



CANAL CORRIDOR 100 MILE ENDURANCE RUN 2023 RUNNERS MANUAL V.2

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. We regularly donate 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
- Stark Parks

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 yields to asphalt or concrete walkway and wooden bridges. The start is in downtown Akron, Ohio and runners will travel south on the Towpath to Ernie's Bike Shop in Massillon, totaling 27 miles, then you will return north, pass back through Akron and head into the Cuyahoga Valley National Park. You can obtain aid from the Missing Falls Brewery parking area – mile 53.9 - 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 Lock 29 in Peninsula before turning around to return to Akron, Ohio.

An 8-mile out & back in the National Park

This year, the National Park asked us to limit the Northern extent of our course to Lock 29 to accommodate erosion control projects. We're also limited to the South by an erosion control

project by the Army Corps of Engineers in Massillon. To accomplish the full 100 miles on the Towpath, once you get to mile 82 (before entering downtown Akron), we'll turn you around **at the OCIT aid station** back into the National Park to the **Ira Trailhead** (mile 90), then back to Akron for your inevitable finish. So, the full course is:

- south to Ernie's Bike Shop (mile 27);
- at Ernie's, you'll turnaround to the north all the way to Lock 29 in Peninsula (mile 69);
- at Lock 29, turnaround to the south all the way back to OCIT (mile 82);
- at OCIT, you will turnaround to the north back to the Ira Trailhead (mile 90);
- at Ira, you'll finally go south all the way back to Missing Falls Brewery at the finish.

We're planning to keep track of your short out & back between OCIT and Ira by handing you a neon glow braclet at OCIT mile 82. When you hit Ira with your braclet, aid station staff will know to turn you around to the finish. There are aid stations approximately every 4-5.5 miles apart throughout the course.

In the event of a federal government shutdown, the Cuyahoga Valley National Park will revoke our permit to use the Towpath through the National Park. If that's the hand we are dealt, we will do a double out & back to the South (Missing Falls to Ernie's to Missing Falls to Crystal Springs to Missing Falls) for the full 100 miles.

NO REFUNDS OR DEFERRALS

We recognize that things come up before race day that cause you to look for options for refunds or deferrals. Our policy is that we don't allow refunds or deferrals. If you'd like to transfer your bib, please contact the Race Director prior to October 1, 2023. Otherwise, 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 6th from 3:00pm-8:00pm at Missing Falls Brewery, 540 S Main St, Suite, Akron, OH 44311.

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 5:30am before the race.

Drop bags must be brought either to packet pickup on October 6th OR by 6:00am on race morning. It is your responsibility to place you drop bag in the vehicles marked "Canal Fulton," "Missing Falls," or "Second Sole" located at the start/finish.

We'll have a mass start right at 7:00am. You'll have 30 hours to complete the race.

AID STATIONS

Full service aid stations will typically include Hyle Hydration, Heed, water, Coke, ginger ale, 7up, Mtn. Dew, ice, Spring Energy gels (Awesome Sauce, Long Haul and Canaberry; and Koffee w/ caffeine after mile 50) at full aid stations, Hammer Nutrition gels at unstaffed aid stations, 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. Please bring your own collapsible cup, handheld or bladder for hydration. We'll have some cups, but we're trying to keep waste to a minimum.

AID STATION DESCRIPTIONS

MANCHESTER ROAD TRAILHEAD: Mile 4.5 and 49.5.

Amenities: unstaffed water & gel drop, restroom, crew access

Coordinates: 41.0236, -81.55072

Address: 2740 Manchester Road, Akron, OH 44314

WOLF CREEK: Mile 8.8 and 45.2

Amenities: full aid, restroom, crew access, pacer access for runners headed north

Coordinates: 41.003814, -81.607699

Address: 33 Snyder Ave, Barberton, OH 44203

FRANKLIN: Mile 13.5 and 40.5

Amenities: unstaffed water & gel drop, restroom, crew access

Coordinates: 40.947637, -81.617644

Address: 2328 Center Rd, New Franklin, OH 44216

CANAL FULTON – ST. HELENA'S: Mile 19 and 35

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

Cutoff: 4:30pm (runners headed north)

Coordinates: 40.88777, -81.59698

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

CRYSTAL SPRINGS: Mile 23.8 and 30.2

Amenities: unstaffed water & gel drop, crew access

Coordinates: 40.845722, -81.531265

Address: 4489 High Mill Ave NW, Massillon, OH 44647

ERNIE'S BIKE SHOP: Mile 27 – SOUTHERN TURNAROUND!

Amenities: full aid, restroom, crew access

Coordinates: 40.811361, -81.528213

Address: 135 Lake Ave NW, Massillon, OH 44647

MISSING FALLS BREWERY/SUMMIT SPORTS & SOCIAL: Mile 0, 54 and 100.5

Amenities: full aid, restroom, crew access, pacer access for runners headed north, access to your parked car, drop bag access

Cutoff: 11:15 pm (runners headed north)

Coordinates: 41.0705, -81.52658 (start/finish); 41.071404, -81.530364 (aid station by the volleyball courts)

Address: Canal Place, 540 S Main St #112, Akron, OH 44311 (start/finish); 123 W Bartges, Akron, OH 44311 (aid station by the volleyball courts)

OHIO CANAL INTERCEPTOR TUNNEL (OCIT): Mile 56.1, 82 (Turnaround to Ira), 98.4

Amenities: full aid, crew access, portapotties, pacer access for runners in both directions, timing mat

Coordinates: 41.094313, -81.521773

Address: 155 Otto Street, Akron, OH 44313 (parking on Otto and Boder Streets; overflow parking at Mustill Store, 57 W North Street)

SECOND SOLE AKRUN: Mile 60, 78.1, 85.9, 94.5

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

Cutoffs: 11:30 am on Sunday (runners headed south the 2nd time)

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

Address: 1466 North Portage Path, Akron, OH 44313

IRA TRAILHEAD: Mile 64.3 (continue to Lock 29), 73.8, 90.2 (turnaround and head south/home!)

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

Cutoffs: 10:00 am (runners headed south)

Coordinates: 41.18369, -81.58208

Address: 3801 Riverview Road, Peninsula, OH 44264

LOCK 29: Mile 69 – Turnaround and head south to OCIT

Amenities: full aid, restrooms (other end of parking lot), NO CREW & NO PACERS (or else!), timing mat

RESTROOMS

At the start line and at each fully staffed 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 (consider wearing a high sock to prevent chaffing from the ankle chip), which will read their progress at Canal Fulton, the Southern Turnaround, Missing Falls, OCIT, Ira, and the Northern Turnaround at Lock 29. Bibs should be front facing, but are not used to read time this year. Timing mats will be at Canal Fulton, the Southern Turnaround at Eddie's Bike Shop, Missing Falls, OCIT, Second Sole, Ira, and Lock 29. Tracking link will be provided a few days before the race.

DROP BAGS AND CREW

We have three drop bag locations 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 6th OR by 6:00am on race morning. It is your responsibility to place your drop bag on the tarp at packet pickup labeled "Canal Fulton," "Second Sole," or "Missing Falls."

Drop bags will be located at the following aid stations:

- Canal Fulton (St. Helena)
- Missing Falls
- Second Sole

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](#) (540 S. Main St, Suite 112, Akron, OH 44311) on Friday October 6, 2023 from 3:00pm-8:00pm.

Race Starts at 7:00 AM on Saturday, October 7, 2023 in Akron, Ohio.

There is a 30 hour time limit.

The finish line is back in Akron, Ohio. The race ends at 1:00pm on Sunday October 8, 2023.

Friday, October 6

3:00pm – 8:00pm: Check-in & packet pickup

8:00pm: Deadline for Drop Bags

Saturday, October 7

STARTING LINE – Akron, Ohio

5:30am – 6:00am: Runner Drop Bag dropoff for Late Arrivals

7:00am SHARP: Mass Start

FINISH LINE – Missing Falls Brewery

Sunday, October 8

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

6:00am: Missing Falls Opens for brunch!

1:00pm: Race Closes / Awards

CUTOFF

30 hours calculated from the time you start (an 18:00 pace finishes in 30 hours). Aid stations will close at the times listed beyond this pace. If you continue on past the 30 hour cutoff pace at an aid station, you do so at your own risk and with knowledge that aid will not be available beyond the 18:00 pace/30 hour finish. If you do not finish within 30 hours, you will not receive a buckle and will receive a DNF in the official results.

The only cutoffs are at:

- Canal Fulton at 4:30pm on Saturday
- Missing Falls traveling North at 11:15pm on Saturday
- OCIT at 7:40am on Sunday for runners coming into mile 82
- Missing Falls at 1:00pm on Sunday

DIRECTIONS TO THE START/FINISH & PARKING

The start/finish is located on Main Street 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 behind Missing Falls. We'll be directing traffic into the parking area as early as 5:30am on race day.

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 45.2 (Wolf Creek) and every fully staffed aid station after mile 45.2 **with the exception of Lock 29**. 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, beside 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 Lock 29 Trailhead because it is restricted by the National Park. Pacers who start at another aid station may see their runner through the Lock 29 turnaround. 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 at the aid station where they start. Waivers will be available at all staffed aid stations starting at Mile 45.2.

CREW

Crew can access their runners and provide aid within 100 feet of any aid station. Crew CANNOT ride a bike alongside, closely behind or in front of 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 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 54. 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 7:

- High: 66 Record: 83
- Low: 48 Record: 39
- Day average: 57

Sunrise/Sunset Times for October 7

- Sunrise: 7:29 am
- Sunset: 6:59 pm

LODGING

Courtyard by Marriott, Akron Downtown and Blu-tique Hotel by Marriott are the closest options to the start/finish (probably around 5 minutes away). 41 Furnace Street, Akron, OH 44308 and 1 South Main Street, Akron, OH 44308, respectively. We have a group rate of \$149/night at the Akron Downtown location from October 6-8. Use this link to get the group rate: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1678723892074&key=GRP&app=resvlink>

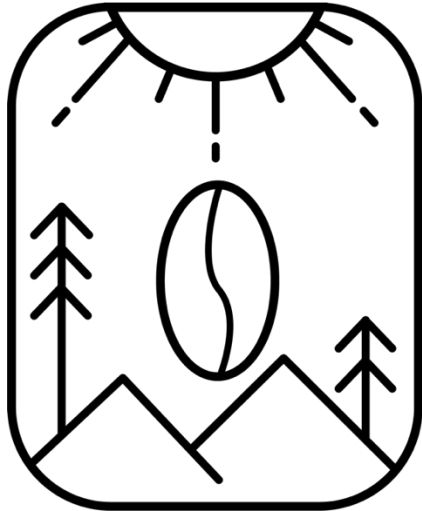
There's a Hilton, Hilton Garden Inn and Sheraton within a reasonable driving distance to the start/finish as well.

LAST MINUTE SUPPLIES

Visit our sponsor Second Sole 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/secondssoleakrun/>

OUR SPONSORS & CREDENTIALS





WINDING TRAIL COFFEE



2024 QUALIFYING RACE

