Photo by Brian Prose with
Southern Ohio Photography

-2026-

Shawnee Trail Run

50 Mile, 50K, 13.1 Mile

Participant Guide

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Shawnee Weekend Schedule

Friday October 2

4:00 - 7:30PM - Packet Pickup	Shawnee Lodge and Conference Center

Saturday October 3

4:00AM - Packet Pickup	Shawnee Lodge and Conference Center
5:00AM - 50 Mile Race Start	Shawnee Lodge and Conference Center
6:00AM - 50K Race Start	Shawnee Lodge and Conference Center
8:00AM - 13.1 Mile Race Start	Shawnee Lodge and Conference Center
9:30AM - Estimated First Finisher	Shawnee Lodge and Conference Center
10:00PM - Final Race Cutoff	Shawnee Lodge and Conference Center

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

Start/Finish Location
All start and finish link activities will take place at:
Shawnee State Park Lodge and Conference Center
4404 OH-125,
West Portsmouth, OH 45663

Packet Pickup.

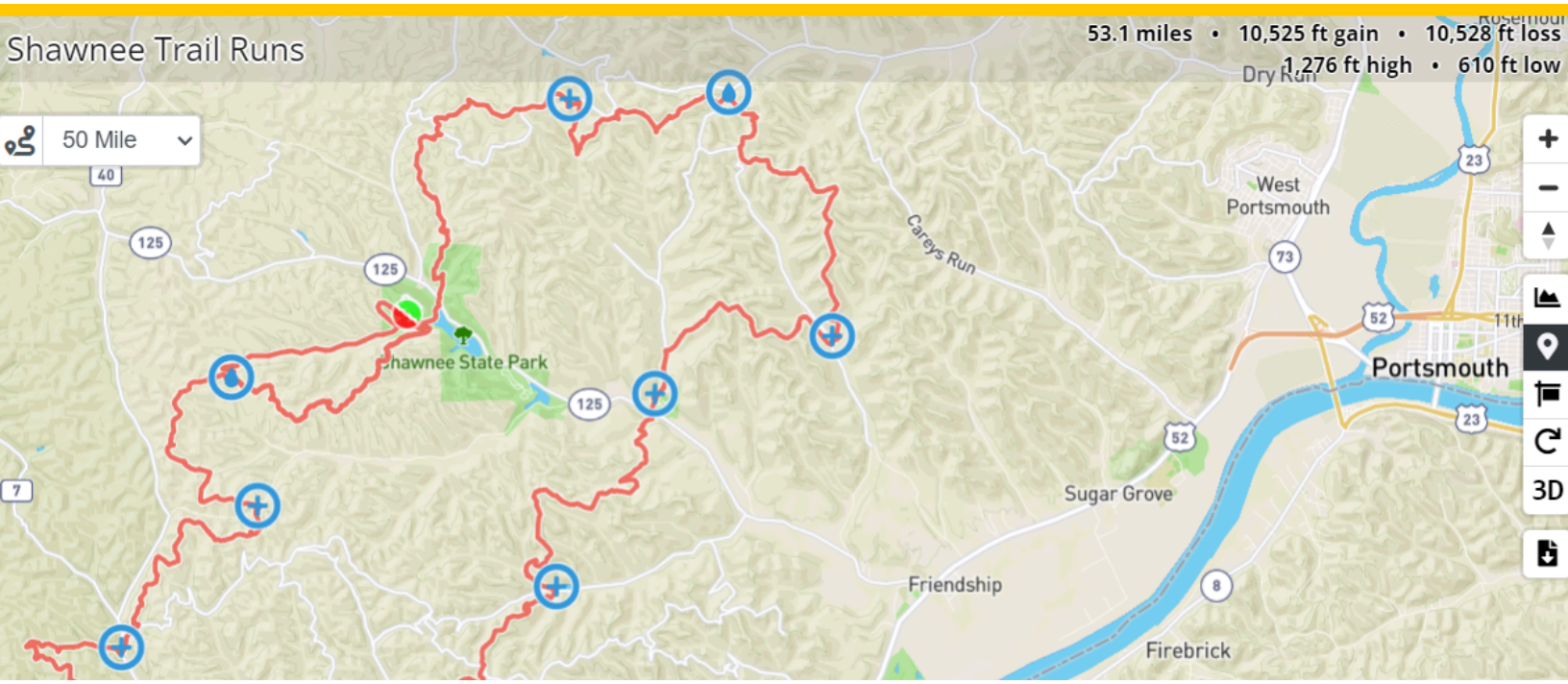
Friday: 4:00PM - 7:30PM @ The Shawnee Lodge and Conference Center

Race Day Pack Pick-up: if you cannot pick up your bib on Friday we will be handing out packets race-morning, inside the Shawnee Lodge (start location) starting at 4:00AM and up to 30 minutes prior to your race.

Shawnee State Park Lodge and Conference Center
4404 OH-125,
West Portsmouth, OH 45663

Pre-Race Briefings.

On race day we will have a short pre-race briefing/meeting 15 minutes before the start of each race - be around the start line for this!



Course Information

Course Breakdown.

Please view the comprehensive course maps and details on **THE COURSE PAGE ON THE WEBSITE.**

- Course Map
- Downloadable GPS Files (you can upload to watch)
- Strava Links
- 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 Bullet Points:

- The 50 Mile course is actually 54 miles (52-53 miles according to some watches!), with over 11,000 feet of elevation gain and loss.
- The 50K is close to 31.8 miles, with over 6500 feet of elevation gain and loss.
- This is rugged terrain. All downed trees may not be removed or "brushy" areas may not be cut and groomed perfectly. However, the trail will be passable and easily be followed with the course markings.
- **The RD's Course Breakdown for the 54 Mile Course:**
    - "Opening Loop" of 7 miles
    - After the Opening Loop, you start a consecutive 47 mile loop, mostly on the orange-blazed Backpack Trail.

    - At mile 36 you will turn left onto the Wilderness Side Trail, a 10 mile horseshoe loop that we call “The Dark Side.”
    - After the Twin Creek #1 Aid station at mile 38.2 you will enter the true “Dark Side” section, where you’ll encounter the toughest section of the course, with some old trees down over the narrow trail. The trail is cleared, and the trees are easy to step over, but this grueling section will be the challenge of the day.
    - At mile 46 you will turn left to rejoin the Backpack Trail (this is also the point where you will rejoin the 50K course), and finish the last 8 miles back to the lodge.
- There are 18 “distinct hill climbs” on the 54 mile course and many more smaller ones ;)
- The 50K course leaves the 50 Mile course at around mile 20.9 (3 miles after the Camp Oyo aid station) and will rejoin it around mile 24. These intersections will be clearly marked.
- The 50K course is defined by the same details as the 54 Mile course with the exception of these sections:
    - The 50K course bypasses the 7 mile “opening loop.”
    - The 50K course does not not complete the infamous “Dark Side.”
- The 13.1 Mile course completes a “backwards lollipop” design of the 50 Mile opening loop plus an out and back to the Mackletree Aid Station.
    - The final 7 miles of the 13.1 Mile course is the exact same as the final 7 miles of the 50 Mile and 50K courses.

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50 Mile and 50K Differences.

50 Mile starts at 5:00AM
50K starts at 6:00AM

Due to the 50K course not doing the “Opening Loop” the two courses will merge together (top runners almost simultaneously) after the 50 Milers complete their 7 mile opening loop and the 50K runners start their race. At this point the courses run together until after the Camp Oyo AS, and runners will be intermixed. More notes about the course description below and on the website.

Runners in both distances will need to pay special attention to the **“split” point**, which will not be manned, but will be marked with ample signage.

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**
- Arrows posted on signs will be placed at key intersections.
- **Red "Wrong Way"** signs will be placed to indicate where not to go.
- Where a course splits (eg. the 50 Mile and 50K split), there will be signs that say the race distance with an arrow pointing in the proper direction.
- *Reflective streamers* are placed in the first 7 miles and the last 10 miles while it is dark. These reflect brightly in a headlamp beam.

The bottom line to staying on course 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 also recommend downloading the course map onto your watch (see course page on website to find downloadable files) if you are able as a safety measure.

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.

Aid Stations.

Study the course map, aid station charts, and learn where the "FULL", "MEDIUM", and "WATER ONLY" stations are. See the difference below for the 3 different "sizes" of aid stations that are shown on the Aid Station chart. Here is the breakdown:

1. **"Water Only"** - Stations indicated as "water only" will not have anything except water.
2. **"Medium"** - Medium aid stations will look similar to most ultra marathon aid stations, with water, electrolyte drink, soda, salty snacks and sweet snacks, with the potential for prepared foods.
3. **"Full"** - Full aid stations will look like the "medium" stations but will also include hot foods and/or real foods such as pb&j, grilled cheese, potatoes, etc., and/or etc.

Hydration Mix: We will have Gatorade "Thirst Quencher Perform" Drink Mix at all the "full" and "medium" size aid stations. Gatorade "Thirst Quencher Perform" Drink Mix has a blend of electrolytes and carbohydrates to help speed hydration and restore energy. The flavors will be Lemon-Lime or Orange, and will be caffeine-free.

Cupless Race.

We will NOT have cups at aid stations! Prepare accordingly.

The Shawnee Trail Runs is a cupless race! In an effort to cut down on the waste of hundreds of paper cups, lessen the burden on volunteers, and to stay current with trail running trends, we will not have cups at aid stations.

You will be able to fill up with soda, water, electrolyte drink, or other liquids with your handheld bottle, bladder, and/or collapsible cups.

Drop Bags.

There will be a place to put your drop bags on Friday during the packet pick-up hours. This will be in the lawn outside of the lodge. Please have your drop bags placed by 7:30PM on Friday. If you come Saturday morning with your drop bag, we'll attempt to get it transported to the proper aid station.

Have your drop bag labeled with your last name and bib #. You can label it with duct tape and a sharpie. Please keep drop bags at a reasonable size - no coolers, buckets or plastic totes. Please make your drop bag a mesh or sling type bag.

The drop bags will be returned to the starting area once the aid stations close up. This may be late, close to 10PM. We will not ship drop bags after the race. Drop bags will also be available Sunday morning at the start/finish area.

Aid Station Charts.

50 Mile Aid Station Chart

Shawnee 50 Mile Aid Station Chart

Shawnee's Premier "50 MILER" Trail Run

A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Aid Station Size	Elevation	8 Hour Pace (8:53/mi)	12 Hour Pace (13:20/mi)	17 Hour Pace (18:53/mi)	Cut-off Time (AS Closes)	Waypoints (for GPS)
0	Start	0	0	Yes	Yes	n/a	977'	0:00:00	0:00:00	0:00:00	None	38.74018, -83.2041
1	Fire Tower	12.1	12.1	Yes	No	Full	1284'	1:47:33	2:41:20	3:48:33	4:15:00	38.77265, -83.1715
-	Bear Creek	15.5	-	No	No	Water Only*	866'	2:17:46	3:26:40	4:52:46	None	38.77393, -83.13929
2	Odell Creek	20.1	8.0	Yes	No	Medium	690'	2:58:40	4:28:01	6:19:40	None	38.73589, -83.11832
3	Camp Oyo	23.4	3.3	Yes	Yes	Full	625'	3:28:00	5:12:00	7:22:00	7:45:00	38.72678, -83.15414
4	Pond Lick	28.2	4.8	Yes	No	Medium	741'	4:10:40	6:16:00	8:52:39	9:15:00	38.69682, -83.17413
5	Hangover	32.4	4.2	No	No	Medium	1192'	4:48:00	7:12:00	10:12:00	10:35:00	38.66294, -83.20587
6	Twin Creek #1	38.2	5.8	Yes	Yes	Full	786'	5:39:33	8:29:20	12:01:33	12:25:00	38.67218, -83.24889
-	Twin Creek #2	43	-	No	No	Water Only*	871'	6:22:13	9:33:20	13:32:13	None	38.68667, -83.26092
7	Mackletree Rd.	46.5	8.3	No	No	Medium	923'	6:53:20	10:20:00	14:38:20	15:00:00	38.70932, -83.23396
-	Lampblack	49.8	-	No	No	Water Only*	1074'	7:22:40	11:04:00	15:40:40	None	38.72936, -83.23891
8	Finish	54	7.5	Yes	Yes	Full	977'	**8:00:00**	**12:00:00**	**17:00:00**	**17:00:00**	38.74018, -83.2041

*Water Only aid station are unmanned/self-served and will only have water available for runners, and no food or other nutrition items.

50K Aid Station Chart

Shawnee 50K Aid Station Chart

A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Aid Station Size	Elevation	4.5 Hour Pace (8:43/mi)	9 Hour Pace (17:25/mi)	14 Hour Pace (27:06/mi)	Cut-off Time (AS Closes)	Waypoints (for GPS)
0	Start	0	0	Yes	Yes	n/a	977'	0:00:00	0:00:00	0:00:00	None	38.74018, -83.2041
1	Fire Tower	6.1	6.1	Yes	No	Full	1284'	53:10	1:46:14	2:45:30	3:15:00	38.77265, -83.1715
-	Bear Creek	9.5	-	No	No	Water Only*	866'	1:22:48	2:45:27	4:17:46	None	38.77393, -83.13929
2	Odell Creek	14.1	8.0	Yes	No	Medium	690'	2:11:37	4:22:59	6:49:42	None	38.73589, -83.11832
3	Camp Oyo	17.4	3.3	Yes	Yes	Full	625'	2:40:23	5:20:28	*8:18:15***	6:45:00	38.72678, -83.15414
-	Rd. 2 Unmanned Water	21.9	-	No	No	Water Only*	1215'	3:10:53	6:21:25	9:53:29	None	38.69763, -83.20878
4	Mackletree Rd.	24.3	6.9	No	No	Medium	923'	3:33:33	7:06:42	11:04:46	14:00:00	38.70932, -83.23396
-	Lampblack	27.6	-	No	No	Water Only*	1074'	4:02:19	8:04:11	12:34:18	None	38.72936, -83.23891
5	Finish	31.8	7.5	Yes	Yes	Full	977'	**4:30:00**	**9:00:00**	**14:00:00**	**16:00:00**	38.74018, -83.2041

*Water Only aid station are unmanned/self-served and will only have water available for runners, and no food or other nutrition items.

***Note that a 14 hour finish time (27:06/mi pace) for the 50K puts you through the Camp Oyo Aid Station after the Aid Station cut-off time.*

13.1 Mile

Mile 3: Water Only

Mile 6.15: Full Aid Station (and Course Turn-Around)

Awards, Swag, and Post-Race Hangout

Long-Sleeve Shirts For Everyone!

All entrants and volunteers will receive these long-sleeve shirts upon check-in. There may be some of these available for purchase on race weekend as well for $25.

Swag for Sale

We will have a select number of Shawnee Trail Run swag items for sale on race weekend. For those of you that pre-ordered one of these “add-on” items, we’ll have them ready for pickup at the pack pickup times.

Custom Shawnee Socks: $12.00
Metal Pint Cups: $12.00
Socks+Cup Combo: $20.00
Long Sleeve Shirt: $25.00
Past Year Shirts: $10.00
Beanies: $20.00

Finishers Awards and Top Placement Awards.

All finishers in the 50 Mile, 50K, and 13.1 Mile distances will receive a wooden “medallion” representing their finish of the Shawnee Trail Run! There will also be unique overall and age group placement awards given to those that qualify (see award categories below). All Shawnee Trail Run awards are hand-crafted awards designed and fabricated by Red Tail Design Co., based in Athens, Ohio.

Overall and Age Group Awards for Each Distance
Top 3 Overall - Male and Female
Top Master (40-49) - Male and Female
Top Grandmaster (50-59) - Male and Female
Top Super Master (60+) - Male and Female

Post Race Food.

We are excited to be offering food for runners after the race this year. We like to have a low-key and relaxed post-race atmosphere at the Shawnee Trail Runs, and encourage you to stick around in our finish area after you finish!

- Corn Chowder with crackers will be served starting at 12:00PM on Saturday to all finishers and volunteers.

The Shawnee State Park Lodge also has a great restaurant and lounge:

- Smokehouse Restaurant: full-service sit-down restaurant open for breakfast, lunch, and dinner.
- Tecumseh Lounge: the lounge offers alcoholic drinks and light foods, and has great pizza! Open daily at 5:00PM until late into the night!

Sponsors and Partners

Photo byJohn Dolovacky III of Standing Rock Media

Race Rules and Policies

Various Race Policies.

1. A waiver must be signed/initialed before registering during the online registration process.
2. No Dogs. Do not bring your dogs to run with during the race. This is not within our permit or insurance policy.
3. 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.

4. 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!
5. 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!
6. **Crew/Pacing Rules**
    a. Pacers Are Not Allowed at the Shawnee Trail Runs
    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. 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.
    d. Aid station food and supply is for runners only, and crew may not use the aid stations for themselves.
    e. Runners are responsible for their crews behavior and understand the crew must follow the race rules as well, and obey all aid station rules.
7. Trekking poles Are Allowed
8. Please wear your bib visible and on the front of your body.
9. You MUST enter every aid station. We record bibs at every station to track runners.
10. If you drop out 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.
11. If you are in the 50 Mile race and decide to take the 50K route at the 50M/50K split, you will be listed as a 50 Mile DNF in the official results. (we’ll still celebrate your 50K finish at the finish line though!). The reason for this is because of the difference in start times, causing 50 Mile runners to be an hour ahead.
12. 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.
13. 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 audible on speakers to where others can hear. Many runners want to enjoy the quietness of the forest.

Switching Distances.

You may still switch your distances of the race by either changing it through your UltraSignup account “registration history” or notifying the race director via email if you registered as a guest. You can do this online through the Wednesday before the race; please let us know ahead of time!

You may also let us know at packet pick-up if you would like to switch distances.

Dropping Out During the Race.

THIS IS CRITICAL! If you happen to drop out of the race during 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 get worried you are lost out there. Please let us know if you have to drop out.

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.

Having your bib number visible will also allow us to tag photos of you to your results page, with automatic bib # recognition!

Photo byJohn Dolovacky III of Standing Rock Media

More Event Details

Crew and Spectator Guide.

There is a helpful crew packet that has detailed turn-by-turn driving directions to each of the crewable aid stations located on the website.

You can find the downloadable crew guide to print out here:
Spectator and Crew Guide

Group Camp.

The group camp will be in the same location as it has been in recent years, which is a dedicated camp location for Shawnee Trail Run runners and volunteers. This camp is

separate from the Park Campground. This location is designated just for the runners, and it's only one mile from the start/finish! You will be able to set up a tent here, and people are able to sleep in their cars as well.

The website has a map that shows where the group camp is, and there will be signage and a roped off area for this location when you arrive.

Here is a map of the group camp location:
https://www.google.com/maps/d/u/0/edit?mid=1deMuI49T9_SCUNfTD_5Oyp6HWPh90e6c&ll=38.73886378809378%2C-83.2012929&z=18

- You can start setting up your camp area at 3:00pm on Friday and can camp through 11:00am on Sunday.
- If you selected the group camp option while registering you will be given a car tag when checking in at packet pick-up. You can set up before packet pick-up but will need a car tag for having your car parked there overnight.
- With this car tag, you are able to drive over to the Shawnee State Park Campground to utilize their shower houses and other campground amenities.
- Volunteers can camp for free and will also need a car tag.
- If you didn't purchase a group camp spot while registering, you can do so during packet pickup for $5.00.

Parking.

Parking at the Start/Finish line is readily available throughout the weekend, and is not at risk of filling up.

Start/Finish Location
All start and finish link activities will take place at:
Shawnee State Park Lodge and Conference Center
4404 OH-125,
West Portsmouth, OH 45663

Toilets and Restrooms.

At the start/finish line you will have access to the indoor restrooms at the Shawnee Lodge and Conference Center.

Along the course there will not be portable toilets to utilize, and we instruct all runners to use Leave No Trace principles when using the bathroom in the forest. There are a couple of pit toilets that you can make a note of that you'll be running next to during the course (at the Turkey Creek Lake Swimming Area, at the Camp Oyo Aid Station, and at some of the designated backpacking campsites.)

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 race provides countless hours of hard work and coordination with park and forest managers to maintain the trails at the Shawnee State Park and Shawnee State Forest!

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

Road Crossings.

Please be careful and look for cars as you cross paved and gravel roads. You will cross State Route 125 TWO (2) times if you are in the 50 Mile or 50K. Traffic will not be stopped, but there will be a law enforcement officer with their lights on alerting traffic to slow down, but cars have the right-of-way. **Pause and look both ways** when crossing any roads. When driving in and out of the park be careful for runners as they are on the course.

Emergency.

We have an emergency response plan in place in the case of any accidents during the day. Some aid stations will have a medical volunteer, and every aid station will have a first aid kit suitable for minor cuts or abrasions. Ohio Department of Natural Resources Law Enforcement personnel are also on site in the park during the duration of the event, and local EMS is briefed about the event with the map and access points along the course.

Portsmouth EMS
Contact: 911 or (740) 354-3122

Closest Emergency Room - approx. 25-30 minute drive from the start/finish area
Southern Ohio Medical Center Emergency Room
1805 27th St
Portsmouth, OH 45662

Results.

Results are professionally chip timed and will be live as soon as runners cross the finish line. There will be no intermediate split times along the course however, and will only show runners' finish time. A link will be shared with runners and on social media in advance of the race with the live results page, runners can share with family and friends. All results are historically archived on UltraSignup.com.

The link to live finishing results will be posted on the website, and on SEOTR Events social media:
https://www.shawneetrailrun.com/

https://www.seotrevents.com/
https://www.shawneetrailrun.com/

Facebook: @SEOTR Events
Instagram: @SEOTRevents
Twitter: @SEOTRevents

SEOTR Events
SE Ohio Trail Runners