IMPORTANT PARK & FOREST RULES

PLEASE OBSERVE ALL RULES!

- **Obey all posted park and forest speed limits.** Speed limits are strictly enforced with radar.
- Anyone intentionally littering in the state park or forest will be disqualified.
- No bicycles are allowed in the forest or park except on designated mountain bike trails.
- No campfires are permitted.
- No overnight camping at aid stations.
- No vehicle parking at Covered Bridge.
- No nailing on any forest property.
- Place all garbage in the garbage bags provided by the race. **Do not use park or forest garbage barrels.**
- Allow plenty of time to reach your runner. Family members, crew, and volunteers have been ticketed in previous years for speeding on park roads and area highways, as well as for not wearing seat belts. Ohio seat belt laws are enforced.

RENDEZVOUS WITH RUNNERS

Please refer to the course map for designated **Crew Access (CA)** and Handler locations. These are the ONLY places where you may meet your runner. Attempting to meet your runner anywhere else may result in their disqualification.

Understanding Crew Access:

- Crew Access (CA) refers to an aid station or designated area where crew members are permitted to meet their runners.
- Aid station directions explain how to reach each location from the intersection of SR 3 and SR 97.
- When traveling between aid stations, a shorter route may be available without returning to that intersection.
- This document includes directions to all aid stations for use by supply delivery teams, volunteers, and others. However, crew members are NOT permitted to visit every aid station unless there is an emergency, such as picking up a runner who has DNF'd (Did Not Finish).
- To reach the intersection of SR 3 and SR 97 from Mohican Adventures Start/ Finish, travel south approximately one mile on SR 3.

Remember: Always follow the designated Crew Access and Handler locations shown on the course map.

HELPING YOUR RUNNER

- Your runner may provide estimated arrival times at aid stations, but these times can vary significantly depending on course conditions and the runner's physical condition. Your runner may arrive much earlier or later than expected. Plan accordingly!
- If your runner is finishing during the night or early morning, bring warm clothing and a blanket to the finish line. Temperatures can be quite chilly before sunrise.
- Runners may become extremely cold after stopping, especially when their clothing is damp or wet from running. **Keep warm clothing and blankets with you at the finish line rather than leaving them in your vehicle**, which may be parked some distance away.
- You may take your runner's drop bags after they have made their final visit to an aid station.
- If your runner DNF's, you or your crew may retrieve their drop bags directly from the aid stations.
- **Double-check drop bag numbers before taking a bag.** Be careful not to reverse digits or pick up someone else's bag. For example, if your runner is #123, do not take #132 or #213. If you are unsure, leave the bag where it is.

SOME BASICS

Aid Station Food & Supplies

Please do not take food or supplies from the aid stations. Supplies are calculated specifically for the number of runners participating in the race.

Many runners pass through the same aid stations multiple times, so what may appear to be an abundance of food is actually carefully planned to last throughout the race. Runners have different nutritional needs at different times, and even a handful of M&Ms or chips may be exactly what a runner needs.

Please be mindful of children (and adults!) who may be tempted by the food available at aid stations. Consider bringing your own snacks and goodies for family members.

Of course, anyone who is diabetic or hypoglycemic and needs sustenance is welcome to use the food available at the aid stations.

Local Shopping & Supplies

Loudonville is the closest city to the race and offers several stores where you can purchase supplies.

- A McDonald's is located a short distance south of Loudonville on SR 3.
- A Dollar Store, Pizza Hut, and Trail's End Pizza are located within walking distance of Mohican Adventures, along SR 3 between McDonald's and SR 97.

Weather & What to Bring

Ohio weather can be unpredictable! As the saying goes, "If you don't like the weather, stick around a minute."

Be prepared for just about anything during race weekend:

- Daytime temperatures may range from 50°F to 100°F.
- Nighttime temperatures can drop considerably.
- Temperatures may fluctuate by more than 50 degrees during the race.
- Conditions may include heat, humidity, rain, wind, thunderstorms, or beautiful clear skies.

We strongly recommend bringing:

- Layered clothing for changing temperatures.
- Rain gear and extra clothing.
- Sunscreen.
- Bug spray (flies, mosquitoes, and other insects can be plentiful).
- A flashlight and extra batteries.
- Binoculars, if you enjoy watching the many birds, butterflies, and small animals found throughout the beautiful Mohican area.

Enjoying the Mohican Area

If you are planning a canoe, raft, or tubing trip during your stay, make reservations through the Mohican Adventures Camp Office.

Mohican Adventures offers a variety of river trips, ranging from five miles and longer. The Mohican River is one of Ohio's most popular destinations for family-friendly paddling. The river is generally shallow with a gentle current when there have not been several days of heavy rain.

Check with the camp office for current river conditions before heading out.