



The 3rd Annual
Canal Corridor 100 Mile
Endurance Run

100 Miles on The Towpath Trail
<https://runningforwardandgivingback.com/canal-corridor-100>

July 13 & 14, 2019

Runners' Packet

Presented on behalf of Running Forward/Giving Back

July 9, 2019 V6.8

Correction to some closing times

Major Course Revisions

Towpath Closed Between Boston Mills & Highland Rd

From CVNP "Similarly, to last year, we need to look at an alternative course on the Towpath in 2019, as well as the next couple of years, due to the large number of construction projects along the Towpath (about 10), which will likely cause unexpected closures of the trail between Lock 29 and Station Road Bridge. For this reason, the park will be placing a temporary hold on all permits on the Towpath Trail from Station Road Bridge to Lock 29 in Peninsula through December 31, 2021. Rather than issue permits with the knowledge that events may have to be cancelled, we have decided not to issue permits until these projects are completed. "



OVERVIEW

Running Forward/Giving Back will present the 3rd Annual Canal Corridor 100 Mile Endurance Run on July 13 & 14, 2019. 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 again 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.

Although our goal is and has been to create a point-to-point 100-mile course using the towpath, continuing enhancements to the trail along with the subsequent closures of the towpath for these improvements cause us to revise the 2019 course. For the safety of the runners, crew and friends, the 3rd Annual Canal Corridor 100 Mile Endurance Run on July 13 & 14, 2019, will be an out and back course, starting and finishing at Camp Tuscazoar, in Dover OH. The turnaround will be at the Wolf Creek Aid Station at about 50 miles. There is camping, cabins and plenty of parking at Camp Tuscazoar.

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 2018, 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 Canal Corridor 100 Mile Endurance Run builds on this new worldwide trend and offers a 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. In 2018 runners caught a break with low humidity and 80 degrees.

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

“Similarly, to last year, we need to look at an alternative course on the Towpath in 2019, as well as the next couple of years, due to the large number of construction projects along the Towpath (about 10), which will likely cause unexpected closures of the trail between Lock 29 and Station Road Bridge. For this reason, the park will be placing a temporary hold on all permits on the Towpath Trail from Station Road Bridge to Lock 29 in Peninsula through December 31, 2021. Rather than issue permits with the knowledge that events may have to be cancelled, we have decided not to issue permits until these projects are completed. “CVNP

The 3rd Annual Canal Corridor 100 Mile Endurance Run begins at Camp Tuscazoar in Dover, Ohio. Runners will begin by heading south on the Zoar Valley Trail to the intersection of Township Roads T306 and T132, the Whitebridge Road Aid Station and the southernmost point of the course. Leaving Whitebridge to the north, the next aid is Red Bridge. then at Canal Lands Park, Canal Bend, Craig Pittman Memorial Park, John Glenn Grove, Lake Avenue and Butter Bridge Road on the way to St. Helena aid station in Canal Fulton. Franklin is next then the new turnaround at 50.1 miles at Wolf Creek. After the runaround, heading south using all the same aid stations until the White Bridge Road turnaround then heading north to the uphill finish back at Camp Tuscazoar.

The aid stations are approximately every 5-7 miles apart throughout the course. 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. Over 200 volunteers will assist the runners in their personal challenge to run 100 miles.



ZERO Waste Race

The Canal Corridor 100 Mile Endurance Run goal is to become a Zero Waste Race. In 2019 we will approach this goal by separating recyclable materials from waste materials. We also plan to reduce the number of plastic utensils and paper products at the aid stations.

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 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.

Stretching 110 miles from Cleveland to New Philadelphia — the Cuyahoga Valley National Park, the Cuyahoga Valley Scenic Railroad, the County Park Districts of Cuyahoga, Summit, Stark and Tuscarawas Counties all work 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 12, 2019 - Packet pickup and check in will be at Camp Tuscazoar, 6066 Boy Scout Rd NE, Dover, OH 44622. Phone: (330) 859-2288, from 2:00 pm to 7:00 pm.

Saturday, July 13, 2019 - The race starts at 5:00 a.m. Camp Tuscazoar, 6066 Boy Scout Rd NE, Dover, OH 44622. Phone: (330) 859-2288. There is a 30-hour time limit.

For 2019 this will be an out and back course. The finish line is 100 miles away back at Camp Tuscazoar. **The race ends at 11:00 am on Sunday, July 14, 2019.** All registered runners' registration includes a post-race breakfast for one person.

Friday, July 12	Camp Tuscazoar Check-in and Packet Pickup	2:00 pm - 7:00 pm
	Deadline for Drop Bags	7:00 p.m.
Saturday, July 13	Camp Tuscazoar – Race Start	
STARTING LINE	Camp Tuscazoar Report in at Start Line ALL RUNNERS MUST CHECK IN AT START LINE Runner Drop Bag pickup for Late Arrivals Race Start	3:30 am - 4:30 am 3:30 am - 4:15 am 5:00 am SHARP
Sunday, July 14	Finish line Camp Tuscazoar	11:00 a.m. cut-off
	Open Brunch Begins	7:00 am
	Race Closes / Awards	11:00 am

AID STATION/ CREW ACCESS/DROP BAG INFORMATION

Aid Station	Mile	Distance	Open	Close		
Camp Tuscazoar	0	3.5	4:00 AM	5:00 AM	Start	DROP Bags
White Bridge Road	3.5	4	5:20 AM	6:20 AM	MR	Full Aid Station
Red Bridge Road	7.5	3.3	5:30 AM	7:30 AM	MR	Full Aid Station
Canal Lands	10.8	6.1	6:00 AM	8:30 AM	MCR	Full Aid Station DROP BAGS
Canal Bend	16.9	5.3	7:00 AM	10:20 AM	U	self-serve water stop/ice
Craig Pittman Park	22.2	3.6	7:30 AM	12:00 PM	MCR	Full Aid Station
John Glenn Grove	25.8	5.2	8:00 AM	1:15 PM	MCR	Full Aid Station
Canoe Livery/Lake	31.0	5.7	8:45 AM	2:45 PM	MCR	Full Aid Station
Butter Bridge Road	36.7	3.1	10:00 AM	4:20 PM	U	self-serve water stop/ice
St Helena	39.8	5.5	9:50 AM	11:15 PM	MCR	Full Aid Station, DROP BAGS
Franklin	45.3	4.8	10:45 AM	9:40 PM	U	self-serve water stop/ice
Wolf Creek	50.1	4.8	11:15 AM	8:15 PM	MCR	Full Aid Station DROP BAGS
Franklin	54.9	5.5	10:45 AM	9:40 PM	U	self-serve water stop/ice
St. Helena	60.4	3.1	9:50 AM	11:15 PM	MCR	Full Aid Station, DROP BAGS
Butter Bridge Road	63.5	5.7	1:15 PM	12:00 AM	MCR	self-serve water stop/ice
Canoe Livery/Lake	69.2	5.2	2:00 PM	2:00 AM	MCR	Full Aid Station
John Glenn Grove	74.0	3.6	3:00 PM	3:30 AM	MCR	Full Aid Station
Craig Pittman Park	78.5	5.3	3:10 PM	4:30 AM	MCR	Full Aid Station
Canal Bend	83.3	6.1	4:00 PM	6:00 AM	U	self-serve water stop/ice
Canal Lands	89.4	3.3	4:30 PM	8:10 AM	MCR	Full Aid Station, DROP BAGS
Red Bridge Road	92.7	4.0	5:00 PM	9:00 AM	MR	Full Aid Station
White Bridge Road	96.7	3.5	5:30 PM	10:15AM	MR	Full Aid Station
Camp Tuscazoar	100.2		6:10 PM	11:00 AM	Finish	DROP BAGS

M-Manned U-Unmanned C-Crew R-Restrooms

AID STATION LOCATIONS AND HOURS

AID STATION	LOCATION	HOURS OPEN/CUT-OFF TIMES
Camp Tuscazoar	6066 Boy Scout Rd NE, Dover, OH 44622 Phone: (330) 859-2288	5:00 am to 11:00 am Restrooms, crew access
Whitebridge Road	Aid station located near the gate 4101-4185 White Bridge Rd. NE Dover, OH 44622	5:20 am to 6:20 am Saturday 5:15 pm Saturday to 10:15 am Sunday
Red Bridge Road	6914 Old Zoarville Rd., NE Zoarville, OH	5:30 am to 7:30 am Saturday 5:00 pm Saturday to 9:00 am Sunday, Restrooms
Canal Lands Park	8645 Dover Zoar Rd NE, Dover, OH 44622	6:30 am to 8:30 am Saturday 4:30 pm Saturday to 8:10 am Sunday Restrooms, crew access, DROP BAGS
Canal Bend	10811 Shepler-Church Road Bolivar OH 44612	7:00 am to 10:20 am Saturday 4:00 pm Saturday to 6:00 am Sunday, water/ice only, crew access, limited parking
Craig Pittman Memorial Park	8042-8062 Hudson Dr. SW, Navarre, OH 44662	7:30 am Saturday to 4:30 am Sunday Restrooms, crew access
John Glenn Grove	9394 Warmington St. SW; Navarre, Ohio 44646	8:00 am Saturday to 3:30 am Sunday, Restrooms, crew access
Trailhead Canoe Livery/Lake Ave.	135 Lake Ave, NW Massillon, OH 44647	8:45 am Saturday to 2:00 am Sunday, Restrooms, Crew Access
Butterbridge Bridge Road	Butterbridge Trailhead 5513 Butterbridge Rd. NW Canal Fulton, Ohio 44614	10:00 am Saturday to 12:00 am, water/ice only
St. Helena	Coach House Floral Parking Lot 146 Market St. W Canal Fulton 44614	9:50 am Saturday to 11:15 pm, Restrooms, crew access, DROP BAGS
Franklin	2328 Center Road New Franklin 44216	12:15 pm to 9:30 pm Saturday, water/ice only, crew access
Wolf Creek	33 Snyder Avenue Barberton 44203	11:15 am to 8:15 pm Saturday Restrooms, crew access DROP BAGS TURNAROUND

8:00 minute pace finishes in 13:30 hours, 18 minutes pace finishes in 30:00 hours

PACER PICK UP

A runner may have a pacer starting at the Wolf Creek Aid Station at mile 50.1. Pacers will have to sign a waiver. A runner may have a pacer at any Aid Station with crew access after mile 50.1. Waivers will be provided at each of those aid stations for pacers to sign. Transportation will not be provided. Pacers must find their own rides to or from an aid station

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 the bags 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 Camp Tuscazoar after the aid station has closed.

REFUND POLICY: No Refunds

TRANSFER POLICY: No Transfers

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 volunteer t-shirt. Please see the volunteer page at <https://runningforwardandgivingback.com/canal-corridor-100> if you are interested in volunteering.

PRE/POST RACE FOOD

Food, snacks and drinks will be available for purchase in the mess hall at Camp Tuscazoar during packet pickup on Friday, July 12 between 2:00 PM - 7:00 PM and on Sunday from 7:00 AM - 11:00 AM.

About Us

Running Forward and Giving Back present the 3rd Annual Canal Corridor 100 Mile Endurance Run.

Running Forward and Giving Back
Run hard

Be thankful

Give more than you take

Running Forward and Giving Back is a non-profit 501c3 organization consisting of eight NE Ohio trail races which share a mission to support runners, our precious parks, and local individuals or small organizations who require a helping hand.

Northeast Ohio includes some of the country's most beautiful trails and also hosts runners with big hearts who care about their community. Several 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.

Contact:

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RACE PARKING AND CAMPING

Packet pickup and check in will be at Camp Tuscazoar, 6066 Boy Scout Rd NE, Dover, OH 44622, from 2:00 pm to 7:00 pm. Friday. Camp Tuscazoar is also the finish line. You may also pick up your bib morning between 3:30 a.m. – 4:30 a.m.

There is also overnight parking and camping at the start line at Camp Tuscazoar, 6066 Boy Scout Rd NE, Dover, OH 44622. Call or go online to reserve camping sites or cabins.
<http://www.tuscazoar.org/index.html>

Phone: (330) 859-2288

More race information at: <https://runningforwardandgivingback.com/canal-corridor-100>