



-2026-

HOCKING HILLS TRAIL RUN

PARTICIPANT GUIDE

Updated on 9/5/2026



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Hocking Hills Weekend Schedule

Friday September 11

3:30 - 6:30PM: Packet Pickup

Hocking Hills Visitor Center (start/finish area)

Saturday September 12

6:00 - to start of each race: Packet Pickup

Hocking Hills Visitor Center

7:00AM - 50K Race Start

Hocking Hills Visitor Center

8:00AM - 20M Race Start

Hocking Hills Visitor Center

8:30AM - 10M Race Start

Hocking Hills Visitor Center

9:00AM - 5M Race Start

Hocking Hills Visitor Center

9:30AM - 5K Race Start

Hocking Hills Visitor Center

10:00AM - Est. First Finishers

Hocking Hills Visitor Center

3:00PM - Course Close

Hocking Hills Visitor Center

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

Packet Pickup.

We encourage everyone to pick up their “race packet” early if able! It will make your morning, and ours, easier when it’s your day to race!

Friday

3:30PM - 6:30 PM @ Hocking Hills Visitor Center (start/finish area)

Start/Finish Area at the

Hocking Hills State Park Visitor Center

19988 OH-664 Scenic

Logan, OH 43138

*Packet pickup on Friday will be at the same location as it will be on Saturday, at the start and finish area behind the Hocking Hills Visitor Center.

Saturday

6:00AM - race start time @ Hocking Hills Visitor Center (start/finish area)

*Packet pickup will remain open until the start of the 5K distance.

Pre-Race Briefings.

On race day we will have a short pre-race briefing/meeting 10-15 minutes before the start - be around the start area for this! We'll go over instructions for the race, including course markings, any last minute updates, and anything else you'll need to know before the start.

Start and Finish Line Flow.

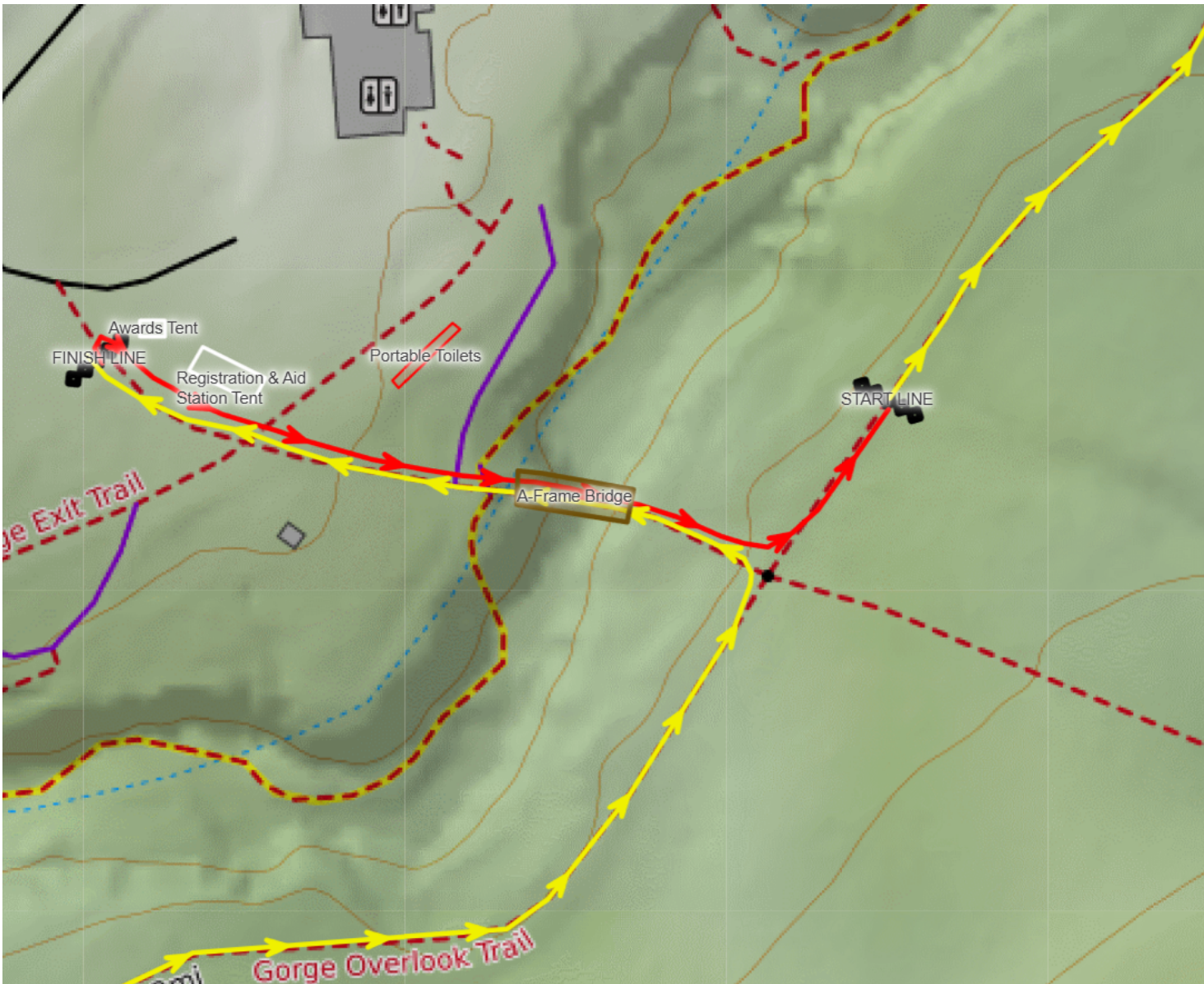
The start and finish line will be separate lines, all in the same area behind the Hocking Hills Visitor Center. Having the start and finish line separated will relieve some of the congestion of having five different start times, and the potential for overlap as runners come in to begin their second or third loops.

****Please reference the map below if you'd like to see the flow of the start and finish area.****

After the pre-race briefing for each race we'll announce for all the runners in that particular race distance to **WALK ACROSS THE A-FRAME BRIDGE** to the start line, which is on the Gorge Overlook Trail.

The **YELLOW LINE** below signifies the start of each race, as well as the finish of each race. The finish line will be after runners cross the a-frame bridge to end their loop, signified by the end of the **YELLOW LINE** on the map below.

The **RED LINE** below signifies what runners doing the 20M and 50K will do on their 2nd and 3rd loops. Those runners will also cross the a-frame bridge as if they are finishing, cross under the finish line arch, then turn around and continue back across the a-frame bridge to start their next loop. After crossing the finish line those runners will have access to the aid station.



Special Note:

We know that the start and finish area will be congested during certain periods of time on race day. The biggest congestion will be when each race starts, at 7:00AM, 8:00AM, 8:30AM, 9:00AM, and 9:30AM, and even more so when the earlier races start to run into the start of the later races on their second loop. Please be patient out there and know there will be opportunities to pass people on wider sections of trails and gravel sections.

This area is also a high-use area for the general public, so please be courteous and respectful to everyone, and remember: this is just a trail race, where obstacles are welcomed. We can all share the trails together, which is what makes a trail race more than just a run!



Celebration and Swag

Awards and Swag.

Hocking Hills Shirts

All participants will receive a soft and comfortable t-shirt when they check in before the race.



Finishers Award

All runners that cross the finish line will receive a special “ceramic medallion” crafted by students from the Logan High School Fine Arts classes! These popular medallions have been a long-tradition of the Hocking Hills Trail Run. After crossing the finish line you’ll pass right by the awards tent to claim your medallion.

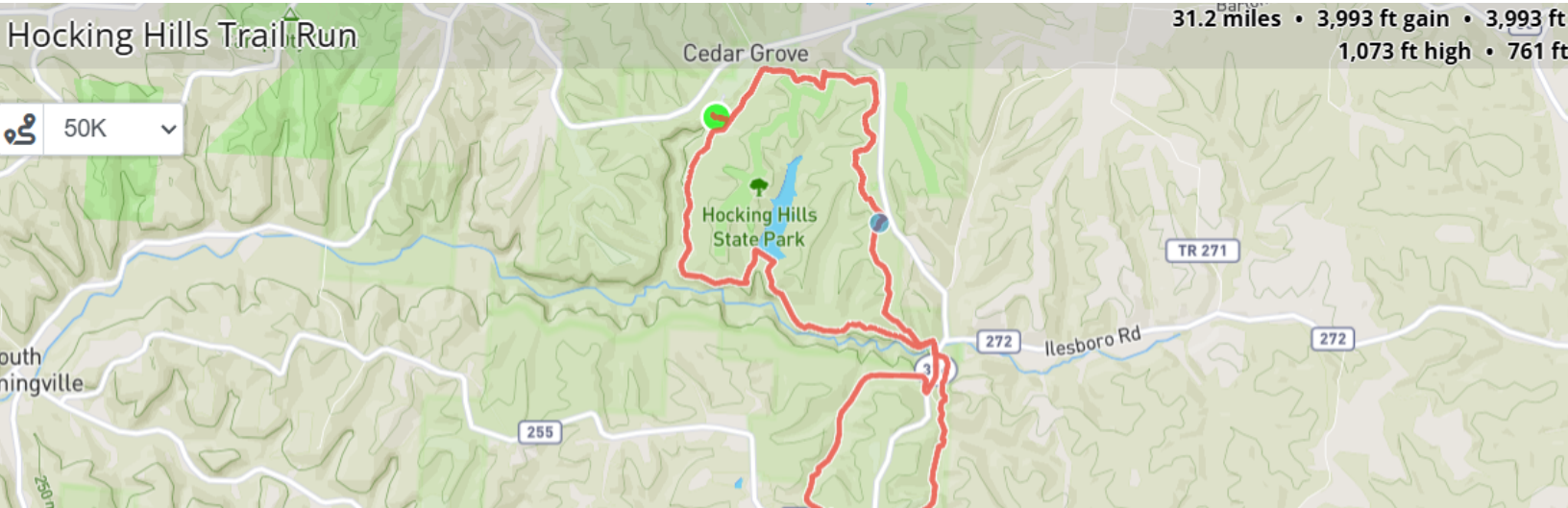
Top Finishers

The top 3 finishers, male and female, for all races will receive a special top finishers award. These awards will be passed out soon after the top 3 finishers cross the finish line.

Age Group Category Awards

The TOP FINISHER of the below age groups will be presented an award. We will have these available after the race - just come check at the awards tent and check to see if you finished first. We will also mail these out if they are not claimed.

To view a list of award categories, you can view them on the [RACE DETAILS PAGE](#).



Course Information

Course Breakdown.

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

Important course items on the website:

- Interactive course maps with elevation profile
- Aid Station charts
- Downloadable GPX Files (great for watches that support route imports!)
- Links to Strava Routes of each course (great for saving onto phone and following!)

Course Markings.

We will ensure a properly marked course that will give you the best chance to stay on course!

There will be several ways we mark the course:

- **Pink “pin flags”** (in ground) will be placed regularly along the route. These flags will be **on the right side of the trail** at all times
- Arrows posted on signs will be placed at key intersections.
- **Red “Wrong Way”** signs will be placed to indicate where not to go.
- At very busy and key intersections, there may be a person directing traffic.
- Where a course splits (eg. 5K split), there will be signs that say the race distance with an arrow pointing in the proper direction.

The moral of the story is to pay attention at all times to the course markings. Sometimes runners zone out, or are going too fast, and miss a turn.... whenever there is a key intersection or confluence of trails, it is best to take a moment to slow down making sure you know which way to turn.

We'll also make every effort to check course markings before races start, and during the race, to make sure course markings have stayed intact and not tampered with or removed.

****We encourage everyone to upload the course onto their GPS watch when possible and study the course before you start the race! Even the best marked course can have issues if someone in the public messes with markings.***

Cutoff Times.

It's never easy to cut off runners at aid stations, however, we must enforce our cutoffs because of the schedules and plans we have in place with volunteers, law enforcement, and other race personnel. Please be respectful if an aid station worker pulls you from the race.

Please see the aid station charts for the cutoff times. Please be familiar with these times or write them down to run with so you know what to expect.



More Event Details

Event Parking.

The main parking lot at the **Hocking Hill State Park Visitor Center Parking Lot** will hold 400 vehicles. This will take care of the majority of the race parking.

Once this lot is filled we will direct runners to the **Overflow Parking Lot** located at the Hocking Hills Elementary (19197 OH-664, Logan, OH 43138), which is just 1.8 miles from the race. There will be a shuttle running to and from the overflow lot during the day.

SEOTR recommends a couple of ways to make parking less crowded and easier to navigate for you on race morning.

- Carpool with friends or family who also plan to be at the Hocking Hills Trail Run.
- If you are camping at Hocking Hills State Park campground, consider walking to the start/finish area!

Below is a picture of the parking lot at the Hocking Hills Visitors Center in relation to where the start/finish is so that you can come prepared to tackle the day.

****Cars will often park along St. Rt. OH-664 to reach the Visitor Center as well. The park staff lets this slide, but you must make sure your vehicle is completely off of the roadway in this case.***



Overflow Parking and Shuttle Information.

We don't know if we'll need to tap into the overflow parking lot, but please be advised that if you are in one of the later races, and arriving after 8:00, then you may find the main parking lot full. In that case, you'll need to turn around and park at the **Hocking Hills Elementary School**, which is about 1.8 miles away.

[Hocking Hills Elementary School](#)
[19197 OH-664](#)
[Logan, OH 43138](#)

From the overflow lot we will have a bus making trips back and forth throughout the day. Below is a photo of the overflow lot and a map of the route to and from.



Bag Check.

We will have a “Bag Check Tent” at the start/finish line. This will be a location that runners can leave belongings during the race if they are unable to return to their vehicle prior to their race starting.

How the Bag Check Works

- The bag check will be in a 10x20 tent next to the registration area, but it will be “self-served”
- We will have bags available here that you may place your items in, or you can leave your own bag.
- We’ll have sharpies available where you can write your name on the bag.
- After the race you can just help yourself and retrieve your bag.
- *Bag check will be in a separate tent, but there will not be a person checking in and checking out bags.

Crew and Spectators.

If you have family or friends that want to support you and cheer for you along the course please direct them to [THIS CREW AND SPECTATOR GUIDE](#). Please make sure they follow this guide when crewing or spectating.

Hocking Hills is very accessible for friends or family, but please understand that the Hocking Hills State Park is a very busy location and caution needs to be used while driving around the park so that runners and other park users remain safe.

Protecting And Sharing Our Trails.

One of the reasons we put on trail races is because of our love for trails and the environment. It is important for us and our participants to be good stewards of the trails, so we can protect them as much as possible so that all users can enjoy them throughout the year.

- The trails are open to the public during the weekend. Please be courteous to all other users; hikers, etc.

Weather Note.

With the Hocking Hills Trail Run being in mid-September, we can have the potential for high temperatures.

- Hydrate extra in the days leading up to your race.
- Be knowledgeable on the aid station distances and your projected time gaps between those stations to prepare a hydration plan
- Highly recommended to bring a handheld water bottle or hydration vest to race in.
- If you start experiencing a higher heart rate, nausea, dizziness, muscle cramps, and sweating more than normal, slow your pace down or walk until you recover.
- At aid stations take advantage of water and electrolyte drink.

Search for “Logan, Ohio” on your weather app to follow the weather prior to the race.

Chip Timing and Results.

Hocking Hills Trail Run will be professionally chip timed. Everyone's bib number will have a small chip attached to the back of it. This chip will be read at the start and at the finish for your official time. Do not bend or cover this chip, so the accuracy of your result is ensured.

Bib #'s.

Please have your bib number visible during the race for aid station workers to see so we can track who has come through aid stations and at the finish line. Do not pin your bib on the back of your shirt or on your pack - please place the bib on the front of your body so it can be visible and provide the most accurate ability to read the chip at the start and finish line!

Toilets.

There are several toilet options at the Hocking Hills Trail Run.

Start/Finish

- Indoor flush toilets with running water in the Hocking Hills State Park Visitors Center (you'll pass this facility as you walk to the start line)
- An array of portable toilets at the start/finish area, with a pump handwashing station.

Along The Course

- Portable Toilet at the Cedar Falls Aid Station (mile 2.5 and 7.95 into each loop)
- Portable Toilet at the Ash Cave Aid Station (mile 5.15 into each loop)
- There are several pit toilets along the Youth Camp gravel road (miles 3.7-4.3 into each loop)

Road Crossings.

Please be careful and look for cars as you cross paved roads. We ARE NOT ABLE TO STOP VEHICLE TRAFFIC.

The main 10.4 mile loop will cross a paved road on six (6) different occasions, and run along a paved road for about a half-mile in total. Traffic will not be stopped, cars have the right-of-way. **Pause and look both ways** when crossing any paved roads.



Rules and Policies

1. Runners must be officially registered for the race to start and complete the marked course. NO BANDITS
2. Runners must not sell their bib or wear someone else's bib.
3. Runners must not alter or remove course markings in any way.
4. Runners are expected to use good sportsmanship with all other runners, race volunteers, as well as the general public who may be using the trails, and must not use aggression, verbal or physical, at any time.
5. Purposefully cutting, or not running the full course in any manner is strictly prohibited.
6. A waiver must be signed/initialed before registering during the online registration process.
7. Dogs on leashes ARE ALLOWED at HHTR! Please note that dogs are allowed with their runner on a leash at HHTR. Make special notice that this is a special rule for this race only, and most other SEOTR Event races do not allow dogs.
8. Runners must complete the entire run on foot and under their own power.
 - a. Runners must follow the entire marked course. If the runner gets off course they must go back to the last point along the course by foot and resume the correct route.
 - b. Runners may not cut switchbacks.
9. DO NOT LITTER. This isn't a road race. When you eat a gel, or have a cup of water at an aid station, plan to use the trash can at aid stations, or stash your trash in your pocket or pack. If you see trash along the trail please stop and pick it up. We want to leave the trail as good as we found it!
10. Be Kind to other participants and volunteers. This goes without saying, but as a trail running community, we take pride in treating our fellow runners like close friends! Be courteous and helpful to everyone!
11. **Crew/Pacing Rules**
 - a. Pacers Are Not Allowed at the Hocking Hills Trail Run

- b. Please do not have any friend or family without a bib run with you. While this is a public park and open to the public it is forbidden to have a “pacer” during the event. If we find someone running with you without a bib you will be DQ'd.
 - c. Runners may have crew at select aid station (please see aid station chart in the course section).
 - d. Crews may not administer aid outside of "crew accessible" aid stations and runners may not store supplies or food of any kind along the course except at designated drop bag locations.
 - e. Aid station food and supply is for runners only, and crew may not use the aid stations for themselves.
 - f. Runners are responsible for their crews behavior and understand crew must follow the race rules as well, and obey all aid station rules.
12. Trekking poles Are Allowed
13. Please wear your bib visible and on the front of your body.
14. You MUST enter every aid station. We record bibs at every station to track runners.
15. **If you drop out (DNF)** of the race at any point you must either inform the aid station captain or make your way back to the finish area and inform our timing officials.
16. If you start a race in one distance and decide to finish a different distance course, **YOU MUST ALERT THE HEAD TIMER** of your distance switch. We will list you in the results for the distance you switched to, as long as you completed the full course (ex. you started in the 50K but stopped after two loops), but you'll be ineligible to qualify for category awards.
17. Cut-off's are strictly enforced. Come into the race knowing the cut-off times and be a good sport if you are told to stop because of a missed cut-off. If a runner crosses the finish line after a race cut-off you will not be listed as an official finisher. Runners must check in and out of each aid station.
18. You may wear headphones but please either keep one earbud out or keep the volume low enough to hear others. Do not listen to music audibly on speakers to where others can hear. Many runners want to enjoy the quietness of the forest.

Dropping Out During the Race.

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 assume you are still on the course, and we will get worried you are lost out there. Please let us know if you have to drop out

Switching Distances.

You may still switch your distances of the race by either changing it through your UltraSignup account “registration history” or notifying me if you registered as a guest. You can do this on UltraSignup through Tuesday of the race.

If it is after Tuesday you may still switch distances by letting us know in-person at packet pick-up.

Sponsors and Partners

