CANAL CORRIDOR 100 MILE ENDURANCE RUN

2021 RUNNERS MANUAL V.4

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 Massillon and then to accommodate a necessary detour on the Towpath, we’ll head West this year toward Dalton, Ohio along the Sippo Trail, totaling approximately 35 miles, then you will returns north and head into the Cuyahoga Valley National Park. You can obtain aid from the start/finish line – mile 70.5 - 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 11:00am-7:00pm at Missing Falls Aid Station (the brewery parking lot will be occupied for setup of our start/finish line, but you’re welcome to check out the Brewery and get some photos at the start line!), 520 S Main St, Suite 2511-24, Akron, OH 44311 (Canal Place) – follow the signs to the Missing Falls aid station (you can use Summit Sports & Social or the address above in your GPS). At 6:00pm during packet pickup, we’ll give a tour of the start/finish area and Missing Falls aid station location. Gather outside the Missing Falls main entrance just before 6:00 and we’ll show you around.

The start line and associated parking is at the same location as packet pickup. The start line will be right in front of Missing Falls, 540 S. Main Street, Suite 112, Akron, OH 44311. 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.

Drop bags must be brought either to packet pickup on October 8th OR by 4:30am on race morning. It is your responsibility to place you drop bag in one of the three trucks/vans parked outside Missing Falls Brewery labeled “Canal Fulton,” “Skyland Ave,” or “Ira.” For the Missing Falls drop bag location, please place your drop bag in the trailer marked “Missing Falls.”

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 typically include Heed, water, Coke, ginger ale, 7up, Mtn. Dew, orange juice, Athletic Brewing (Upside Dawn or Run Wild), ice, Hammer Nutrition gels (tropical, espresso available after mile 50) and Spring (Long Haul and Canaberry, Speednut w/ caffeine after mile 50), 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 bring your own collapsible cup, handheld or bladder for hydration.

**AID STATION DESCRIPTIONS**

MANCHESTER ROAD TRAILHEAD: Mile 4.5 and 65.8

Amenities: unmanned water drop, restroom, crew access

Coordinates: 41.0236, -81.55072

Address: 2740 Manchester Road, Akron, OH 44314

WOLF CREEK: Mile 8.8 and 61.5

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 11.08 and 59.19

Amenities: unmanned water drop, restroom, crew access

Coordinates: 40.97811, -81.60534

Address: 2445 Vanderhoof Road, New Franklin, OH 44203

FRANKLIN: Mile 13.5 and 56.7

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 15 and 55.2

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 19 and 51.2

Amenities: full aid, restroom, crew access, pacer access going north, drop bag access, timing mat

Cutoff: 8:40pm

Coordinates: 40.88777, -81.59698

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

*Please note that parking may be difficult during the day because a kids soccer event is happening in St. Helena Heritage Park on Saturday!*

CRYSTAL SPRINGS: Mile 23.8 and 46.26
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 26.79 and 43.48
Amenities: unmanned water drop, restroom, crew access
Coordinates: 40.811720, -81.528669
Address: 135 Lake Ave NW, Massillon, OH 44647

SKYLAND AVE (Sippo Trail): Mile 31.37 and 38.89

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

Cutoff: 5:15pm (runners headed north/east)

Coordinates: 40.81455, -81.58685

Address: 2069 Skyland Ave NW, Massillon, OH 44647

SOUTHWEST TURNAROUND: Mile 35.13

Amenities: Timing mat, unmanned water drop, NO crew, NO restrooms

MISSING FALLS BREWERY: Mile 0, 70.05 and 100

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: 2:10am (runners headed north)

Coordinates: 41.0705, -81.52658

Address: Canal Place, 540 S Main St #112, Akron, OH 44311

MEMORIAL PARKWAY TRAILHEAD: Mile 72.94 and 96.89

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

Cutoff: 10:15am (runners headed south)

Coordinates: 41.10433, -81.5281

Address: 499 Memorial Parkway, Akron, OH 44310

SECOND SOLE AKRUN: Mile 76 and 94.1

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

Cutoffs: 4:00am (runners headed north); 9:25am (runners headed south)

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

Address: 1466 N Portage Path, Akron, OH 44313

BOTZUM: Mile 78.5 and 91.6
Amenities: unmanned water drop, restrooms, crew access

Coordinates: 41.159215, -81.574364
Address: 2928 Riverview Rd, Akron, OH 44313

IRA TRAILHEAD: Mile 80.05 and 89.78

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

Cutoffs: 5:15am (runners headed north); 8:05am (runners headed south)

Coordinates: 41.18369, -81.58208

Address: 3801 Riverview Road, Peninsula, OH 44264

DEEP LOCK QUARRY: Mile 84.3 and 85.9
Amenities: unmanned water drop, crew access (please do not block the Towpath!), NO restrooms
Coordinates: 41.232287, -81.551611

Address: 5779 Riverview Rd, Peninsula, OH 44264

LOCK 29 turnaround: Mile 84.91
Amenities: unmanned water drop, restrooms (other end of parking lot), NO crew
Coordinates: 41.24291, -81.55046
Address: 1648 Mill Street W, Peninsula, OH 44264

**RESTROOMS**

At the start line and at each fully manned aid station, there will either be a permanent restroom or a portapotties and hand washing stations devoted to the race. There are many other locations along the Towpath with permanent restroom facilities as well.

**RUNNER TRACKING**

Runners must wear a timing chip around their ankle, which will read their progress at Canal Fulton, the Southern Turnaround, Missing Falls, Second Sole and the Northern Turnaround at Lock 29. The link to track your runner is available here: <http://onlineraceresults.com/race/view_race.php?race_id=73916#racetop>

**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 either to packet pickup on October 8th OR by 4:30am on race morning. It is your responsibility to place you drop bag in one of the three trucks/vans parked outside Missing Falls Brewery labeled “Canal Fulton,” “Skyland Ave,” or “Ira.” For the Missing Falls drop bag location, please place your drop bag in the trailer marked “Missing Falls.”

Drop bags will be located at the following aid stations:

* Canal Fulton (St. Helena)
* Skyland Ave
* Missing Falls
* Ira

Please give us reasonably sized drop bags. No large coolers or bags larger than 22” in any direction. Mark your bags with your bib number in large print. We’ll organize drop bags by bib number at each drop bag location.

**SCHEDULE OF EVENTS**

Packet pickup and check in at Missing Falls Brewery Aid Station (520 S. Main St, Suite 2511-24, Akron, OH 44311) on Friday October 8, 2021 from 11:00am-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 11:00am on Sunday October 10, 2021.

Friday, October 8

11:00am – 7:00pm : Check-in & packet pickup

6:00pm: tour of start/finish, Missing Falls aid station

7:00pm : Deadline for Drop Bags

Saturday, October 9

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

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

5:00am SHARP: Mass Start

FINISH LINE – Missing Falls Brewery

Sunday, October 10

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

5:00am: Missing Falls Opens for brunch!

11:00am: 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 conduct. Only one pacer per runner at any given time. Pacers may start at mile 46.26 (Crystal Springs) and every fully manned aid station after mile 46.26. 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 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 Clinton Trailhead because it is unmanned and cannot join their runner at any unmanned aid station. 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 46.26.

**CREW**

Crew can access their runners and provide aid within 100 feet of any aid station. Crew CANNOT ride a bike alongside their 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. 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 or reflective hunter safety reflection 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. Please be careful at road crossings! We will have caution signs for vehicular traffic at road crossings, but it is your responsibility to be aware of your surroundings at road crossings.

**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 70.5. 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.](https://www.google.com/maps/d/u/0/edit?mid=1c86jHmzoAlfFPULH0xWP_QEUk6z2Lyid&usp=sharing)

**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>

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 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 Akrun aid station location of our course and are supplying Heed hydration and all the supplies for the aid station. https://www.facebook.com/secondsoleakrun/