

CANAL CORRIDOR 100 MILE ENDURANCE RUN
2021 RUNNERS MANUAL V.1

Established in 2017, Canal Corridor 100 Mile Endurance Run starts and finishes in downtown Akron, Ohio and takes runners through portions of the exceptionally beautiful Towpath Trail in the Cuyahoga Valley National Park, Akron and Canton. The course is FAST, FLAT, SCENIC and INCLUSIVE and suitable for anyone looking to complete their first 100 miler or a seasoned ultrarunning veteran seeking to set a personal record. Aid stations are staffed by experienced ultra runners who know how to cater to the needs of endurance athletes.

Running Forward, Giving Back and Run To Share, two Ohio 501(c)(3) nonprofits, host and manage high-quality running events to organize the community around giving back to the people and places of Northeast Ohio. Our motto is run hard, be thankful, give more than you take.

Our events encourage runners from all over the map to experience the outdoors in a supportive, encouraging social setting while feeding the local economy and giving back to local nonprofits. Through our events just in the last year, we have contributed over \$42,000 of funds to the following small, local charities:

- Ohio & Erie Canalway Coalition
- Summit Metroparks Foundation
- Cleveland Metroparks Trails Fund
- Medina Battered Women's Shelter
- Girls With Sole
- Conservancy for Cuyahoga National Park
- Bath Parks
- Canalway Partners
- Edwins Leadership & Restaurant Institute
- Bessie's Angels
- East Cleveland Park Association
- Running2bWell
- Herren Project
- Feeding Medina County
- Friends of Crowell Hilaka
- Running Dog

Our races feature the quality of a for-profit event (chip race timing, certification and sanctioning, race directing and volunteer staffing, runner support and aid, medical and therapeutic services, race swag) coupled with the unrelenting mission to build up those in the worst conditions and situations among us within Northeast Ohio. In addition, we strive to highlight local, small businesses along the routes of our races.

RULE #1: NO HATE

Seriously. There are a bunch of rules we have to abide by to keep this event safe and smooth, but the most important one is that we expect that no one involved with our race will communicate hate or act on hate. This is a race intended to be about community. We love you all. We hope that you will treat others and yourself with the same love and respect.

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 occasionally yields to asphalt or concrete walkway. The start is in downtown Akron, Ohio and runners will travel south on the Towpath to Navarre, Ohio, approximately 35 miles, then returns north. You can obtain aid from the start/finish line – mile 68.7 - (and at your 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 Peninsula, Ohio before turning around to return to Akron, Ohio. There are aid stations approximately every 5-7 miles apart throughout the course.

NO REFUNDS, DEFERRALS OR BIB TRANSFERS

We recognize that things come up before race day that cause you to look for options for refunds, deferrals or bib transfers. Our policy is that we don't allow them at all. If you've registered, it's your responsibility to make it to the start line and give it a go. We don't want to make case-by-case determinations about these things.

PACKET PICKUP, PARKING & THE STARTING LINE

Packet pickup will be held on Friday, October 8th from 10:00am-7:00pm at Missing Falls Brewery, 540 S Main St, Suite 112, Akron, OH 44311 (Canal Place).

The start line and associated parking is at the same place as packet pickup. We'll have people directing traffic starting at 4:00am before the race. You must check in upon your arrival as you make your way from the parking area to the starting line. We'll have a mass start right at 5:00am. You'll have 30 hours to complete the race.

AID STATIONS

Full service aid stations will include Heed, water, coke, ginger ale, 7up, orange juice, ice, Hammer Nutrition gels, PB&J, bananas, M&Ms, chips, fruit cups, peanuts, and fig newtons. After 6:00pm, we'll have ramen, coffee and other hot foods for nighttime fueling. Please bring your own collapsible cup, handheld or bladder for hydration.

AID STATION DESCRIPTIONS

MANCHESTER ROAD TRAILHEAD: Mile 4.52 and 64.5

Amenities: unmanned water drop, restroom, crew access, pacer access going north

Coordinates: 41.0236, -81.55072

Address: 2740 Manchester Road, Akron, OH 44314

WOLF CREEK: Mile 8.8 and 60.2

Amenities: full aid, restroom, crew access, pacer access going north

Coordinates: 41.003814, -81.607699

Address: 33 Snyder Ave, Barberton, OH 44203

VANDERHOOF ROAD TRAILHEAD: Mile 11.04 and 57.9

Amenities: unmanned water drop, restroom, crew access, pacer access going north

Coordinates: 40.97811, -81.60534

Address: 2445 Vanderhoof Road, New Franklin, OH 44203

FRANKLIN: Mile 13.5 and 55.6

Amenities: full aid, restroom, crew access, pacer access going north

Coordinates: 40.947637, -81.617644

Address: 2328 Center Rd, New Franklin, OH 44216

CLINTON TRAILHEAD: Mile 14.91 and 54.1

Amenities: unmanned water drop, restroom, crew access

Coordinates: 40.92854, -81.63013

Address: 2749 North Street, Clinton, OH 44216

CANAL FULTON – ST. HELENA'S: Mile 18.90 and 50
Amenities: full aid, restroom, crew access, pacer access going north, drop bag access
Coordinates: 40.88777, -81.59698

CRYSTAL SPRINGS: Mile 23.9 and 45.2
Amenities: full aid, restroom, crew access
Coordinates: 40.846238, -81.537079
Address: 4503 Erie Ave NW, Canal Fulton, OH 44614

ERNIE'S BIKE SHOP: Mile 26.9 and 42.2
Amenities: unmanned water drop, restroom, crew access
Coordinates: 40.811720, -81.528669
Address: 135 Lake Ave NW, Massillon, OH 44647

JOHN GLENN GROVE TRAILHEAD: Mile 32.3 and 36.9
Amenities: full aid, restroom, crew access, drop bag access
Coordinates: 40.75167, -81.52815
Address: 9394 Warmington Street SW, Navarre, OH 44646

NAVARRE TURNAROUND AT CENTER STREET: Mile 34.30
Amenities: Timing mat, unmanned water drop, NO crew, NO restrooms

MISSING FALLS BREWERY: Mile 0, 69 and 100.28
Amenities: full aid, restroom, crew access, pacer access for runners headed north, access to your parked car, drop bag access
Coordinates: 41.0705, -81.52658
Address: Canal Place, 540 S Main St #112, Akron, OH 44311

MEMORIAL PARKWAY TRAILHEAD: Mile 72.2 and 97
Amenities: full aid, restroom, crew access, pacer access for runners in both directions
Coordinates: 41.10433, -81.5281
Address: 499 Memorial Parkway, Akron, OH 44310

SECOND SOLE AKRUN: Mile 75.3 and 94
Amenities: full aid, crew access, pacer access for runners in both directions, NO restrooms
Coordinates: 41.13471, -81.54946 (note that parking and aid station are behind Second Sole Akron)
Address: 1466 N Portage Path, Akron, OH 44313

BOTZUM: Mile 77.8 and 91.5
Amenities: unmanned water drop, restrooms, crew access
Coordinates: 41.159215, -81.574364
Address: 2928 Riverview Rd, Akron, OH 44313

IRA TRAILHEAD: Mile 79.5 and 89.8
Amenities: full aid, restroom, crew access, pacer access for runners in both directions, drop bag access
Coordinates: 41.18369, -81.58208
Address: 3801 Riverview Road, Peninsula, OH 44264

DEEP LOCK QUARRY: Mile 83.5 and 86
Amenities: unmanned water drop, crew access, NO restrooms
Coordinates: 41.232287, -81.551611
Address: 5779 Riverview Rd, Peninsula, OH 44264

LOCK 29: Mile 84.3 and 85
Amenities: unmanned water drop, restrooms, NO crew
Coordinates:
Address: 1648 Mill Street W, Peninsula, OH 44264

LOCK 29 TURNAROUND: Mile 84.66
Amenities: timing mat only, NO crew
Address: 1648 Mill Street W, Peninsula, OH 44264

RESTROOMS

At the start line and at most aid stations (see Aid Station Descriptions), we will have portapotties and handwashing stations devoted to the race.

DROP BAGS AND CREW

We will allow drop bags this year, but we also encourage you to bring a crew member to assist you along the course if you have special needs related to nutrition or hydration or aid.

Drop Bags must be brought to packet pickup to guarantee their correct placement on the course.

Drop bags will be located at the following aid stations:

- Canal Fulton (St. Helena)
- John Glenn Grove
- Missing Falls
- Ira

SCHEDULE OF EVENTS

Packet pickup and check in at Missing Falls Brewery on Friday October 8, 2021 from 10:00am-7:00pm.

Race Starts at 5:00 AM on Saturday, October 9, 2021 in Akron, Ohio.

There is a 30 hour time limit.

The finish line is back in Akron, Ohio. The race ends at 12:00pm on Sunday October 10, 2021.

Friday, October 8

10:00am – 7:00pm : Check-in

2:00pm – 6:00pm : Deadline for Drop Bags

Saturday, October 9

STARTING LINE – Akron, Ohio ALL RUNNERS MUST CHECK IN AT START LINE

3:30am – 4:30am: Runner Bag pickup for Late Arrivals

5:00am SHARP: Mass Start

FINISH LINE – Missing Falls Brewery

Sunday, October 10

7:00am: Missing Falls Opens

12:00pm: Race Closes / Awards

CUTOFF

30 hours calculated from the time you start (an 18:00 pace finishes in 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 4:00am, but please understand that you CANNOT gather in the parking area or at the starting line. Please stay in or with your vehicle until it is your turn to line up at the starting line 5 minutes before your assigned start time.

From Cleveland

Take I-77 South to Main St/Broadway, Exit 22A. Turn left on Broadway. Turn left on Thornton St. Turn right on S Main St. Missing Falls Brewery 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 Thornton St. Turn right on S Main St. Missing Falls Brewery 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 Thornton St. Turn right on S Main St. Missing Falls Brewery is on the left.

From Stow/Hudson via Route 8 South

Exit at Perkins Street. Turn right on Perkins/59. Follow to High Street and turn left. Turn right on Selle Street (go slow or you'll miss it!). Turn left on Main Street. Continue to Missing Falls Brewery 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 Thornton St. Turn right on S Main St. Missing Falls Brewery is on the left.

PACERS

Runners are responsible for their pacers and their pacer's compliance with our COVID-19 rules. Only one pacer per runner at any given time. Pacers may start at mile 50 (Canal Fulton). 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. Pacers cannot start at the Clinton Trailhead because it is unmanned. 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 manned aid stations starting at Mile 50.

CREW

Crew can access their runners and provide aid within 100 feet of any aid station. Crew CANNOT ride a bike alongside their runner. Crew cannot partake in the food at aid stations. 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. A Crew Guide is available.

COURSE MARKINGS

The entire course is marked in confidence turquoise blue flags with CC100 logos and surveyor ribbon attached to clothes pins at least every mile. If you don't see a confidence ribbon or flag in the course of a mile, you are either off

course or someone has tampered with our markings. Arrow signs with the Canal Corridor 100 logo will be placed along the course where needed. There will be a strip of reflective tape on each marker to aid you in navigating at night time. The Towpath is already well marked by permanent signage of several park systems. However, there are a few tricky spots that we'll use signage for.

LEAVING THE COURSE

You must inform an aid station captain that you are leaving the course. No riding in cars or other means of transportation is allowed during the event. Runners must re-enter the course exactly where they left it. The parking lot at the start/finish is accessible to runners (even though off-course) at mile 69. Please cross the timing mat before going to your car and then re-cross on your way out to continue your race.

MAPS

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

WEATHER

Daily average temperatures on October 9:

- High: 60 Record: 86
- Low: 45 Record: 31
- Day average: 53

Sunrise/Sunset Times for October 9 & 10

- Sunrise: 7:31am
- Sunset: 6:54 pm

LODGING

Courtyard by Marriott, Akron Downtown is the closest option to the start/finish (probably around 5 minutes away, but be aware of construction detours). 41 Furnace Street, Akron, OH 44308. We have a group rate of \$129/night here from October 8-10. Last day to book is September 11, 2021. <https://www.marriott.com/event-reservations/reservation-link.mi?id=1622219908927&key=GRP&app=resvlink>

BLU-tique Hotel, Downtown Akron is actually even closer and boasts this boutique jazz-themed hotel that we got a group rate on at \$129 plus tax per night. Book at the following link and state in the notes that you are with Canal 100. At check in, make sure to either show your number or demonstrate that you attended the race for friends and family. <https://www.blu-tique.com/>

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

LAST MINUTE SUPPLIES

Visit our sponsor Second Sole Akron 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 and are supplying Heed hydration and all the supplies for the aid station. <https://www.facebook.com/secondsoleakrun/>