

# HEADWATERS ADVENTURE RACE INSTRUCTIONS



## EVERYTHING YOU NEED TO KNOW ABOUT RACE

The following is provided to make your race experience much more enjoyable. If you registered another person, you must share this information with them.

The Portage Park District Foundation reserves the right to change the race route, postpone or cancel the event in extreme weather or for safety reasons. Sorry, refunds are not available.

**July 8, 2023**

**8 AM Start**

## LOCATIONS

Buchert Park  
4808 East High Street  
Mantua, Ohio



Directions from Buchert to Camp Hi

Camp Hi Canoe & Kayak  
12274 Abbott Road  
Hiram, Ohio 44234

- Extra time should be allotted for kayak drop off, registration, bike set up, and parking
- The race takes approximately 1.5 - 3 hours

## PARKING

- Park in the field on the south side of High Street (same side as Buchert Park)
- DO NOT park on the north side of High Street (baseball field)

## PACKET PICK-UP

**July 7**  
**3 pm - 6 pm**

**July 8**  
**6:45 am - 7:45 am**

- Buchert Park Lodge (same location as race)
- Racers must sign a waiver
  - If a racer is under age 18, a parent/guardian/responsible adult must be present to sign the race waiver on race day and stay throughout the race
- Packet SWAG
  - Race Bib - Bib must be worn on front of shirt. Safety pins will be provided.
  - Numbered wristband
  - Tri-blend t-shirt (registration must have been received before the deadline)
  - Sponsor material
  - Other Portage Park SWAG



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<b>START</b>	<ul style="list-style-type: none"><li>• The race kicks off at 8 AM</li><li>• A 5-minute warning will be provided - Limited pre-race instructions</li><li>• Starting line is at Buchert Park on East High Street</li></ul>
<b>RUN - 2M</b>	<ul style="list-style-type: none"><li>• Start off at Buchert Park heading west on High Street to Mill Street</li><li>• Make a left on Mill Street and hit the Headwaters Trail heading west</li><li>• Cross Peck Road and run approximately .3 miles before turning around</li><li>• Reach the Headwaters Trail Parking Lot</li><li>• Head west on the trail behind Mantaline Corporation and Buchert Park</li><li>• Follow the signage to Bike Staging Area</li><li>• Transition from RUN to PEDAL at Buchert Park</li></ul>
<b>PEDAL - 10M</b>	<ul style="list-style-type: none"><li>• HELMETS are required</li><li>• Start off at Buchert Park heading east on High Street</li><li>• Right onto Peck Road</li><li>• Left onto Goodell Road</li><li>• Left onto Limeridge Road</li><li>• Right onto Pioneer Trail</li><li>• Left onto Ryder Road</li><li>• Left onto Route 82</li><li>• Right onto Alpha Road</li><li>• Left onto Abbott</li><li>• Right into Camp Hi</li><li>• Park PEDAL in lower staging area at Camp Hi</li></ul>
<b>PADDLE - 5M</b>	<ul style="list-style-type: none"><li>• Grab your gear drop</li><li>• Grab a life jacket and PADDLE - LIFE JACKETS are required</li><li>• PADDLE the Cuyahoga River to Buchert Park</li></ul>
<b>FINISH</b>	<ul style="list-style-type: none"><li>• In order to FINISH the race and time to stop:<ul style="list-style-type: none"><li>◦ Safely exit your boat</li><li>◦ Pull or carry it up to the designated area (volunteer assistance is available)</li></ul></li><li>• <b>YOU MUST PASS THROUGH THE CHUTE TO FINISH</b><ul style="list-style-type: none"><li>◦ If you are a TEAM RACER, the last team member to pass through sets the time for the team</li></ul></li></ul>
<b>POST RACE</b>	<ul style="list-style-type: none"><li>• Post-race refreshments will be provided at the Buchert Park Pavilion</li><li>• The awards ceremony will start at approximately 11:15 AM</li></ul>

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## VESSELS

If you are bringing a vessel, please drop it off at Camp Hi before dark on Friday, or between 6:45 am and 7:30 am on Saturday. Allow enough time to get back to Buchert Park to park, sign in, and place your bike in the corral.

Rentals (canoes and kayaks) will be located at Camp Hi by the water. Personal flotation devices (life jackets) and paddles are included with the rental.

### Camp Hi Canoe & Kayak

12274 Abbott Road  
Hiram, Ohio 44234  
330-569-7621  
www.camphicanoe.com

## RELAY TEAMS

Relay Runners will need to get to Camp Hi to meet their partner; please avoid driving on the bike route roads. Racers will be responsible for their transportation, no transportation will be provided.

### Driving Directions

Right on 44 North  
Right on 82 East  
Left on Abbott Road  
Left Camp Hi will be on your left

## GEAR CHECK

If racers have shoes, hydration, etc. they would like to wear on the river section there will be a Gear Check Area set up near registration. A gear bag will be provided and numbered based on your bib. The bag will be transported to Camp Hi and will be placed near the vessel drop.

## PROVISIONS

Portable restrooms will be available at Buchert Park and Camp Hi.

## RACE TIMING

The timing will begin at the start of the race and officially ends when the entire team or solo racer crosses the finish line. Race management reserves the right to change the event's start/finish time, which will be communicated to racers at the race brief. The time recorded by the Portage Park District Foundation volunteers will be the official time.

## DROPPING OUT OF THE RACE

If you cannot complete a race, proceed to the nearest manned checkpoint and check in with a volunteer. A team MAY NOT leave the racecourse unless first notifying race management. Unless there is a major medical emergency teams are responsible for making their way back to Buchert Park should they decide to drop from the race. There will be a NON-MEDICAL shuttle to transport runners, who choose not to continue the race, back to Buchert Park.

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## OVERALL SAFETY

- The roads will remain open to vehicle traffic.
- Pay attention and obey the rules of the road (stop signs, stay to the right).
- If you see a fellow racer in need of assistance, please alert the volunteers and radio operators that will be stationed along the race.
- Look for wayfinding signage.
- Remember to take the time to hydrate before, during, and after the race.

### PEDAL

- Bike helmets are required
- There are some long hills up and down—watch your speed
- Rural roads may be rough in spots
- SLOWDOWN before coming to the hairpin left turn from Alpha onto Abbott Road
- Law Enforcement will assist at critical intersections

### PADDLE

- Prior river canoe or kayak experience is mandatory
- Life jackets are required

## LOST ITEMS

All items left in the bike staging area will be relocated to just outside of the pavilion. Please remember to collect all of your belongings. Any items left behind after the race can be claimed by contacting the Portage Park District.

Portage Park District  
705 Oakwood St. Suite G-4  
Ravenna, Ohio 44266  
330-297-7728  
admin@portageparkdistrict.org

## MOTHER NATURE

Please understand that the Portage Park District Foundation does not have control of the weather or the river levels. Volunteers will be out sweeping the roads the night before the race and the Camp Hi Staff will be working diligently to clear the river of fallen trees. Please have patience and keep in mind mother nature has a mind of her own.

## FINAL THOUGHTS

We have everything from first-timers to elite runners in our race. The Headwaters Adventure Race is a fun and supportive race. If you are the first or the last racer we want you to have a good time. Please be supportive of your fellow runners and treat everyone with respect before, during, and after the race. See you at the race!

