



# HOCKING HILLS TRAIL RUN

## -Crew and Spectator Guide-

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Spectators are welcome at the Hocking Hills Trail Runs! We hope that the start and finish line is an exciting area for runners when they finish, with plenty of cheering from family and friends! There are also locations along the course for crew to provide support for their runners. This document provides detailed driving instructions to each of the crewable aid stations, along with information on spectating at the start/finish line!

### **Rules for crew members:**

- The number one rule is to BE NICE TO THE VOLUNTEERS! Volunteers are just that - volunteers - and they are out supporting your runners to help them to the finish!
- Runners are responsible for their crew's behavior, and if issues arise, the runner may be disqualified.
- Crews may not provide aid at any other aid station except for the ones listed on the below guide.
- Crews must abide by all traffic signs and parking designations on roadway and the ones listed below.
- Crews must respect aid station workers and listen to their instructions.
- Crews or spectators ARE NOT ALLOWED to eat from the aid stations. Aid station food is only for runners.
- Please be careful on all roads and watch for children and walkers/runners - you will be on roads that runners will be crossing
- Lastly, support your runner, cheer on others, and enjoy Hocking Hills State Park!

## 0. Start/Finish Area Information

- Located behind the Hocking Hills State Park Visitor Center
- This is also the location for the Old Man's Cave Aid Station for runners completing multiple loops.

[Hocking Hills State Park Visitor Center](#)

[19988 OH-664 Scenic](#)

[Logan, OH 43138](#)

Below is a map of the parking area (yellow) and walking route (orange dots) to the Start/Finish Area.



## 3. Old Man's Cave Aid Station and Start/Finish

The start/finish area is also where the Old Man's Cave Aid Station is located for the start of the second and third loops for the 50K and 20M.

- Mile 10.4
- Mile 20.8

## 1. To Cedar Falls Aid Station

- Mile 2.5
- Mile 7.95
- (mile 12.9 & 18.35 for second loop)
- (mile 23.3 & 28.75 for third loop)

[GPS Map Coordinates: 39.41732, -82.52521](#)

### Driving Directions From Visitor Center

2.5 miles, 5 minutes

- Exit Visitor Center parking lot, turn right onto OH-664 0.5 miles
- Turn right on OH-374 1.8 miles
  - \*You will pass by the actual aid station location, but you are not allowed to park here. You must follow signs for the Cedar Falls parking lot
- Turn right into the parking lot for Cedar Falls 0.2 miles

**Parking:** You must pass the aid station location, and park in the Cedar Falls main lot. From there it is about a 0.3 mile walk.





## 2. To Ash Cave Aid Station

- Mile 5.15
- (mile 15.55 for second loop)
- (mile 25.95 for third loop)

[GPS Map Coordinates: 39.39568, -82.54564](#)

### **Driving Directions From Cedar Falls Parking Lot**

2.1 miles, 5 minutes

- Exit Cedar Falls parking lot and turn right on OH-374 1.9 miles
- Turn right on OH-56 0.3 miles
- Turn left into the Ash Cave parking lot

**Parking:** There is ample parking at the Ash Cave parking lot. The parking lot is on the left of OH-56, but you'll have to walk a short distance and cross OH-56, where the aid station is (at the entrance to Ash Cave).

