



FINAL RUNNER INSTRUCTIONS





GETTING TO THE RACE

The start and finish are at St Helena Heritage Park in Canal Fulton. Use the address of 123 Tuscarawas St NW, Canal Fulton, OH 44614 to get you to the park. Once the main parking lot is full you will need to park in the adjacent streets to the park.

PARKING





COURSE MAP



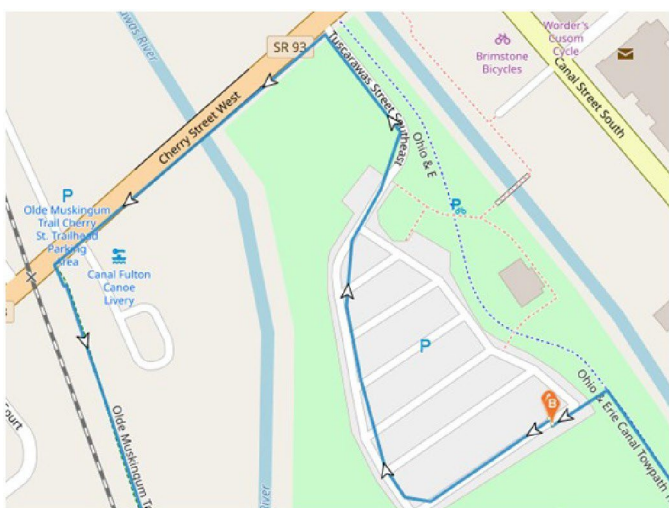
CANALWAY CLASSIC SPRING PEEPER COURSE

5 Mile Course

Start in the Parking Lot
Exit onto Cherry St W -Turn Left
Enter Olde Muskingum Trail-Turn Left
Continue to Butterbridge Rd NW-Turn Left
Enter Ohio & Erie Towpath Trail-Turn Left
Continue to Parking Lot-Turn Left to Finish Line

2 Mile Course

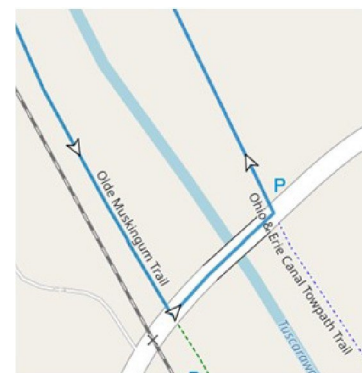
Start in the Parking Lot
Enter the Ohio & Erie Towpath Trail-Turn Right
Run South to the THREE Turnaround Cones
Return North on the Ohio & Erie Towpath Trail
Continue to the Parking Lot-Turn Left to Finish Line



Start of the 5 Mile Course

Run the perimeter of the parking lot
Exit on Cherry St W -Turn Left
Enter Olde Muskingum Trail-Turn Left
Total time on Cherry St W- 10 minutes

Runners stay on berm of Butterbridge
2 Volunteers+ Cones keep runners off the road
Signage placed indicating Race in Progress





PACKET PICKUP

- Saturday, March 23rd – parkrun at Sippo Lake – lower lot – 8am to 9:30am
5712 12th ST NW, Canton, OH 44708
- Friday, March 29th – Second Sole Canton – 5pm to 7pm
4691 Dressler Rd NW, Canton OH 44718
- Saturday, March 30th – St. Helena Heritage Park – 7am to Race Start

RACE DETAILS

- We will be using a SINGLE start for each race. The 2 MILE will start promptly at 8:30am. You will line up with the fastest runners in the front and the walkers in the back. Your start time is official as you cross the starting timing mats. The 5 MILE will start promptly at 9:15am. The fastest runners will line up in front and the walkers in the back.
- Water Station - The 5 MILE event will have a SELF-SERVE water station around 2.5 miles. The station will have single 8oz bottles of water for you to take. Trash cans will be placed 200 meters PAST the water station for you to deposit those bottles. PLEASE deposit both the bottle and the cap into these containers. We appreciate it!


AWARDS / POST-RACE EVENTS

- Awards for the 5 Mile Run will be available under the RED tent. Check with us to see if you won an award.
- Results and Photos can be found at www.cantonruns.com



Runner Safety

- To ensure the safety of all our participants and volunteers, we will be following the Road Runners Club of America – Event Alert System.

<div>Event Alert System</div> <div></div>	ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
	EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/FOLLOW EVENT OFFICIAL INSTRUCTIONS
	HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW OFFICIAL INSTRUCTIONS/CONSIDER STOPPING
	MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
	LOW	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT



Special Thank You to our Sponsors!

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MAGI

Schalmo Family YMCA

Dragonfly Winery & Tea Room

