



-2026-

Canal Corridor Endurance Run

100 and 50 Mile

Participant Guide



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Weekend Schedule

Full Weekend Schedule

FRIDAY OCTOBER 9, 2026

3:00PM: Check-in and packet pickup starts
7:00PM: Drop bags are due to be dropped off
7:00PM: Check-in and packet pickup ends

SATURDAY OCTOBER 10, 2026

5:00AM: Runner packet pickup & drop bags for late arrivals
6:00AM: 100 Mile Race Starts
7:00AM: Front Half 50 Mile Race Starts
6:00PM: Back Half 50 Mile Race Starts
10:00PM: Front Half 50 Mile Course Cutoff

SUNDAY OCTOBER 11, 2026

2:00PM: Back Half 50 Mile Course Cutoff
2:00PM: 100 Mile Course Cutoff (race concludes)

*awards will be presented during the events once all the award winners have finished for each distance.

Start/Finish Location

All start and finish line activities will take place at:

[Missing Falls Brewery in downtown Akron, OH](#)
[540 S Main St. Suite 112](#)
[Akron, OH 44311](#)

Packet Pickup

We encourage everyone to pick up their packet on Friday, so your race morning will go smoother!

Friday Packet Pick-Up:

3:00 - 7:00PM

Location: Missing Falls Brewery in Akron, Ohio ([540 S Main St. Suite 112, Akron, OH 44311](#))

Saturday Packet Pick-Up (late arrival)

5:00AM - 6:30AM (for 100 Mile and Front Half 50 Mile)

3:00PM - 6:00PM (for Back Half 50 Mile)

Location: Missing Falls Brewery in Akron, Ohio ([540 S Main St. Suite 112, Akron, OH 44311](#))

Pre-Race Briefings

Prior to each race we will gather all of the runners at the start line to go over last minute details. Please be around the start line for this pre-race briefing approximately 15 minutes prior to the start.



Course Information

Course Maps

Please view the comprehensive course maps and details on [THE COURSE SECTION ON THE WEBSITE](#).

- Interactive Course Map
- Downloadable GPS Files (you can upload to watch)
- Elevation Profiles

***Helpful Tip:** Consider downloading GPX files of your course and loading the route into your watch for added navigation during the race! These files are downloadable from the website in the map's menu.

Course Descriptions

The start/finish line is at Missing Falls Brewery in downtown Akron, OH (540 S Main St. Suite 112, Akron, OH 44311). The course runs along The Towpath Trail following the Ohio & Erie Canalway. The Towpath is a crushed limestone trail that occasionally yields to asphalt or concrete walkway. The course is roughly 70% crushed limestone to 30% asphalt.

THE FULL 100 MILE: The start is in downtown Akron, Ohio. The 100 Mile course will start by running North for ~15 miles until the "North Turnaround" at the Lock 29 aid station. After returning to Akron the 100 Mile course runs south for 35 miles until the "South Turnaround" at the Craig Pittman aid station, before returning to Akron for the finish. In summary, the 100 Mile course in 2026 is a double out and back, with 30 miles being north of Akron, and 70 miles being south of Akron.

THE "FRONT HALF" 50 MILE: Starting in downtown Akron, Ohio Front Half 50 Mile runners will travel north on the Towpath until the turnaround at the Lock 29 aid station at mile 15. From here the Front Half 50 Mile turns around and returns south to Akron near the finish line. From here the Front Half runners will run an extra 10 miles south and back to the finish line.

THE "BACK HALF" 50 MILE: Starting in downtown Akron, Ohio Back Half 50 Mile runners will head south on the Towpath for 25 miles before turning around and running back directly to Akron. The Back Half 50 Mile starts at 6:00PM and is meant to be a "night race" opportunity.

Elevation gain over the entire 100 Mile course is about 2000 feet total.

Elevation gain for the 50 Mile Front Half is approximately 1070 feet.

Elevation gain for the 50 Mile Back Half is approximately 790 feet.

There are aid/water stations approximately every 4-6 miles apart throughout the course that alternate from staffed full aid stations to unstaffed water & gel stations. The full aid stations will be staffed by seasoned ultrarunners and will offer water, electrolyte drink and various food items including hot foods at night.

Aid Stations

The Canal Corridor 100 Mile aims to have everything runners will need to complete 100 miles. The chart below lists some of the items that runners can expect to see at aid stations. Some aid stations will have items that are not on this list, as aid station captains all put their "special touch" on their station, but this list is what will be standard at the aid stations.

<u>Liquids</u>	<u>Sweet and Salty Foods</u>	<u>"Real" and "Hot" Foods</u>	<u>Misc. Items</u>
• Water • Sodas • Electrolyte Mix (Gatorade) • Pickle Juice	• Potato Chips • Pretzels • Cheez-its • Cookies • Oreos • M&M's • Assorted Candies • Sour Patch Kids • and more.....	• PB&J • Grilled Cheese • Coffee • Cheese Quesadillas • Bananas • Ramen/Broth • and more depending on individual aid stations...	• Vaseline • Hand Sanitizer • First Aid Kit • Trash Can • Ice • and more....

The "Real and Hot" foods list will vary throughout the course. For example, the morning hours may not have coffee, but once nighttime hits most aid stations will have coffee available. Another example of the aid stations being slightly varied is that during the evening or nighttime foods such as pizza, mashed potatoes, etc may become available.

Our goal with this assortment is to provide a variety of salty and sweet options, as well as all of the hydration you need, while also allowing aid station captains to put their special touch on their aid station.



Aid Station Charts

The following aid stations can also be viewed and downloaded on the [website](#).

100 Mile Aid Station Chart

			Canal Corridor 100 Mile Aid Station Chart					
A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Pacer Start	Cut-off Time (AS Closes)	Waypoints (for GPS)
Start	Start/Finish Missing Falls Brewery	0	0	-	-	No	-	41.070880, -81.527603
-	Memorial Parkway 1 (Self-Serve Water Only)	3.05	3.05	Yes	No	No	-	41.10458, -81.52781
2	Second Sole 1	6.1	3.05	Yes	No	No	-	41.135074, -81.549329
2	Hunt Farm 1	11.8	5.7	No	No	No	-	41.200599, -81.572205
3	Lock 29 Turnaround Point	15.1	3.3	Yes*	No	No	-	41.242949, -81.550488
4	Hunt Farm 2	18.4	3.3	No	No	No	-	41.200599, -81.572205
5	Second Sole 2	24.1	5.7	Yes	No	No	-	41.135074, -81.549329
-	Memorial Parkway 2 (Self-Serve Water Only)	27.15	3.05	Yes	No	No	-	41.10458, -81.52781
6	Spaghetti Warehouse Aid Station	29.85	2.7	Yes	Yes	No	-	41.073418, -81.528484
7	Manchester Rd 1	34.3	4.45	No	No	No	10:55:00 (4:55:00 PM)	41.02362, -81.55070
8	Vanderhoof Rd 1	40.9	6.6	Yes	No	No	13:00:00 (7:00:00 PM)	40.97821, -81.60529
9	Clinton 1	44.85	3.95	Yes	No	No	14:15:00 (8:15:00 PM)	40.92749, -81.63081
10	Canal Fulton 1	48.75	3.9	Yes	Yes	Yes	15:30:00 (9:30:00 PM)	40.88769, -81.59696
11	High Mill Ave NW 1	53.85	5.1	Yes**	No	Yes	17:05:00 (11:05:00 PM)	40.84578, -81.53232
12	Oak Knoll Park 1	58.45	4.6	No	No	No	18:35:00 (12:35:00 AM)	40.78899, -81.52579
13	John Glenn Grove 1 (Limited Aid/Liquids)	61.8	3.35	Yes	No	Yes	-	40.75173, -81.52821
14	Craig Pittman Turnaround Spot	65.25	3.45	Yes***	Yes	Yes	20:45:00 (2:45:00 AM)	40.72062, -81.51225
15	John Glenn Grove 2 (Limited Aid/Liquids)	68.7	3.45	Yes	No	Yes	-	40.75173, -81.52821
16	Oak Knoll Park 2	72.05	3.35	No	No	No	22:50:00 (4:50:00 AM)	40.78899, -81.52579
17	High Mill Ave NW 2	76.65	4.6	Yes**	No	Yes	24:20:00 (6:20:00 AM)	40.84578, -81.53232
18	Canal Fulton 2	81.75	5.1	Yes	Yes	Yes	25:55:00 (7:55:00 AM)	40.88769, -81.59696
19	Clinton 2	85.65	3.9	Yes	No	Yes	27:10:00 (9:10:00 AM)	40.92749, -81.63081
20	Vanderhoof Rd 2	89.6	3.95	Yes	No	Yes	28:25:00 (10:25:00 AM)	40.97821, -81.60529
21	Manchester Rd 2	96.2	6.6	No	No	No	30:30:00 (12:30:00 PM)	41.02362, -81.55070
Fin.	Start/Finish Missing Falls Brewery	100.65	4.45	Yes	-	-	32:00:00 (2:00:00 PM)	41.070880, -81.527603
Race Start: 6:00:00 AM								
Crew Access Notes:								
*Crew are not allowed to park at the main Lock 29 AS parking lot. Crew must park at the overflow lot just North of Lock 29, only a 2/10 of a mile walk away.								
**Crew access/parking at the High Mill Ave AS is at the Crystal Springs Trailhead, which is 1/4 of a mile away. You may walk to the aid station or crew from Crystal Springs.								
***Crew access/parking for the Craig Pittman AS is at the Craig Pittman Memorial Park Trailhead. From here, the aid station is less than a 2/10 of a mile walk West on the Towpath, to the dirt river access road.								
Cut-off Notes:								
Runners must leave the aid station prior to the stated times to make cut-offs.								

Front 50 Mile Aid Station Chart

			Canal Corridor Front 50 Mile Aid Station Chart					
A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Pacer Start	Cut-off Time (AS Closes)	Waypoints (for GPS)
Start	Start/Finish Missing Falls Brewery	0	0	-	-	No	-	41.070880, -81.527603
-	Memorial Parkway 1 (Self-Serve Water Only)	3.05	3.05	Yes	No	No	-	41.10458, -81.52781
1	Second Sole 1	6.1	3.05	Yes	No	No	-	41.135074, -81.549329
2	Hunt Farm 1	11.8	5.7	No	No	No	-	41.200599, -81.572205
3	Lock 29 Turnaround Point	15.1	3.3	Yes*	No	No	-	41.242949, -81.550488
4	Hunt Farm 2	18.4	3.3	No	No	No	-	41.200599, -81.572205
5	Second Sole 2	24.1	5.7	Yes	No	No	-	41.135074, -81.549329
-	Memorial Parkway 2 (Self-Serve Water Only)	27.15	3.05	Yes	No	No	-	41.10458, -81.52781
6	Spaghetti Warehouse Aid Station	29.85	2.7	Yes	Yes	No	-	41.073418, -81.528484
7	Manchester Rd 1	34.3	4.45	No	No	No	10:20:00 (5:20:00 PM)	41.02362, -81.55070
8	Front Half Turnaround (Limited Aid)	39.95	5.65	No	No	No	12:00:00 (7:00:00 PM)	40.98861, -81.60106
9	Manchester Rd 1	45.6	5.65	No	No	No	13:40:00 (8:40:00 PM)	41.02362, -81.55070
Fin.	Start/Finish Missing Falls Brewery	50.05	4.45	Yes	-	-	15:00:00 (10:00:00 PM)	41.070880, -81.527603
Race Start: 7:00:00 AM								
Crew Access Notes: *Crew are not allowed to park at the main Lock 29 AS parking lot. Crew must park at the overflow lot just North of Lock 29, only a 2/10 of a mile walk away.								
Cut-off Notes: Runners must leave the aid station prior to the stated times to make cut-offs.								

Back 50 Mile Aid Station Chart

			Canal Corridor Back 50 Mile Aid Station Chart					
A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Pacer Start	Cut-off Time (AS Closes)	Waypoints (for GPS)
Start	Start/Finish Missing Falls Brewery	0	0	-	-	No	-	41.070880, -81.527603
1	Manchester Rd 1	4.45	4.45	No	No	No	-	41.02362, -81.55070
2	Vanderhoof Rd 1	11.05	6.6	Yes	No	No	-	40.97821, -81.60529
3	Clinton 1	15	3.95	Yes	No	No	-	40.92749, -81.63081
4	Canal Fulton 1	18.9	3.9	Yes	Yes	Yes	-	40.88769, -81.59696
5	High Mill Ave NW 1	24	5.1	Yes**	No	Yes	-	40.84578, -81.53232
-	Second Half Turnaround No Aid	25.1	1.15	No	No	No	-	40.83387, -81.52468
6	High Mill Ave NW 2	26.25	1.15	Yes**	No	Yes	12:20:00 (6:20:00 AM)	40.84578, -81.53232
7	Canal Fulton 2	31.35	5.1	Yes	Yes	Yes	13:55:00 (7:55:00 AM)	40.88769, -81.59696
8	Clinton 2	35.25	3.9	Yes	No	Yes	15:10:00 (9:10:00 AM)	40.92749, -81.63081
9	Vanderhoof Rd 2	39.2	3.95	Yes	No	Yes	16:25:00 (10:25:00 AM)	40.97821, -81.60529
10	Manchester Rd 2	45.8	6.6	No	No	No	18:30:00 (12:30:00 PM)	41.02362, -81.55070
Fin.	Start/Finish Missing Falls Brewery	50.25	4.45	Yes	-	-	20:00:00 (2:00:00 PM)	41.070880, -81.527603
Race Start: 6:00:00 PM								
Crew Access Notes: **Crew access/parking at the High Mill Ave AS is at the Crystal Springs Trailhead, which is 1/4 of a mile away. You may walk to the aid station or crew from Crystal Springs.								
Cut-off Notes: Runners must leave the aid station prior to the stated times to make cut-offs.								

Course Markings

The canal corridor course is run entirely on the Ohio & Erie Canalway and is very easy to follow. With that said, we will still be marking the course to give you reassurance along the way. Here are ways that the course will be marked:

- Flags every half mile on your right side. These flags have the Canal Corridor logo on them and will have a reflective strip on them for nighttime visibility.
- At intersections there will be sign arrows to alleviate any confusion, along with increased flagging. These arrows will also have a reflective strip on them with the CC logo on it.
- Turnaround Locations: For the northern turnaround, Front 50 Mile turnaround, Back 50 Mile Turnaround, and southern turnaround (100 mile), there will be signs signifying these locations.
 - Since the entire race is run on the Ohio & Erie Canalway, the main places to pay attention to will be the locations that you need to turn around at, and they will be properly marked or staffed with volunteers and timing checkpoints.



Cutoff Times

The overall course cutoffs for the Canal Corridor Endurance Run are as follows:

- 100 Mile Distance: 32 Hours (2:00PM on Sunday)
- Front Half 50 Mile: 15 Hours (10:00PM on Saturday)
- Back Half 50 Mile: 20 Hours (2:00PM on Sunday)

Cutoff Policies

- Please view the aid station charts in the course details section to see a detailed chart of all intermediate course cutoffs at individual aid stations.
- Please note that all cutoff times represent the time you must LEAVE the aid station by.

- Please respect the organizers decision of cutoff times and understand these times when entering the Canal Corridor Endurance Run, as our permits, volunteers, etc. are all working under set schedules.
- If you arrive at an aid station after the cutoff times you will be told to stop the race, and race personnel will remove your bib number.

Drop Bags

- Locations for drop bags are listed on the official aid station chart. These are the locations:
 - Spaghetti Warehouse Aid Station (Mile 29.85 for the 100 Mile and Front 50)
 - Canal Fulton Aid Station (Mile 48.75/81.75 for 100 Mile and Mile 18.9/31.35 for Back 50 Mile)
 - Craig Pittman Aid Station (Mile 65.25 for the 100 Mile)
- Drop bags can be dropped off on Friday evening during packet pickup or the morning of the race at the start line.
- The Spaghetti Warehouse Aid Station drop bag location will be "self-serve" and can be dropped off at that location on race morning (short walk from start line).
- Please keep drop bags a reasonable size (roughly the size of a small duffel, draw-string sack, or small daypack).
- It is your responsibility to secure your items in a safe and dry manner, and to not place personal belongings (keys, money, etc) in your drop bag. We are not responsible for items getting wet in the case of rain, so please use a waterproof bag.

Crewing, Pacing, and Spectating

Crew Locations

The Canal Corridor 100 Mile will be very crew friendly with an "open course" layout.

Some aid stations will allow crewing and others will not allow crewing. Please view the aid station chart to see which aid stations will allow crewing

To drive to the crewable aid stations, please copy and paste the coordinates into your phone's mapping and navigation app and it will be very easy to travel to those locations.

There are also some recommended "crew-accessible" locations where crew will be allowed to meet their runner along the course. These extra "crew-accessible" locations (seen below) will not have aid stations, but are a great option for crew.

Additional Crew Locations

This chart can also be viewed and downloaded on the [website](#).



Canal Corridor Additional Crew Locations

These additional crew locations are open for crew members to meet their runner to administer aid. The below locations are noted as being suitable and easy to drive to, and are along the course. Crew is permitted to meet their runner at any location along the course in addition to these as well.

A.S. #	Name	Waypoints (for GPS)	Mileage on 100 Mile Course	Mileage on Front 50 Mile Course	Mileage on Back 50 Mile Course
Crew	Memorial Parkway Trailhead	41.104587, -81.527801	3.05	3.05	-
Crew	Botzum Trailhead	41.159000, -81.573946	8.5	8.5	-
Crew	Botzum Trailhead	41.159000, -81.573946	21.9	21.9	-
Crew	Memorial Parkway Trailhead	41.104587, -81.527801	27.35	27.35	-
Crew	Wilbeth Road	41.03939, -81.54028	32.8	32.8	2.8
Crew	Wolf Creek Trailhead	41.00378, -81.60753	38.75	38.75	8.75
Crew	Ernie's Bicycle Shop Parking Lot	40.81111, -81.52866	57.9	-	-
Crew	John Glenn Grove Trailhead	40.75173, -81.52821	62.05	-	-
Crew	John Glenn Grove Trailhead	40.75173, -81.52821	68.95	-	-
Crew	Ernie's Bicycle Shop Parking Lot	40.81111, -81.52866	74.4	-	-
Crew	Wolf Creek Trailhead	41.00378, -81.60753	92.6	41.7	41.7
Crew	Wilbeth Road	41.03939, -81.54028	98.5	47.5	47.5

Crew Access Notes:

Use the coordinates in your GPS mapping app to find your way to the locations.

Our “Open Course” Policy

To make the Canal Corridor Endurance Run even more crew and spectator friendly, we allow crew to assist their runner anywhere along the Ohio & Erie Canalway that they want. The crew accessible aid stations are a great place to start, but if you find other locations that the course runs through, you are allowed to stop there and assist your runner.

Pacing

- Pacing will be allowed starting at the "Canal Fulton 1" aid station for the 100 Mile and Back 50 Miles races.
- Pacers may join their runner at any crew-allowed aid station after this point.
- There is no pacing for the Front 50 Mile race.
- Pacers do not need to register or check in.
- Runners may only have one pacer at one time.



Results, Awards, and Swag

Results and Live Tracking

There will be live results and tracking at the majority of aid stations along the course. This will be great for crew and family that are following runners along the course so that they can estimate their runners' progress.

A link to live results tracking will be posted on <http://midohiorm.com/> and the [Canal Corridor 100 Mile Facebook Page](#).

Awards

Finishers Award:

100 Mile: Sub-24 Hour Finishers are awarded the coveted gold buckle. Finishers between 24 and 32 hours are awarded a silver buckle.

50 Mile (front half and back half): 50 Mile finishers (both the front and back half) will receive finisher medallions.

All finishers will receive their finisher award immediately after crossing the finish line.

Overall and Age Group Awards:

The top 3 overall male and female finishers in each race will receive special awards.

The first male and female in the following age group categories in each race will receive special awards:

- Masters (40-49)
- Grand Masters (50-59)
- Senior Grand Masters (60+)

We will pass out the overall and age group awards throughout the day as each category is completed.



Race Rules and Policies

Switching Distances

Distance Switch Policy:

- Runners may switch distances during the in-person packet pickups at the event. Please notify the check-in staff that you would like to do this so we can adjust your entry and bib number.
- If you are running the 100 mile race and are having a rough day and would like to stop at the half way point (which represents the Front Half 50 Mile distance option at Canal Corridor) you will be counted as a 50 Mile finisher and receive a 50 Mile finisher's medal. However, if you drop down in distance mid race you will not be eligible for award categories.

Dropping Out (DNF's)

THIS IS CRITICAL! If you happen to drop out of the race, you **MUST LET SOMEONE KNOW**, either an aid station worker or report back to the finish line to tell our timing crew. If we do not know you dropped out then we may presume you are still on the course, and we will worry that you are lost out there. Please let us know if you have to drop out.

More Event Details

Parking

There is ample parking in downtown Akron and close to the start/finish area at Missing Falls Brewery. Any public parking location is suitable, but the below image highlights parking lots that are closest and most convenient to the start/finish area, and best suited to park at during the weekend.



Parking Note (accessing your vehicle during the race): Runners are able to park "along the course" at the parking lot at the Spaghetti Warehouse Aid Station, and access their vehicle during their race if they wish. This would be around mile 30 for the 100 Mile and Front Half 50 Mile. Use the map above to see this parking location in relation to the start/finish line - it is less than one-tenth of a mile walk from the Spaghetti Warehouse Aid Station parking lot to the start.

Sleeping in your car: It is safe to park at the finish line on Saturday night as the race is taking place, but please do not park in this area on Friday night.

Safety

- Road Crossings: Please use caution when crossing streets. While the entire race is on the Ohio & Erie Canalway, there will be some road crossings throughout the course that will have traffic. We will have signs along the road to warn drivers, but we will also have signs on the canalway to warn the runners! Some of these road crossings will be staffed with volunteers, but they are not allowed to stop traffic, so be alert, listen, and pause/stop for traffic at all road crossings!
- Night Running: Many of you will be running after dark. Please be prepared with proper lighting so that you are visible and can see the path more clearly. We do not require reflective gear, but it is recommended.
- Headphones: Headphones are permitted, but please use them in a way that you can still hear traffic, other trail runners, or instructions verbalized to you from event volunteers.

Toilets and Restrooms

There will be toilets at the start/finish line as well as various locations along the course. Some of the aid stations are at locations that have existing permanent restroom facilities, so runners are encouraged to use those. You will also encounter many permanent restroom facilities along the canalway in locations that are not aid stations, and those are also fair game - just be on the look out! In addition to these permanent restroom facilities, we will also have portable toilets at select aid stations.

Sharing the Trail

The Ohio & Erie Canalway is open to the public and may be busy during peak periods during the weekend with the general public. Please be courteous and respectful to everyone along the trail, as they also have every right to be out using the canalway along with us. We are guests in many of these locals' backyards, so let's be a great example of who runners are!

Sponsors and Partners

