



CREW GUIDE v1

Welcome! As experienced crew, we know what it feels like wandering around a strange town following your runner and forgetting to take care of yourself, don't do it!! You are an integral part of getting your runner to the finish line, and we are here with some information to help you make it fun and safe!

We have included some information here to help you navigate with suggestions for points of interest, restaurants, grocery stores, and gas stations. Crewing is hard work!

Things to Note:

- We are lucky that this event is happening, and we want everyone to be safe. Please practice social distancing and instructions from event staff and volunteers.
- Out of consideration for everyone who is at this event, we recommend that you wear a mask.
- Aid Station Food and Goodies are for runners only. We have worked to make sure that there are minimal people in contact with supplies.
- Dogs and Children are allowed. However, unattended children will be given kazoos and espresso. Unattended dogs may go missing because we love them and will take them home for ourselves. Please be respectful that this is a race environment. It will be a very hot and long day, we recommend keeping the kids with and without fur at home.
- Please respect staff, volunteers, and rangers.
- No alcohol. No littering. Period.

Runners are responsible for their crew and their crew's compliance with our COVID-19 rules. 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 have 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.

CONDUCT SYMPTOMS ASSESSMENT PRIOR TO TRAVELING TO THE RACE, THE NIGHT BEFORE AND THE MORNING OF THE RACE

The State of Ohio mandates that participants in outdoor activities in a shared social space conduct symptom assessments prior to engaging in outdoor recreational activities. Symptoms include the following:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Symptomatic individuals should stay at home and perform daily symptom assessments before interacting with others.

SYMPTOMS THAT DEVELOP DURING THE RACE

If you develop COVID-19 symptoms, immediately return home, isolate and/or seek medical care

if you develop symptoms during the event. We will have local EMS available if you're in need.

SCHEDULE OF EVENTS

June 27, 2020: deadline to register

June 30: packets will be mailed to each runner

July 11 @ 4:45am: first 5 minutes of runners checks in and lines up

@ 5:59am: last runners start the race

July 11-12 @ finish line: awards will be issued as finishers come in. Please do not linger at the finish line.

CUTOFF: 30 hours calculated from the time you start

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. Take your pictures at the car, they will be running right past you once they start. Document this epic journey! [START A HASHTAG!]

Along the route, please be mindful of using parking spaces and to not obstruct traffic or park "off road."

MEDICAL

Aid stations are not providing medical care. However, they do have contact information for our medical staff who can assist runners in an emergency or assess if it is safe for them to continue.

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 download, review, sign and submit a waiver to participate. Waivers must be received by July 9 and pacers must check in at the aid station where they start.***

COURSE

<https://www.google.com/maps/d/viewer?mid=1q56wcJzFqPB5EbnAmfuK9hBmOXf2eiUM&ll=41.07050800000002%2C-81.52658199999999&z=8>

AID STATION DESCRIPTIONS

MANCHESTER ROAD TRAILHEAD:

Mile 4.66 and 64.6

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

Coordinates: 41.0236, -81.55072

Address: 2740 Manchester Road, Akron, OH 44314

VANDERHOOF ROAD TRAILHEAD:

Mile 11.27 and 58

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

Coordinates: 40.97811, -81.60534

Address: 2445 Vanderhoof Road, New Franklin, OH 44203

CLINTON TRAILHEAD:

Mile 15.08 and 54

Amenities: unmanned water stop, crew access

Coordinates: 40.92854, -81.63013

Address: 2749 North Street, Clinton, OH 44216

CANAL FULTON – ST. HELENA'S:

Mile 19 and 50.1

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

Coordinates: 40.88777, -81.59698

HIGH MILL TRAILHEAD:

Mile 24 and 45

Amenities: full aid, restroom, crew access

Coordinates: 40.84575, -81.53236

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

JOHN GLENN GROVE TRAILHEAD:

Mile 32.3 and 37

Amenities: full aid, restroom, crew access

Coordinates: 40.75167, -81.52815

Address: 9394 Warmington Street SW, Navarre, OH 44646

Cutoff: 5:00pm for runners headed North

Navarre Turnaround at Center Street:

Mile 35

Amenities: No aid except water and smiles. Timing mat.

MISSING FALLS BREWERY:

Mile 0, 69.2 and 100.5

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

Coordinates: 41.0705, -81.52658

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

Cutoff: 3:00am (Sunday) for runners going North

MEMORIAL PARKWAY TRAILHEAD:

Mile 72.21 and 96.77

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 75.47 and 93.5

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

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

Address: 1466 N Portage Path, Akron, OH 44313

IRA TRAILHEAD:

Mile 79.77 and 89.25

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

Coordinates: 41.18369, -81.58208

Address: 3801 Riverview Road, Peninsula, OH 44264

Cutoff: 5:45am (runners headed North); 8:45am (runners headed South)

Lock 29 Turnaround:

Mile 84.5

Amenities: water stop, timing mat, no crew!

Address: 1648 Mill Street W, Peninsula, OH 44264

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 Muir Energy Gels, Heed hydration, and all the supplies for the aid station. <https://www.facebook.com/secondssoleakrun/>

PRE-RACE MEAL SUGGESTIONS

Missing Falls Brewery (RACE HEADQUARTERS!)

- www.missingfalls.com
- 540 S Main St #112, Akron, OH 44311

Sushi Katsu (around the corner from Second Sole, entrance in back of building)

- 1446 N Portage Path, Akron, OH 44313

Mustard Seed Market (great for breakfast, brunch, lunch, and dinner. A local favorite)

- <https://www.mustardseedmarket.com/locations/highland-square/>
- VEGAN/VEGETARIAN friendly

Spaghetti Warehouse

- 510 S Main St Bldg 33, Akron, OH 44311

Luigi's Pizza

- 105 N Main St, Akron, OH 44308

ON COURSE AREAS OF INTEREST

1. Missing Falls	
	<p>Restaurants:</p> <ul style="list-style-type: none">● Missing Falls● R.Shea Brewing (around the corner from Missing Falls)● Spaghetti Warehouse http://www.meatballs.com/menu/● Luigi's Pizza https://luigisrestaurant.com/ <p>Grocery Stores:</p> <ul style="list-style-type: none">● ALDI: 772 S Main Street Akron, OH 44311● Market District 2687 State Rd, Cuyahoga Falls, OH 44223● Mustard Seed Market: 867 W Market St, Akron, OH 44303
2. Manchester Road	
	<p>Restaurants:</p> <ul style="list-style-type: none">● Magic City Brewery http://magiccitybrewingcompany.com/ <p>Grocery Stores + Supplies:</p> <ul style="list-style-type: none">● Marc's: 360 E Waterloo Road● Giant Eagle: 484 E Waterloo Road
3. Canal Fulton (Cherry Street)	
	<p>Restaurants:</p> <ul style="list-style-type: none">● Peace Love & Little Donuts (DO NOT MISS!!) 2378 Locust St S, Canal Fulton, OH 44614 <p>Supplies:</p> <ul style="list-style-type: none">● Brimstone Bikes (manning this aid station!!) 133 Canal St S, Canal Fulton, OH 44614
4. John Glenn Grove	
	<p>Restaurants:</p> <ul style="list-style-type: none">● Whitey's Tavern (Chili): https://whiteys.com/ <p>Supplies:</p> <ul style="list-style-type: none">● Menards: 3725 Erie St S, Massillon, OH 44646● Dollar General: 254 Federal Ave NW, Massillon, OH 44647● Ernie's Bicycle Shop: 135 Lake Ave NW, Massillon, OH 44647

5. Second Sole	
	<p>Restaurants</p> <ul style="list-style-type: none"> ● R.Shea Brewing: 1662 Merriman Rd, Akron, OH 44313 ● Merchant Tavern: 1824 Merriman Rd, Akron, OH 44313 ● Portage Crossing Shopping Center with Restaurants and Grocery: <ul style="list-style-type: none"> ○ Market District: 2687 State Rd, Cuyahoga Falls, OH 44223 ○ Aladdin's (Mediterranean) ○ First Watch (Breakfast)
6. Ira	
	<p>Restaurants:</p> <ul style="list-style-type: none"> ● Winking Lizard (bar/restaurant): 1615 Main St Peninsula, OH 44264 <p>Nearby areas Of Interest in the Cuyahoga Valley National Park:</p> <ul style="list-style-type: none"> ● Beaver Marsh Boardwalk 3801 Riverview Rd, Peninsula, OH 44264 ● Countryside Farmers Market https://countrysidefoodandfarms.org/ ● Brandywine Falls 8176 Brandywine Rd, Sagamore Hills, OH 44067