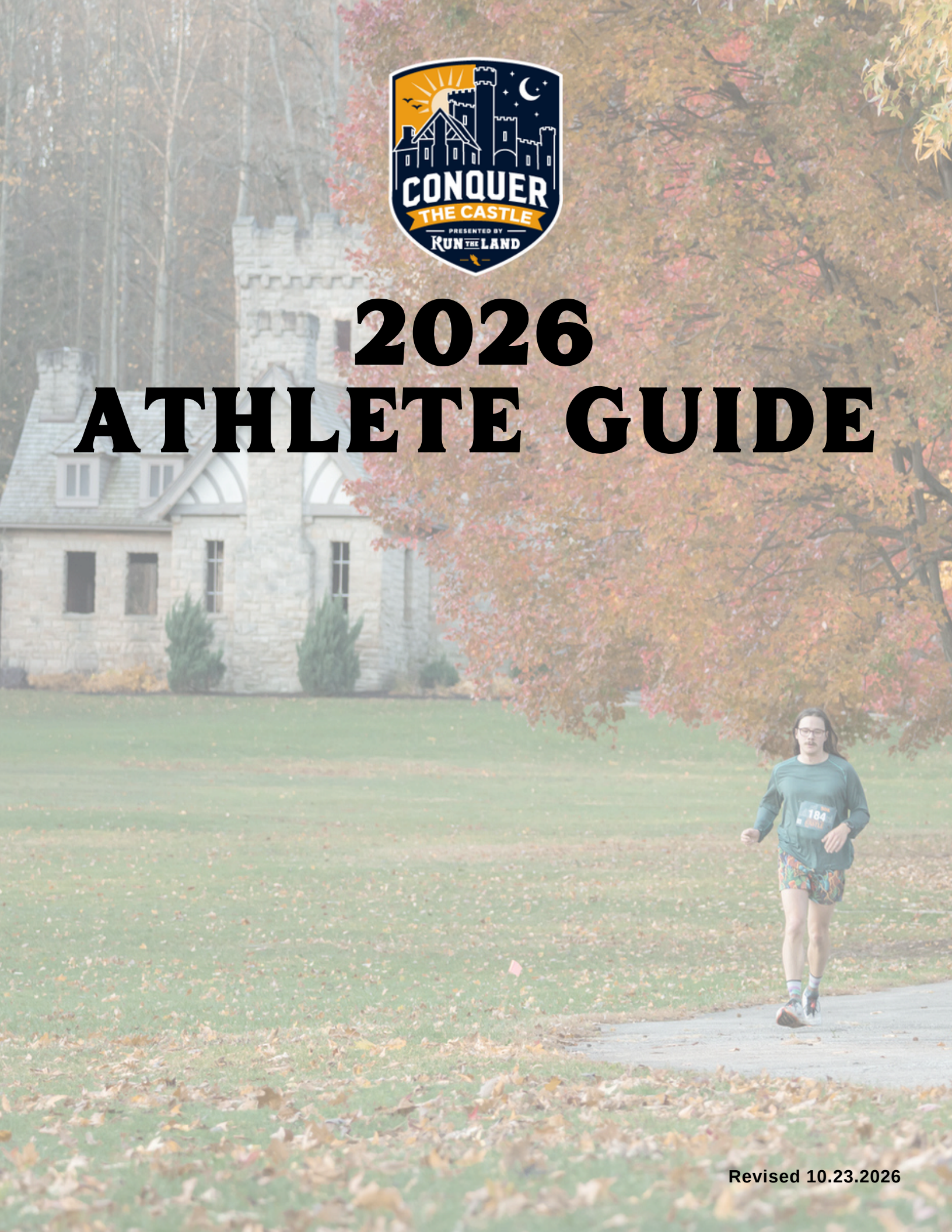


2026 ATHLETE GUIDE

Revised 10.23.2026

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COURSE MAP

See next page for full sized course map

Digital Link (you may download GPX or KML files from link)

10 Mile

Ride With GPS https://ridewithgps.com/routes/41195391

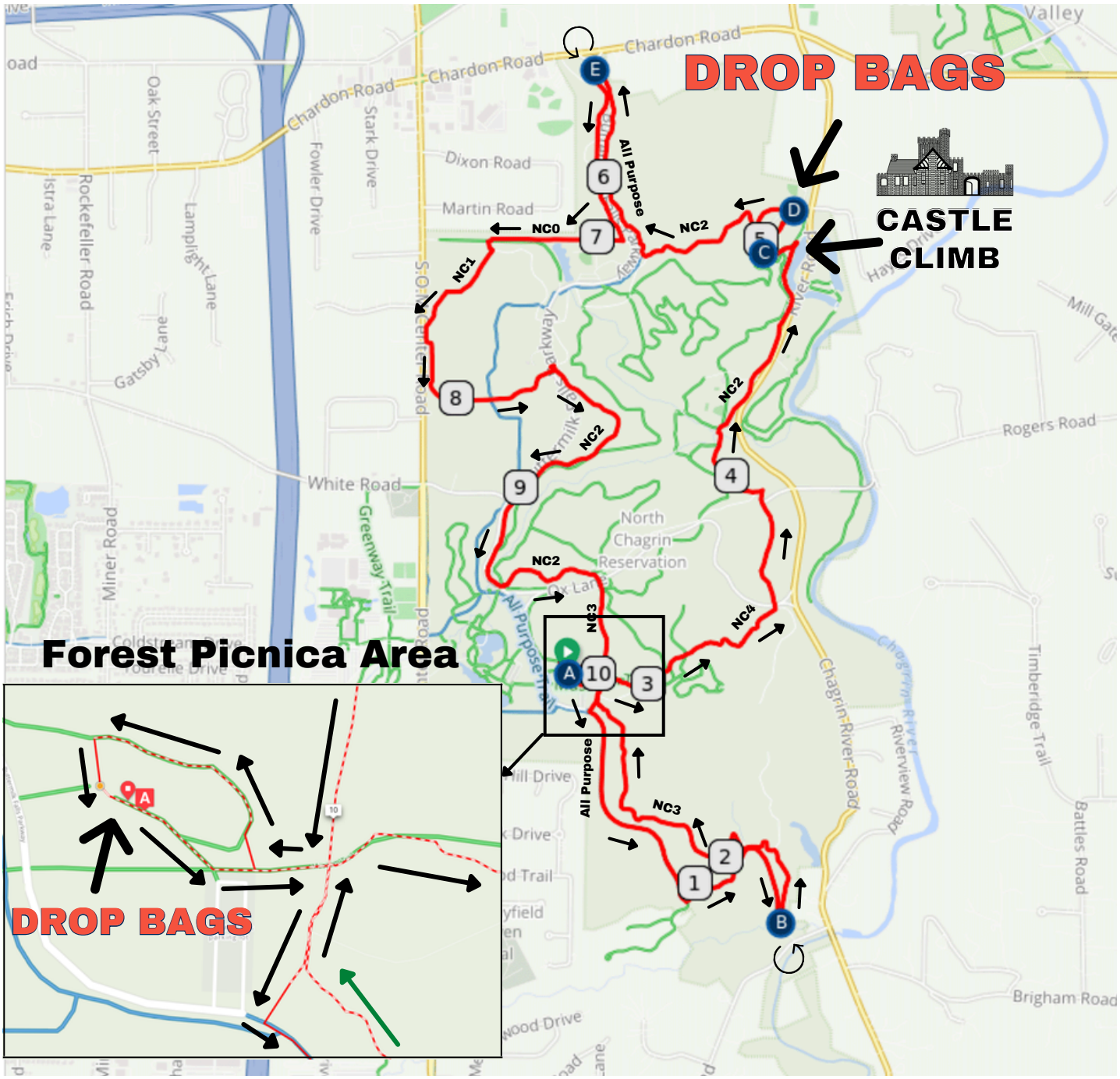
Strava: https://www.strava.com/routes/3534615945605220940

5 Mile |Strava: https://www.strava.com/routes/3534596668902785612

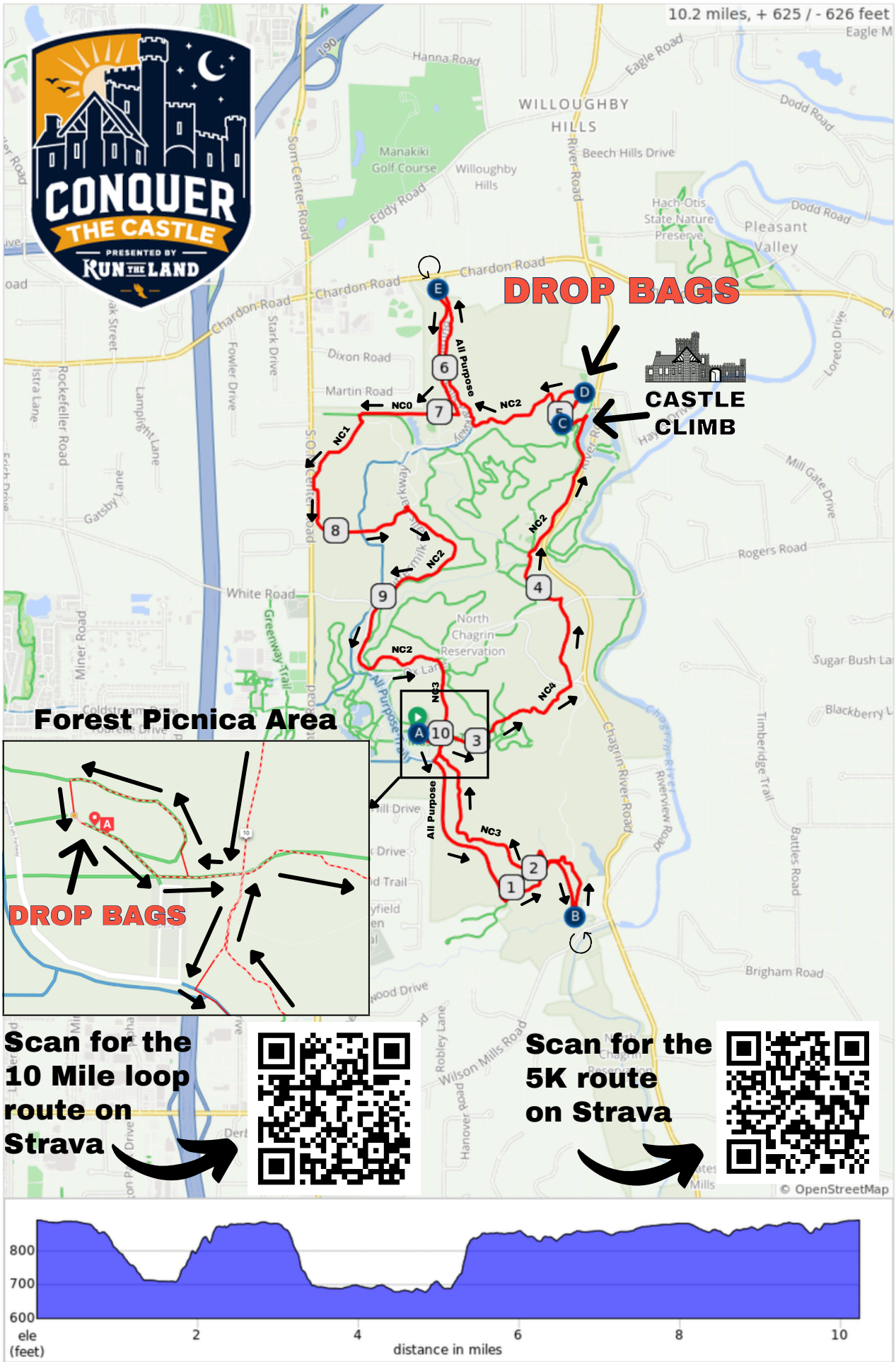
Higher resolution of map can be found by click this link

Will the course be marked? **Yes!**

The course will have red flags along the path of the trail, tape on some of the trees, plus signs & arrows to guide the way. Almost all of the course markings will be on the right side of the course, unless there is a unique circumstance where the course will need to be marked on the left or ahead.



A.	Forest Picnic Area - Base Camp	D.	Squire's Castle - Aid Station
B.	Wilson Mills - Essentials Only	E.	Chardon/Buttermilk - Essentials Only
C.	Castle Climb		



EVENT SCHEDULE

RACE START/FINISH

The race will start and finish at Forest Picnic Area.
Forest Picnic Area Google Pin: https://goo.gl/maps/rt5rYTM79nZnpgne9

Saturday, November 7, 2026

- 3:30 AM | Approximate opening of Packet Pickup for early starters
  - Packet pickup will be open throughout the day to accommodate each distance start
- 4:00 AM | Early send off for 100k and 50k runners*
- 4:00 AM | Packet pickup (Will be open throughout the day)
- 5:00 AM | 100k starts
- 6:00 AM | 50k starts
- 7:00 AM | 20 Miler & 20 Mile Ruck starts
- 8:00 AM | 10 Miler & 10 Mile Ruck starts
- 9:00 AM | 5k starts
- 1:00 PM | 20 Mile afternoon start
- 3:00 PM | 10 Mile afternoon start
- 6:00 PM | must start last loop for 100k**
- 9:00 PM | race closes/timing crew packs up***

MUST START YOUR WAVE TIME FOR THE DISTANCE/TIME YOU REGISTERED

Awards | *Tentative Schedule*

- Top 3 Female & Male finishers for 100K, 50K, 20 Mile, 10 Mile, & 5K
- **Must be present to receive the award. Awards WILL NOT BE mailed**
  - 10:00 AM | 5k award followed by 10 Mile (morning participants)
  - 11:00 AM | 20 Mile (morning participants)
  - 12:00 PM | 50K
  - 3:30 PM | 20 Mile (afternoon participants)
  - 4:40 PM | 10 Mile (afternoon participants)
  - 5:00 PM | 100K

Additional Information

*100K early send-off voids you from the Overall Awards, but not the race or listing in events. Participants will still receive a finisher medal & buckle once they cross the finish line.
**Starting the last loop at 6:00 PM will not guarantee aid station support, finish line support, or a finisher medal
***The race closes at 9:00 PM. Any runners out on the course after 9:00 PM may not receive a time, finisher medal, or belt buckle (100K) for this event (sub 15:30 minutes per mile for the 5:00 AM start)

Participants who start a loop (loops) after 3:00 PM must have a headlamp or another source of light to help guide them on the trail. This is for the safety of the participant, as the sun will set at 5:15 PM.

All changes to race distance, age, or gender, must happen prior to race start.

All participants must start at the distance they registered for on race day. Please double-check your registration to confirm your event details.

Sunrise is 7:06 AM | Sunset is 5:15 PM

PARKING

Parking will be in the main parking lot at the AB Williams Memorial Woods.

- A.B. Williams Memorial Google Pin: https://goo.gl/maps/kuThcDv74mK2DcfZ6

FOLLOW INSTRUCTIONS OF PARKING TEAM ON WHERE TO PARK ON RACE DAY

Additional parking info

- ***NO PARKING AT THE NATURE CENTER - there is an event, and we are not allowed to park there***
- Obey all traffic laws.
- The park will be open to the public during the race

We strongly suggest carpooling as parking is limited.



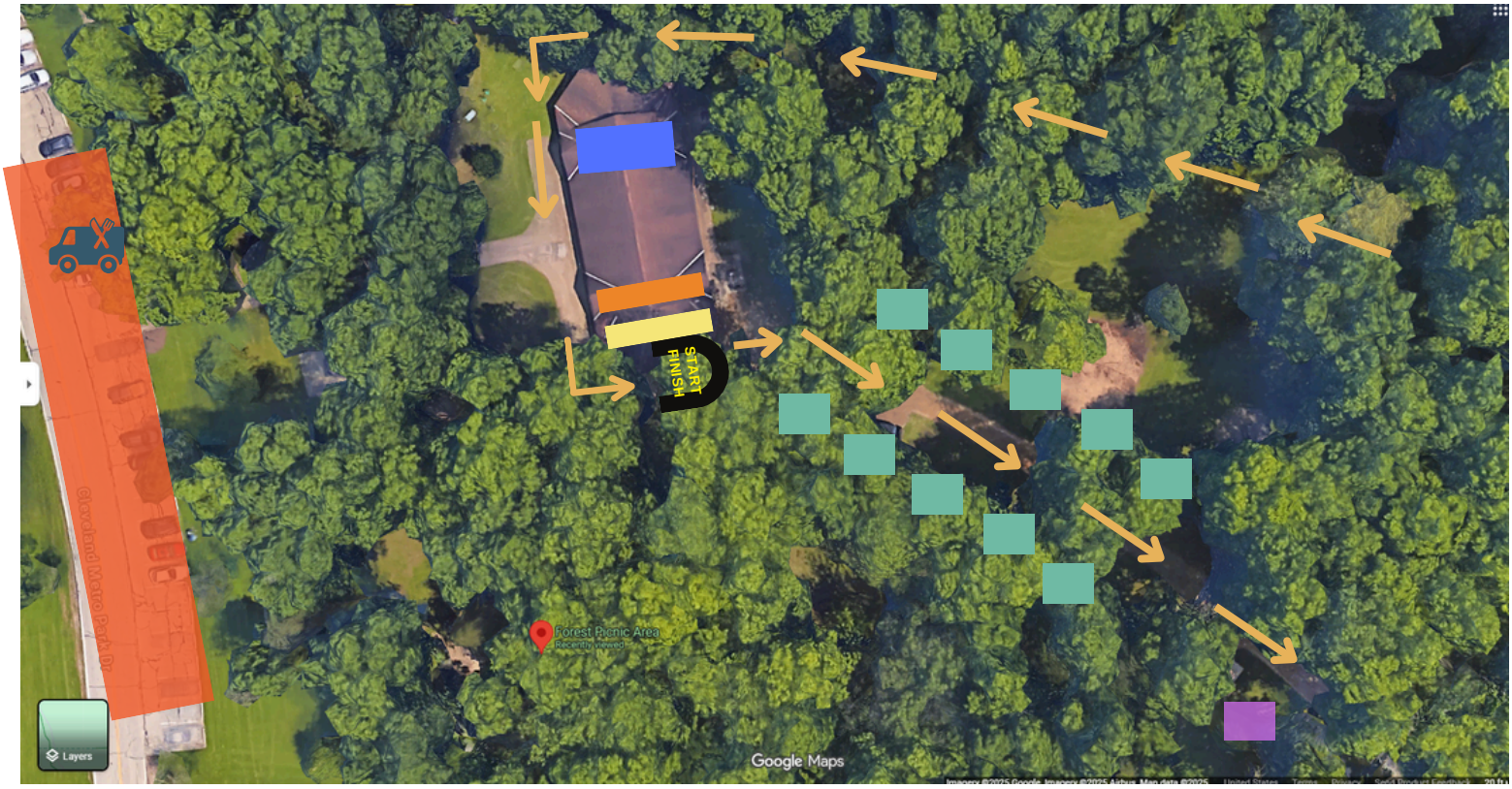
Start/finish at Forest Picnic Area

Main parking. Plus, follow instructions of parking team on other places to park.

Staff & Vendor parking ONLY

Nature Center Parking Lot | DO NOT PARK HERE

FOREST PICNIC AREA



- Staff & Vendorparking ONLY
- Crew/Tent zone
- Aid station + drop bags
- Start/finish
- food vendor
- Packet pick-up
- Timing/Staff ONLY zone
- Bathrooms
- Course arrows

DISTANCE DETAILS

DETAILS

- Course Details link
- The route is a 16.7km (10.35 mi) loop.
- There is a 16-hour cutoff for this event
- 100K runners may drop down to the 50KM during the race. Notify the timer and/or race director of this change.

DISTANCE LOOP(S)

- 100K = 6 loops
- 50K = 3 loops
- 20 Miler = 2 loops
- 10 Miler = 1 loop
- 5K = route will use the first 5K of course

COURSE TERRAIN

- 20% paved
- 80% trail/packed gravel

Volunteers will be knighting participants throughout the day, starting at 5:00 AM and ending at 5:00 PM.

HILL CHALLENGE/GET KNIGHTED

- Hill climb is behind Squires Castle, which is about halfway through a loop
- All 100K, 50K, 20 Miler, & 10 Mile runners, 10 Mile Ruck, and 10 Mile (morning and afternoon distances) will be knighted if they complete an optional hill climb.
- Participants will receive a token at the top of the hill that will be turned in at the finish line for the custom water bottle.
- This is about .15 miles up & down, to add about .30 miles
- This is a 400-foot climb

(There is no additional cost to be knighted)









Complete the knighted hill challenge & receive the beanie at the finish

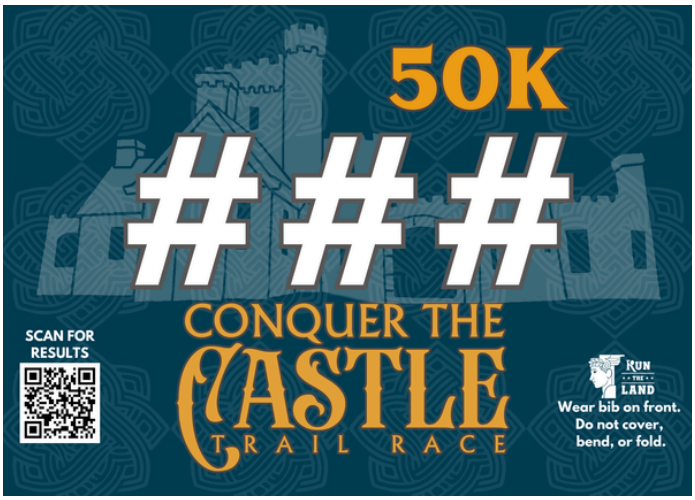
RACE BIBS

WEAR BIB ON FRONT. DO NOT COVER, BEND, OR FOLD.

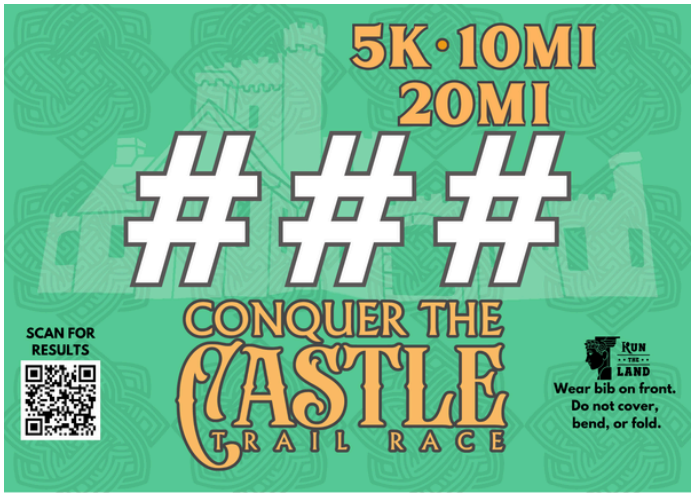
100K Specific Bib



50K Specific Bib



All other distances bib



COURSE MARKINGS

The course will be clearly marked with flags, tape, and directional signage to help guide you throughout your race.

- **Course Flags & Tape**
  - Flags and tape will generally be placed on the right side of the course. While they are officially red, they may appear bright orange in certain lighting conditions.
- **Directional Signage:**
  - Arrows and other signs feature a yellow background with white arrows and white lettering to indicate direction and important course notes.
- **Reflective Tape:**
  - Some yellow signs will include small strips of blue reflective tape to assist with visibility during early morning or low-light hours.
- **Course Ambassadors**:
  - Friendly Course Ambassadors will be stationed at key points along the loop to help direct participants and ensure everyone stays on course.





RUCK

Choose your challenge. Whether you are aiming for the podium or just looking to challenge yourself and move with the community. All are welcome.

Hardened Steel | Competitive Division

- **The Standard:** 35 lbs Dry Weight for Men / 25lbs for Women
- **The Rules:** Your weight must come from dedicated sources (ruck plates or sandbags). Water, food, and extra clothing do not count toward the weight requirement.
- **Awards:** This is our only award-eligible category. Prizes will be awarded to the Top 3 Male and Top 3 Female finishers for events with over 5 of each gender or top 1 of each for less than 5.
- **Verification:** Dry weight will be verified at the Red Stand during pre-event check-in and re-verified at the finish line.

Cast Iron | Recreational Division

- **The Standard**: Any weight is allowed. 10 lbs Recommended Total Weight.
- **The Rules:** This is a non-competitive, "anything counts" tier. Your hydration bladder, snacks, and safety gear all contribute to your total weight.
- **The Experience:** Perfect for beginners, families, or those testing their grit for the first time.
- **Check-In:** While not required for scoring, we highly encourage you to check in at the Red Stand. It's the best way to learn how rucks usually work, get your gear checked by veterans, and meet the Cleveland rucking community.

Logistics & Check-In

- **Pre-Ruck Check-In:** Head to the Red Stand near the starting line or registration area. All Hardened Steel | Competitive Division participants must weigh in here. Cast Iron | Recreational Division participants are encouraged to stop by to get a feel for the pre-event flow.
- **Post-Ruck Check-In:** Once you cross the finish line, look for the signs to the check-in area. This is where we verify Hardened Steel | Competitive Division weights for awards.

What To Bring (Packing List)

For Your Ruck

- **The Pack:** A sturdy backpack or rucking-specific bag with supportive straps. (Not a weighted vest)
- **The Weight**: 35lb plates/sandbags for men and 25lb plates/sandbags for women for Hardened Steel Competitive Division; 10 lbs (recommended) of total gear for Cast Iron Recreational Division.
- **Hydration**: Most courses will have water stops, but always come prepared.
- **Safety**: A reflective band or light if the event takes place near dawn/dusk.

For Your Body:

- **Footwear:** Broken-in trail shoes or boots.
- **Socks**: Moisture-wicking wool or synthetic
- **Anti-Chafe:** Body Glide or similar for feet and high-friction areas.
- **Fuel:** Small, calorie-dense snacks like gels, bars, or trail mix.

Personal Items

- Photo ID and a fully charged phone

2026 ruck patch will have the new logo as shown above.

RACE SWAG

Participant shirt





Hoodie upgrade



Finisher medal



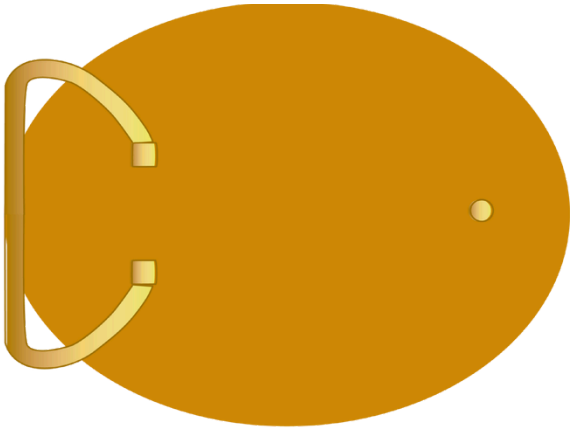
Distance buttons will be given crossing the finish line to commemorate your race distance.

RACE SWAG

Belt buckle for 100K finishers
4"x3"



Front



Back



Award Flag for top 3 male & female winners for each distance



Castle Climb
Cuffed Beanie
Heather Orange

AID STATIONS/DROP BAGS

MAIN AID STATIONS

- Start/Finish Line and halfway through the loop at Squires Castle Shelter (mile 5)
- Stocked with pretzels, water, Gu, Gatorade Endurance, candy, PB&J, salt tabs, Coke, Ginger Ale, cookies, pickles, bananas, hot food items, and other food.
- We recommend bringing your own energy gels, but we will have Gu Energy Gels.
- For specific race hydration & nutrition needs, we recommend having those items in your drop bag(s)

Vegan? Gluten Free?
Let a volunteer know so that they can direct you to these items.

ESSENTIALS-ONLY AID STATIONS

- Located at miles 1.5 & 6.4
- Items will include: Water, Limited Energy Gels, First Aid Kit

DROP BAGS

Start/Finish

- Athletes can have drop bags at the start finish under the pavilion near the Aid Station

Squire's Picnic Area Aid Station

- Drop bags must have the athlete's name, race distance, & bib number on their drop bag
- Drop bags for 100K & 50K must be delivered at least 15 minutes before the race start to ensure it will make it to the Mile 5 aid station.
- Drop bags at this aid station ***will not be*** delivered back to the Start/Finish. It is up to the athlete and/or their crew to retrieve the drop bag.







GENERAL QUESTIONS

CHANGING DISTANCES

- Please communicate distance changes prior to starting your race. For 100K runners, you may drop down to 50K after each loop. Our goal is safety so please listen to your body.
- Should you decide to drop to the 50K, notify the timer and/or race director of the change

TIMING

- Race will be RFID chip timed.
- Wear you assigned bib on the ***FRONT*** so that we can identify you.
- ***DO NOT*** fold bib, as this may impact the RFID chip.

WEATHER

- The race will proceed, regardless of weather.
- If there is inclement weather, it is up to each runner to decide if they will continue/finish the race.
- We may have sloppy trails, rain, snow, etc. You should know what you need for the conditions present, and plan accordingly.
- Use common sense and take care of yourself. Know what you can handle

HORSES

- Same rule of tonnage applies. If you encounter a horse ***STOP*** running, walk to make your presence known. Ask for permission to proceed.
- ***Do not scare the horse.*** If you want to pet the horse as you pass, ask for permission.
- Be polite and you will receive politeness in return

LITTERING

- ***Absolutely no littering.***
- If you can carry a gu/snack while it is in the package, you can carry the empty package after you have eaten it.

DROPPING FROM THE RACE

- If you find that you cannot complete your race, please return to the start/finish line and turn your bib in at the timing table.
- ***Do not drop along the course, and leave.*** We keep track of all of the runners and we don't want to go searching for you when you are all snuggly at home.

BATHROOMS

- Pit Toilets are located at both main aid stations (Forest Picnic Area and Squires Picnic Area).
- Forest Picnic Area will also have port-a-potties and a hand-washing station.
- Metroparks port-a-potties are located at Oxbow Trailhead (3.85 miles) and Buttermilk Falls Lane (6.4 miles)

ADDITIONAL INFO

PACERS & CREW

- Pacers
  - As a pacer, you are agreeing to completing 2 loops or less of the course with your athlete.
  - As a pacer, you will not carry (mule) hydration or nutrition to aid your athlete.
  - As a pacer, you will carry your own supplies and only use aid station supplies if needed. Aid Station supplies are meant for the athletes.
  - As a pacer, you must wear your bib on the front of your body. DO NOT COVER, BEND, OR FOLD.
  - As a pacer, if you go out on the course after 3:00 PM, you must have your own headlamp (or other light) to help you see the course.
  - Pacers must now ***CHECK IN*** and sign a waiver prior to starting as a pacer. This process is fast and easy and will take place at the start/finish line registration area.
  - Waiver link
    - Pacers must click this link to register as a pacer.
- Crew
  - Crew may not meet up with participants at road crossings and may only meet runners at the start/finish or at the Squires Castle aid station.
  - Crew may have a tent set up, but it must not be in the way of the course/impede runners' forward motion

ROAD CROSSINGS

- The course is within the boundaries of North Chagrin Reservation. There are several road crossings for the 10 Mile loop
- There will be flashing lights on signs to make vehicle traffic aware of runner crossings, but, traffic is not required to stop. It is up to the runner to make sure the road is clear before crossing.
- It will be late in the year, and there will be only a minimum number of park visitors that are not associated with the race. But, use the rule of tonnage. Cars weigh more than you, they have the right of way. Use caution and all of your senses when crossing a roadway.

HEADLAMP

- Because of the early hours, all runners are ***REQUIRED*** to carry a headlamp for any loop that starts before 6:00 AM and after 3:00 PM.
- There is very little streetlight around the park and at times you will be deep into the woods. For your own safety, carry a headlamp, and a spare

RESTROOMS

- Pit toilets are available at the start/finish line and at Squires Picnic Area (Aid Station).
- Port-a-potties will be at the start/finish, and about 3.75 miles and 6 miles
- When in doubt, carry some toilet paper with you

ADDITIONAL INFO

PACERS & CREW

- Pacers
  - **PACERS ARE ONLY ALLOWED FOR THE 100K**
  - As a pacer, you are agreeing to complete 2 loops or fewer of the course with your athlete.
  - As a pacer, you will not carry (mule) hydration or nutrition to aid your athlete.
  - As a pacer, you will carry your own supplies and only use aid station supplies if needed. Aid Station supplies are meant for the athletes.
  - As a pacer, you must wear your bib on the front of your body. **DO NOT COVER, BEND, OR FOLD.**
  - As a pacer, if you go out on the course after 3:00 PM, you must have your own headlamp (or other light) to help you see the course.
  - Pacers must sign a waiver prior to starting as a pacer.
  - Pacer Waiver can be found in the Events section of the website to complete.

Other important pacer details

  - Only 1 pacer is allowed on the course at a time per 100K participant.
  - Pacers must not run more than 3 laps (30 miles/half of the course) with the 100K participant.

- Crew
  - Crew may not meet up with participants at road crossings and may only meet runners at the start/finish or at the Squires Castle aid station.
  - Crew may have a tent set up, but it must not be in the way of the course/impede runners' forward motion

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FIRST AID/MEDICAL

As with all events of this kind, please know that you are in sufficient health to participate in this endeavor. This document is to help you to understand some necessary medical issues that may be encountered in an ultramarathon. Its sole purpose is to keep you informed as you prepare for the race ahead.
There will be limited medical support before, during and after the race. Any emergencies will be dealt with through the Willoughby Hills Fire Department, located right outside the park entrance, on Rt. 6.

If an emergency arises, we suggest the following protocol:

1. Make it to the nearest aid station that has volunteers. Squire's Castle Shelter (5 miles into the course) or the Start/Finish at Forest Picnic Area
2. **If unable to reach the nearest aid station, call and/or text the Race Director, Melanie, at 216.339.3199**

If this is an EMERGENCY, call 9-1-1

Note: at Ox Lane (mile 3.5) to about Squires Castle Shelter (mile 5) there can be a dead zone with any cell phone carrier service.

GENERAL INSTRUCTIONS

- There will be a first aid kit at each aid station. The kit has small bandages, ice packs, etc.
- If you have an emergency: If you are at the aid station, let them know.
- The fire station is right down the street, and the volunteers will have instructions.
- If you cannot get to the aid station, let someone on the trail know your need, they will get help. ***Do not leave the course.*** We cannot find you if you are wandering in the woods. We will get help if you cannot proceed.

MEDICATION

- As a general rule, you should always consult your medical doctor regarding the use of any prescribed medications before, during, and after a race. It is strongly recommended that no over-the-counter, non-prescription medications be taken before, during, or immediately following the race. Medications can increase your risk for heat stroke, kidney injury, and dehydration. Of particular concern are amphetamines (Aderall, ect), diuretics, acetaminophen (Tylenol), and NSAIDs (ibuprofen/motrin, naproxen, etc).

- If you have a serious allergy or respiratory condition requiring use of your own prescribed medication (Inhaler, Epipen, ect), it is the participant's responsibility to carry these medications on the course at all times. These medications will not be available at the aid station. As stated previously, no medications will be administered by the race volunteers at any time, including intravenous hydration or any over the counter medications (tylenol, ibuprofen, ect). Only basic first aid and basic emergency care will be administered as necessary until professional emergency assistance (EMS, fire) arrives.

FIRST AID/MEDICAL

MEDICAL DISQUALIFICATION

- While every effort will be made to support your effort and goal of race completion, the potential for serious injury, even death, is real and the volunteers and/ or medical team may determine that you are medically unfit to continue. Should this occur, your name and bib number will be reported to the finish line and you will be medically disqualified. At this point you are no longer eligible for a finishing time and are expected to discontinue your participation.
- If your condition is deemed serious and emergent, local emergency medical services will be activated and you will be evacuated in a manner consistent with your condition.

DEHYDRATION

- A large percentage of the human body is composed of water, and it is critical for body maintenance and physiology as well as essential for athletic performance and life. A small degree of dehydration can be expected with any athletic event, especially an endurance event. HOWEVER, significant dehydration may reduce your performance and may put you at risk for kidney damage and other injury. Dehydration primarily occurs through sweat; however, vomiting, diarrhea, certain medications, caffeine, and alcohol may put you at significant risk for dehydration as well.

- Dehydration causing as little as 1% of body weight loss can reduce athletic performance and raise your body core temperature putting you at risk for other injury. Some signs and symptoms of dehydration include but are not limited to thirst, flushed skin, cramps, dizziness, headache, vomiting, nausea, chills, decreased performance, and abnormal breathing patterns.

KIDNEY INJURY

- Kidneys are essential for filtering the blood, which in turn provides fluid and electrolyte balance. Dehydration decreases blood supply to the kidneys which can in turn damage them.

- Non-steroidal anti-inflammatory drugs (NSAIDS) can damage kidneys as well, which is why they are not recommended during an ultra-distance event. Signs and symptoms of dehydration can additionally indicate impending kidney failure.
  - NSAIDS include: Aspirin, ibuprofen, and Naproxen

LOW SODIUM (HYPONATREMIA)

- Sodium tends to be the most problematic electrolyte in the endurance athlete. If your sodium levels are too low, significant neurological complications can occur.

- Maintaining sodium levels in the endurance athlete varies, and there is no standard approach. It is important that you are aware of the need to maintain sodium and that you have a strategy in place during the race. Most sodium is lost via sweat and urine, but another cause of low sodium levels is not drinking fluids with sodium during the race.

- If you drink too much fluid and not enough sodium, you are in essence diluting your sodium levels in your bloodstream. Some signs and symptoms include but are not limited to headache, nausea, confusion, lack of coordination, weakness, seizures, coma, and can lead to death.

FIRST AID/MEDICAL

INJURED ON COURSE

- If you are injured and cannot continue on your own or with assistance, please stay where you are and send someone to the nearest aid station via the race course. Do not attempt to take a shortcut through the woods; please stay on course. Important information to deliver to the aid station includes:
  - Injured participant's bib number
  - If the injured participant is conscious and alert
  - Primary problem the runner is experiencing
  - Exact location of the runner

- If you are injured but still able to move on your own or with assistance please attempt to reach the nearest aid station to notify any medical volunteer or aid station volunteer that you are going to discontinue the race. Again, do not attempt to take a shortcut, stay on the race course. Do not leave the race without notifying one of the volunteers, we must be informed that you have discontinued the race. If you are at an aid station, effort will be made to provide you with a ride back to the start/finish at squire's castle. The race course covers a fairly large geographic area; please be patient if you are waiting for a ride back to the race start/finish.

- In the event of a medical emergency, you will be transported by ambulance to a local medical facility prepared to treat your specific medical emergency. While there are trained medical volunteers, they will only be able to provide basic first aid and basic assistance in a medical emergency. No medications will be administered by the race volunteers at anytime, including intravenous hydration or any over the counter medications(tylenol, ibuprofen, ect.). There is a nearby fire station in Willoughby Hills and a nearby trauma facility in Mayfield, Ohio. It is important to recognize that all expenses related to such a medical emergency are the sole financial responsibility of the race participant. Please have your insurance information and personal identification available in the event of an emergency.

- Given the significant risk to your health and potential financial burden created by medical assistance, we strongly encourage all participants to challenge themselves during the race while maintaining a healthy perspective and a personal awareness of limitations. Moreover, this race demands prior training and proper preparation. If you have not trained properly for this event, you should not participate. Runners assume all risk associated with participation in this event.

RACE DAY VENDORS

These vendors will be at the Start/Finish at Forest Picnic Area



Travelin' Tom's Coffee Truck will be selling delicious, customizable beverages made fresh from the coffee truck

Pin-Point Physical Therapy will be offering services from 9:00 AM - 2:00 PM.

The Human Performance Lab at The University of Akron offers testing specific to runners that can help with training and race performance. They will be available from 9:00 AM - 2:00 PM.

Sweathouz offers a private contrast therapy suite. Team members will be on site to answer questions about services.

Kim Karbon Photography will be taking photos of participants during the race.

Stay tuned for additional vendors