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**CANAL CORRIDOR 100 MILE ENDURANCE RUN 2024 RUNNERS MANUAL V.7**

**Established in 2017, Canal Corridor 100 Mile Endurance Run starts and finishes in downtown Akron. This is our first year the race will run to Cleveland connecting two historical cities of Northeast Ohio. Runners will travel through portions of the exceptionally beautiful Towpath Trail within Summit Park, Cuyahoga Valley National Park, and Cleveland Metroparks. The course is FAST, FLAT, SCENIC, HISTORIC, 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, with cutoff times that are generous. We could easily add shorter distances and garner more participants. However, this is a race specifically only for 100-mile runners and is the only race in Ohio that does such. All our attention is on your 100-mile distance accomplishment.**

**Weather in October is very favorable for comfortable running conditions and is not too hot or too cold. That said NE Ohio can be unpredictable, and we have had years it has rained, and temps have sunk to the low 40s (2023). Temps can sometimes get into the 80s. But low 50s to low 70s most is likely. It is also the pinnacle of the fall season, and our tree leaves will be in full golden peak. It will be beautiful.**

**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.**

**We are approved as a Western States 100 qualifying race and are one of the last qualifiers in the 2024 year for the 2025 lottery!**

**The course has been USATF certified!!**

**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, 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.**

**BE KIND!!**

**Seriously. There are a bunch of rules we must 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 and runners will travel south into Summit Metroparks on the Towpath 10 miles to the Eastern Road Trailhead. You will turn back to head north to Akron then run the entire span of the Cuyahoga Valley National Park. This will continue into the Cleveland Metroparks. Once at the Harvard Road Aid Station the Towpath will take on an urban feel. You will run through the Steelyard Commons, round into Tremont, take on the best view of downtown Cleveland (for most of you lit up at night), and turnaround at Canal Basin Park in the Cleveland Flats (mile 60). The Cleveland section has a few rolling hills. Runners will then go south and return to Akron. You will see all other runners at least twice on the course at some point.**

**Click below to view course on Map My Run**

[**https://www.mapmyrun.com/routes/view/6174485053**](https://www.mapmyrun.com/routes/view/6174485053)

***\*\*\*It is possible that unexpected repairs or construction may occur in the Cuyahoga Valley National Park. We have been instructed to provide an alternative route in case that occurs. If so we will likely default to last years course. (see 2023 CC100 packet).***

***\*\*\*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.\*\*\****

***A map of cleveland with red lines

Description automatically generated***

**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 5th, 2024, via the website. 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 11th 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 Brewery. We’ll have people directing traffic starting at 5:30am before the race. Drop bags must be brought either to packet pickup on October 11th OR by 6:00am on race morning. It is your responsibility to place your drop bag in the vehicles at the start/finish well marked with your name, bib number, and drop location: “Canal Place”, “Station Road”, “Harvard Road”. We’ll have a mass start right at 7:00am. Sunrise is at 7:36am. You’ll have 30 hours to complete the race.**

**AID STATIONS**

**Our aid stations will be top notch and led by experienced ultrarunners who understand your needs. Due to Cuyahoga Valley National Park restrictions, we have limited Aid Station options including crew access points. (We would like more but this is the most allowed). You are responsible for your crew and they can only provide assistance at designated points. Failure to do so may result in disqualification. It is to your great benefit to understand course and crew support points and utilized drop bag points to accommodate your needs. Use your drop bags options, as there are some spans between full aid stations that may require you to have additional calories on hand. Cutoff times are provided in the separate excel spreadsheet.**

**Full-service aid stations will typically include Gatorade, water, Coke, ginger ale, 7up, Mtn. Dew, ice, at full aid stations, PB&J, bananas, oranges, watermelon, M&Ms, chips, pretzels, salted potatoes, peanuts, pickles, mini Paydays, and fig newtons. After 6:00pm, we’ll have ramen, pizza, 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.**

**Water Aid stations will have nothing additional. Don’t count on there being calories at water aid stations and prepare to bring some in your drop bags. There are several water stations that allow for crew access where aid will be allowed. The water aid station at Aqueduct may be a particularly good place to have crew support. Aid is only allowed at designated Aid Stations.**

**All Full Aid Stations will have either restrooms or PortaPotties. There are some public bathrooms also along the way that you will have access to. Access of public water fountains at non-designated stations is allowed.**

**AID STATION DESCRIPTIONS**

**Coordinates and addresses provided only for crew access points**

**MANCHESTER: Mile 4.5 and 15.7**

**Water Drop**

**No crew access**

**WOLF CREEK: Mile 8.8 and 11.4**

**41.003781, -81.607496**

**9 Snyder Ave**

**Barberton, OH 44203**

**Full Aid Station**

**Crew Access (but discouraged due to limited parking)**

**CANAL PLACE (Akron): Mile 19.6**

**41.071537, -81.530633**

**123 W Bartges St**

**Akron, OH 44311**

**Full Aid Station**

**Drop Bag**

**Crew Access  
Access to your parked car (which is about a 1/8 mile walk)**

**Memorial Parkway: Mile 22.9 and 97.2**

**41.104589, -81.527814**

**418–434 Memorial Pkwy**

**Akron, OH 44310**

**Water drop**

**Crew Access (Aid Allowed)**

**SECOND SOLE: Mile 25.9 and 94.2**

**41.135809, -81.548967**

**Parkwood Plaza**

**1508 N Portage Path**

**Akron, OH 44313**

**Full Aid Station**

**Crew Access**

**Pacer Access for runners in south direction**

**(Parking and aid station are behind Second Sole)**

**IRA TRAILHEAD: Mile 30.2 and 89.9**

**Water Drop**

**No crew access!!**

**Deep Lock Quarry: Mile 34.4 and 85.7 (¼ mile off of the Towpath)**

**Runners must cross timing mat at the Aid Station (cannot bypass or disqualification)**

**41.230020, -81.553958**

**5779 Riverview Rd**

**Peninsula, OH 44264**

**Full Aid Station**

**Crew Access**

**Pacer Access (south only)**

**Red Lock: Mile 39.7 and 80.4**

**41.230020, -81.553958**

**Water Drop**

**No crew access!!**

**Station Road: Mile 42.3 and 77.8**

**Runners must cross timing mat at the Aid Station (cannot bypass or disqualification)**

**41.319083, -81.587770**

**13512 Station Rd**

**Brecksville, OH 44141**

**Full Aid Station**

**Drop Bag**

**Crew Access**

**Pacer Access (south only)**

**Canal Exploration Mile 47 and 73.1**

**41.372407, -81.612938**

**7104 Canal Rd**

**Cleveland, OH 44125**

**Full Aid Station**

**Crew Access**

**Pacer Access in both directions (RUNNERS CAN HAVE PACERS FROM THIS POINT ON)**

**Aqueduct: Mile 50.8 and 69.3**

**41.417582, -81.639607**

**7273–7289 Canal Rd**

**Cleveland, OH 44125**

**Water Drop**

**Crew Access (park across street). Aid allowed.**

**Harvard Road: Mile 54.7 and 65.3**

**Full Aid Station**

**Drop Bags**

**No Crew Access**

**No Pacer Starts**

**Canal Basin Park (Flats Downtown Cleveland): Mile 60.1 -TURNAROUND**

**41.496008, -81.701015**

**1505 Merwin Ave**

**Cleveland, OH 44113**

**Full Aid Station**

**Crew Access (meter pay for parking)**

**Pacer Access**

**DROP BAGS**

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**We have 3 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, hydration, or aid. Note that you will have access to bags at Station and Harvard Roads in both directions.**

**Drop bags must be brought either to packet pickup on October 11th , or by 6:00am on race**

**morning. It is your responsibility to place your drop bag on the tarp at packet pickup labeled**

1. **“Canal Place,”**
2. **“Station Road”**
3. **“Harvard Road”**

**Please give us reasonably sized drop bags. No garbage bags please. No large coolers or bags larger than 22” in any direction. Clearly mark your bags with your bib number in large print. Make sure they are waterproof, and openings secure to withstanding loading/unloading on trucks by handlers and then organized on the open ground. We’ll place bags by bib number at each drop bag location. Volunteers will help those in need of assistance.**

**AID STATION STARTS AND CUTOFFS**

**Start and Cutoff times are listed in the excel sheet. Start times of Aid Stations are based upon those thinking of setting a world record time of a 12-hour finish. Aid Station closure/cutoffs are generous and based upon calculations for an 18:00 pace/30-hour finish. If you continue past the 30-hour cutoff pace at an aid station, you do so at with knowledge that aid will not be available beyond that point. This is HIGHLY discouraged and if you do so it is at your own risk (be sensible and at least have a support team). Please let the Aid Station Captain know and/or call the Race Director, as we want to make sure everyone is accounted for. If you do not finish exactly within 30:00:00, you will not receive a buckle and a DNF will be placed in the official results. No exceptions. We understand the heartbreak if narrowly missing the finish time but adhering to set rules preserves the integrity of this race.**

**SAFETY**

**We have never had a major security event in the history of this race. We will continue to have a safe and enjoyable experience. We will not run you through what we believe are high risk environments. You are personally responsible for careful street crossing. Akron Police will be present at the start and finish and in South Akron. Police will be present at select points between Harvard Road and Canal Basin Park in Cleveland. Police will not patrol the Towpath at any point. We will have several civilian bike patrols volunteers in those spans mentioned above. If you feel particularly concerned about running in urban environments at night alone, we strongly encourage using a pacer at Canal Exploration running north and at Canal Basin Park at the turnaround. If at any point you feel unsafe north of Harvard Rd kindly let the Aid Station Captain know and we will try our best to find a bike escort for you. If you think you may finish before dawn on Oct 13th a pacer from Second Sole may provide you with more ease as you run into Akron. If for any reason you feel uncomfortable in your environment (or have other safety/medical concerns), you are strongly encouraged to call the race director immediately at the number provided at the end of this document and we will do what we can to meet your needs. Bring a phone and spare its battery!!**

**PACERS**

**Pacers can start at Canal Exploration (mile 47) and can only start at designated Aid Stations. Runners 60 or older may have a pacer from mile 1. (Please let us know in advance if you plan on doing so). 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 designated aid stations starting at Mile 47. However, pacers and crew may only assist their runner within 100 feet of aid stations. Crew may provide aid at designated water only stations. Runners CANNOT use a cyclist as a pacer or as crew.**

**CREW**

**Crew can access their runners and provide aid within 100 feet of any aid station. 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.**

**The parks will be crowded this weekend. Crew is strongly discouraged to seek out runners except at designated aid stations. Crew must not under any circumstances park in streets or non-designated areas either within the parks or at the Aid Stations. If the Aid Station parking lots are full overflow to the streets is not allowed. Crew must wait for a spot to open up. This may be a particular issue at Wolf Creek Aid Station, where the runners are not yet that spread apart. We do not anticipate this being an issue on the northern part of course. Crew will need to pay for parking in the city of Cleveland at Canal Basin Aid Station.**

**HEADLIGHTS**

**The sun rises 7:29 am. Many runners do not use a headlight at the start but for safety reasons we suggest you do. You will not need it for long. The sun sets at 6:59 PM. Use the excel sheet to figure out which drop bag location makes sense to place your light. If you are expected to finish in the last few hours the sun will go down before you get to your Station Road drop bag. When in doubt leave a headlight to pick up in the Canal Place drop bag. Backup batteries and lights are highly suggested in drop bags.**

**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 a mile, you are either off course or someone has tampered with our markings. (If in doubt just keep running. It is very hard to get led off the Towpath). 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 nighttime. The Towpath is already well marked by permanent signage of several park systems. However, there are a few (only slightly) tricky spots that we’ll use signage for. It is your responsibility to be aware of your surroundings at road crossings.**

**Important note: You will start and finish off of the Towpath in Akron but remain on the Towpath near the entirety of the course. The exception to this is the approach to the Deep Lock Quarry Aid Station and also at Station Road. You will turn off the Towpath (in both directions) and run to the Aid Station. You MUST cross the timing pads here or you will be disqualified.**

**Next week we are projected to have very lovely weather. The parks will have many people walking and biking on the Towpath. Runners will need to be respectful of other park users and we are asking you to always stay to the right on the pathway. Most cyclists announce themselves and it is discouraged to use earpieces.**

**LEAVING THE COURSE**

**You must inform an aid station captain that you are leaving the course. We suggest having personal arrangements in advance for transporting you if you drop. 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 where your car is located is accessible to runners at mile 19.6 but your car will be easily 1/8 mile away. We recommend using your drop bag here instead. If you chose to go to your car, please cross the timing mat before going and then re-cross on your way out to continue your race.**

**WEATHER**

**Daily average temperatures on October 12:**

**●  High: 66 Record: 83**

**●  Low: 48 Record: 39**

**●  Day average: 57**

**Sunrise/Sunset Times for October 12/13:**

**●  Sunrise: 7:36 am**

**●  Sunset: 6:46 pm**

**Daylight Running hours for October 12:**

* **11 hours 13 mins**

**VOLUNTEERS**

**We could use more help at Aid Stations, packet pickup, day of parking, bike patrol, etc. If you’ve a friend or family member willing to help please encourage them to sign up on the volunteer link of the event Ultrasignup page (the button next to register).** [**https://ultrasignup.com/register.aspx?did=111414**](https://ultrasignup.com/register.aspx?did=111414)

**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.**

**Contact Information**

**Any question or concerns prior to the race should go through the race website Q and A section.** [**https://runningforwardandgivingback.com/canal-corridor-100**](https://runningforwardandgivingback.com/canal-corridor-100)**. The race director will try to get back to you in 48 hours (he has a day job!). On race day if concerns exist directly call the race director at 216 704 2486. Keep that number handy for race day (just in case). Everyone on the race committee is working really hard and sharing responsibilities to make this is not only enjoyable but successful.**

**Race Committee**

**Richard Schlenk**

**Wild Bill Wagner**

**Tara Schweitzer**

**Joe Vasil**

**Jennifer Duncan**

**Michelle Duncan**