate and carry water.

ZERO Waste Race

The Canal Corridor 100 Mile Endurance Run goal is to become a Zero Waste Race. In 2017 we will approach this goal by separating recyclable materials from waste materials. We plan to reduce the amount of plastic utensils and paper products at the aid stations and will encourage runners to use their own water bottles. It's summer and it is hot! Your help in not littering on the Towpath and only using waste containers at the aid stations will help us move the race toward a Zero Waste Race.

A National Heritage Area ... and a National Treasure

The Ohio & Erie Canalway is a National Heritage Area — designated by Congress in 1996 — to help preserve and celebrate the rails, trails, landscapes, towns and sites that grew up along the first 110 miles of the canal that helped Ohio and our nation grow.

Annually, more than 2.5 million Americans find their way to the iconic 81+ mile Towpath Trail running through the heart of the Canalway. The historic Cuyahoga Valley Scenic Railroad and the nationally designated America's Byway offer alternate Canalway travel options through the National Heritage Area. Whether birding, hiking, bicycling or traveling by horseback, trail, rail or Byway — the cultural, historic, recreational and natural resources of the Ohio & Erie Canalway add quite a bit to the quality of life in the counties of Cuyahoga, Summit, Stark and Tuscarawas in Northeastern Ohio.

Within our borders — stretching 110 miles from Cleveland to New Philadelphia — you'll find the Cuyahoga Valley National Park, the Cuyahoga Valley Scenic Railroad, the County Park Districts of Cuyahoga, Summit, Stark and Tuscarawas Counties all working together with communities and organizations to restore, build and replenish the cultural, historical, natural and recreational resources of the region that collectively tell our story.

It's been a source of economic strength for Ohio as well. Since receiving its National Heritage Area designation in 1996, the Ohio & Erie Canalway has leveraged upwards of \$350 million in federal, state, local and private investments throughout the region. Of that total, \$85 million in leveraged investments have taken place along the Towpath Trail itself. In many respects, it's an historic return on the \$12 million in

National Park Service funding that the Ohio & Erie Canalway Association has been awarded and is distributing through a combination of grants and technical assistance to regional partners.

The collaborative community spirit at the heart of every National Heritage Area remains the hallmark of Ohio & Erie Canalway programs and projects that continue to help Ohio and our nation grow.

RACE INFORMATION

SCHEDULE OF EVENTS

Friday, July 6, 2018 - Packet pickup, check in will be at Lock 3 in Downtown Akron, 200 South Main Street, Akron OH 44308.

The race starts at 5:00 a.m. EST, Saturday, July 7, 2018 at Lock 3 on the Towpath Trail in Downtown Akron, Ohio. There is a 30-hour time limit.

The finish line is also at Lock 3 in Downtown Akron, Ohio. The race ends at 11:00 a.m. on Sunday, July 8, 2018. All registered runners' registration includes post-race pancake breakfast for one person. Additional pancake breakfast tickets for family/crew are 5 dollars/person (available at check-in).

Friday, July 6	Check-in and Packet Pickup *Discount pasta dinner coupon at Spaghetti Warehouse provided in the race bag*	2:00pm - 7:00 pm
	Deadline for Drop Bags	7:00 pm
Saturday, July 7		

STARTING LINE	Lock 3 Report in at Start Line	3:30 am - 4:30 am 3:30 am - 4:15 am 5:00 am SHARP
	ALL RUNNERS MUST CHECK IN AT START LINE	
	Runner Bag pickup for Late Arrivals	
	Race Start	
FINISH LINE	Lock 3	11:00 a.m. cut-off
Sunday, July 8	Pancake Breakfast Begins	7:00 am
	Race Closes / Awards	11:00 am

AID STATION/ CREW ACCESS/DROP BAG INFORMATION

<u>Aid Station</u>	<u>Mile</u>	
Lock 3	Start	crew access, drop bags
Manchester Road	5.41	self serve - water only
Wolf Creek	9.61	aid, water, Gatorade, fresh fruit, pretzels, raisins, P&B, cookies, candy
Franklin	14.41	self serve - water only
St. Helena	19.94	turnaround – aid, crew access, drop bags
Franklin	25.47	self serve - water only
Wolf Creek	30.27	aid, water, Gatorade, fresh fruit, pretzels, raisins, P&B, cookies, candy
Manchester Road	34.47	self serve - water only

<u>Aid Station</u>	<u>Mile</u>	
Lock 3	39.88	aid, crew access, drop bags
Portage Path/Second Sole	45.77	aid, crew access, drop bags
Indigo Lake	51.08	self serve - water only
*Boston Store	57.40	aid, drop bags, ABSOLUTELY NO CREW ACCESS
Station Road Bridge	61.48	self serve - water only
Exploration Center	66.43	aid, crew access, drop bags
Church on the NC	69.94	turnaround – aid
Exploration Center	73.45	aid, crew access, drop bags
Station Road Bridge	78.04	self serve - water only
*Boston Store	82.48	aid, drop bags, ABSOLUTELY NO CREW ACCESS
Indigo Lake	88.80	self serve - water only
Portage Path/Second Sole	94.11	aid, crew access, drop bags
Lock 3	100.00	Finish

AID STATION LOCATIONS AND HOURS

AID STATION	LOCATION	HOURS OPEN/CUT-OFF TIMES
Lock 3	200 S. Main Street Akron 44308	9:30 a.m. – pass through cut off 5:00 p.m.
Manchester	2740 Manchester Road Akron 44319	5:30 a.m. – 3:15 p.m.
Wolf Creek	33 Snyder Avenue Barberton 44203	6:10 a.m. – 2 p.m.
Franklin	2328 Center Road New Franklin 44216	6:35 a.m. – 12:35 a.m.
St. Helena	125 Tuscarawas St NW Canal Fulton 44614	7:15 a.m. – pass through cut off 11:00 a.m.

Portage Path/Second Sole	1466 North Portage Path Akron 44313	10:30 a.m. – 10:00 a.m. Sunday
Indigo Lake	4300 Riverview Road Peninsula 44264	11:30 a.m. – 8:18 a.m. Sunday
Boston Store	1550 W. Boston Mills Road Peninsula 44264	12:20 p.m. – 6:20 a.m. Sunday
Station Road	13513 Station Road Brecksville 44141	1:15 p.m. – 4:30 a.m. Sunday
Exploration Center	7104 Canal Road Valley View 44125	1:30 p.m. – 3:45 a.m. Sunday
Church on the NC	7635 Granger Rd, Valley View, OH 44125	2:15 p.m. – pass through cut off 2:15 a.m. Sunday

PACER PICK UP

A runner may have a pacer at the Canalway Exploration Center at mile 66.43. Pacers must first check in at the Canalway Exploration Center aid station to let us know what runner you will be pacing. You will also be asked to sign a waiver.

DROP BAGS

Please mark aid station bags with the aid station name and your race number clearly. Aid Station personnel will use the numbers on the bags to organize them so you can find your bag when you need it.

Please also be sure to include your name on your drop bag tag. Your name is essential so that if your crew members go to an aid station to pick up your bag after you have no further need of it at that location; they retrieve YOUR bag and not one with a similar number.

All bags will be returned to Lock 3 after the aid station has closed.

REFUND POLICY: No Refunds

TRANSFER POLICY: No Transfers

DISTANCE BETWEEN AID STATIONS

AID STATION	MILE	DISTANCE TO NEXT AID
Lock 3	0	5.41
Manchester Rd.	5.41	4.20
Wolf Creek	9.61	4.80
Franklin	14.41	5.53
St. Helena	19.94	5.53
Franklin	25.47	4.80
Wolf Creek	30.27	4.20
Manchester Rd.	34.47	5.41
Lock 3	39.88	5.89
Portage Path/Second Sole	45.77	5.31
Indigo Lake	51.08	6.32
Boston Store	57.40	4.44
Station Road	61.84	4.59
Exploration Center	66.43	3.51
Church on the NC	69.94	3.51
Exploration Center	73.45	4.59
Station Road	78.04	4.44
Boston Store	82.48	6.32

Indigo Lake	88.80	5.31
Portage Path/Second Sole	94.11	5.89
Lock 3	100.00	Finish

VOLUNTEER OPPORTUNITIES

Family and friends who will not be crewing for a runner are encouraged to volunteer at an aid station during the race. Aid station volunteers provide assistance to all runners during their shift but also have an opportunity to pay special attention to their own runner too. Registered volunteers will receive an official Canal Corridor 100 race t-shirt and are welcome to join us at the Sunday breakfast at no charge. Please see the volunteer page at <https://runningforwardandgivingback.com/canal-corridor-100> if you are interested in volunteering.

About Us

Northeast Ohio harbors some of the country's most beautiful trails and also hosts runners with big hearts who care about their community. Five race directors with a similar vision have come together to form a partnership to provide non-profit first rate low cost or free trail racing experiences, while organizing efforts giving back to our communities in need. Running Forward and Giving Back was formed in 2018 and includes Canal Corridor 100 in a series of eight races.

Bill Wagner and Bill Bailey, two Northeast Ohio ultra- distance runners who wanted to give back to the community, established BBA50K, Inc. Now in its 10th year, their signature 50K trail race, Bills Bad Ass 50K, is free to the participants yet raises enough money to support various local non-profit organizations. BBA50K joined with Doan Creek Trail Race in 2017 and donated over \$9,000 to area charities.

Run To Share is a newly recognized 501(c)(3), approved by the IRS as a tax-exempt, charitable organization. Their purpose is to promote and manage sporting events. Run To Share donates the proceeds from their events to other charitable organizations and to those in need.

Our organization brings over 75 cumulative years of race management together to create a new race that will build on the foundation of our unique park system while offering participants a great venue and a great celebration of running in an historic setting.

For more information please contact:

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RACE PARKING/DIRECTIONS

Lock 3, located in the middle of downtown Akron, is surrounded by several parking decks and a surface lot. The decks include the Summit County Parking Deck on High Street, the O'Neil's Parking Deck on State Street and the Cascade Parking Facility off of Mill Street. Surface lots are located on W. Bowery Street west of Main Street. Packet pickup will take place in a room located next to the Akron Children's Museum at Lock 3. The address is 200 South Main Street, Akron, Ohio 44308.

State St. Parking Deck (most convenient race parking)

52 W State St
Akron, OH 44308
330-375-2628

HOURS: Mon.-Fri. 7 a.m-11 p.m.

Rates:

0-30 minutes - \$1

31-60 minutes - \$2

Monday through Thursday, 6 p.m. through 6 a.m. - \$2 Flat rate

Fridays after 6 p.m. – Free

Saturdays, Sundays and Holidays - Free

\$7 daily max.

Clearance is 8'2"

Alternate Race Parking

The State Street Parking Deck is the closest deck to Lock 3. Most likely there will be a concert and/or baseball game going on Friday evening, July 7. If this is the case, the State Street parking deck may be full Friday evening causing problems with Friday evening packet pick up. Alternate parking is available in the Cascade Parking Deck. This parking deck is a little confusing to navigate, but still conveniently close to Lock 3. When you enter this parking deck, proceed straight ahead up a small ramp. At the top of the ramp, to your left, will be the Orange Section, Level 2 visitor's parking. You may park anywhere on Level 2 but

be sure to look for the sliding glass doors after you park your vehicle. These doors will lead you outside to Lock 3.

Cascade Parking Deck

10 W Mill St
Akron, OH 44308
330-375-2595

HOURS: 24 Hours, 7 Days

Rates:

0-30 minutes - \$1

31-60 minutes - \$2

Monday through Thursday, 6 p.m. through 6 a.m. - \$2 Flat rate

Fridays after 6 p.m. – Free

Saturdays, Sundays and Holidays - Free

\$6 daily max.

Clearance is 6'4".

Directions to Lock 3

From Cleveland

Take I-77 South to Main St/Broadway, Exit 22A. Turn left on Broadway. Turn left on State St. Turn right on S Main St. Lock 3 is on the left.

From Youngstown, Kent and other points east

I-76 West to Main St/Broadway, Exit 22A. Exit right on to Broadway. Turn left on State St. Turn right on S Main St. Lock 3 is on the left.

From Canton and points south

I-77 North to Main St/Broadway, Exit 22A. Exit right onto Broadway. Turn left on State St. Turn right on S Main St. Lock 3 is on the left.

From Stow/Hudson via Route 8 South

Exit at Perkins Street. Turn right on Perkins. Follow to Main Street and turn left. Lock 3 is three and a half blocks ahead on the right.

From Medina and other points west

Take I-77 South to Main St/Broadway, Exit 22A. Turn left on Broadway. Turn left on State St. Turn right on S Main St. Lock 3 is on the left.