



FINAL RUNNER INSTRUCTIONS





GETTING TO THE RACE

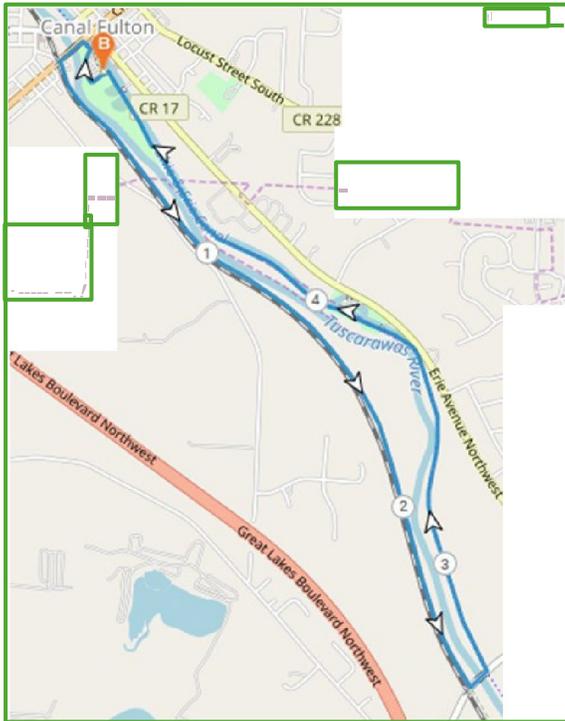
The start and finish are at St. Helena Heritage Park in Canal Fulton. Use the address of 123 Tuscarawas St NW, Canal Fulton, OH 44614 to get you to the park. Once the main parking lot is full you will need to park in the adjacent streets to the park.

PARKING





COURSE MAP



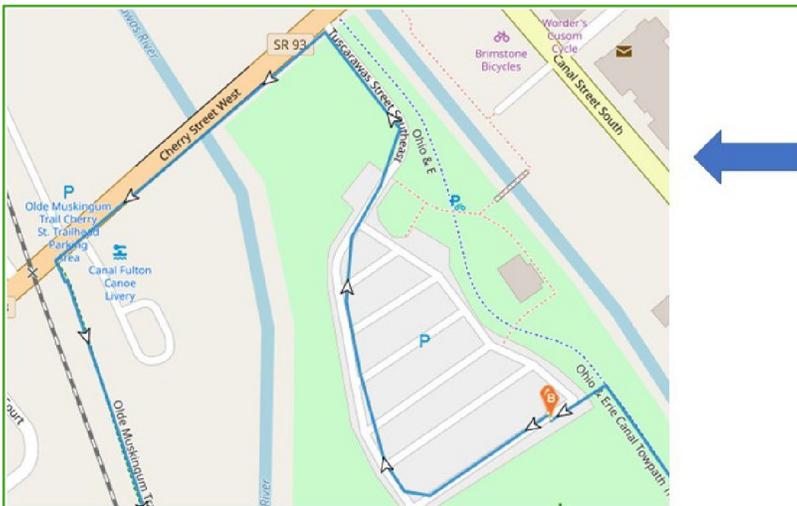
CANALWAY CLASSIC SPRING PEEPER COURSE

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 N – 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 the berm of Butterbridge
 2 volunteers + cones keep runners off the roads
 Signage placed indicating race in progress





PACKET PICKUP

- Thursday, March 26 **and** Friday, March 27
 - Second Sole Canton
 - 4:30 pm to 7pm
 - 4691 Dressler Rd NW, Canton OH 44718
- Saturday, March 28 – 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.
- **Combo Runners – please DO NOT take your medal until after you complete the 5 mile race.**
- 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 will be available AFTER the 5 mile race ends under the Pavillion in St. Helen Park. You must be present to claim your age group award. No age group awards will be mailed or available after the race day.
- 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.

Event Alert System 	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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Second Sole

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