Photo by Brian Prose with Southern Ohio Photography

-2024-

Shawnee Trail Run
50 Mile, 50K, 13.1 Mile
UPDATED Participant Guide

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Changes to the Shawnee Trail Runs Due to Storm Damages

Hello Runners, this is a new and amended Participant Guide to reflect major changes due to storm damages across the Shawnee State Forest and the region. The most drastic change is to the courses of each distance. In this section I will outline and explain those changes, but the rest of the packet has been modified to reflect the changes in more detail, and those changes are highlighted in yellow. Any text not highlighted is event information that has not been altered.

The course has been changed to a short 6.12 mile loop that will be repeated multiple times to reach distances of 50 Miles, 50K, and Half Marathon. (see new course breakdown below)
>	-50 Miles: 8 Loops
>	-50K: 5 Loops
>	-Half: 2 Loops

The 50 Mile distance will now start at 6:00AM, along with the 50K distance.

There will be just one "cut-off" for all runners: all runners not starting their FINAL LOOP by 8:15PM will not be allowed to continue.

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This modification was agreed upon by State Forest and State Park land managers, as a way to safely and effectively continue to hold the race on October 5; this change is due to the impacts of the storms to the trails and other park and forest infrastructure. This modification was the last option, other than canceling the event altogether! The trails making up the course and forest access roads were severely damaged by high winds and rains over the past weekend. This weather knocked hundreds of trees down that has made it impossible to run the trail. Access to aid stations via forest service roads is also not guaranteed to be open by October 5th, which is needed for volunteer duties and emergency access.

While we are sad to change the fabric of the Shawnee Trail Runs, we're excited that we'll still have a great event, with a great event atmosphere at the new big staging area aid station and finish line. As the forest and region recovers from storm damages, we know we're fortunate to have not been impacted further, and after making the most of a bad situation this year, we'll look forward to getting the trails back to normal, and continue to use the full 50 mile course in 2025.

Shawnee Weekend Schedule

Friday October 4

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

Saturday October 5

4:00AM - Packet Pickup   Shawnee Lodge and Conference Center

6:00AM - 50 Mile Race Start   Shawnee Lodge and Conference Center

     *50 Mile Race will now start at 6:00AM with the 50K race

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 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

Finish Location

38.738385, -83.199578

Turkey Creek Lake Parking Lot

State Forest Service Rd 16

West Portsmouth, OH 45663

*This lot is one mile (via road) from the Shawnee State Park Lodge; there is also a half-mile trail that goes from this lot to the Lodge. The finish line will be at the staging area for the MAIN AID STATION on the loop. Runners needing to get back up the hill to the lodge and their cars after the finish can either: be brought up by their family/crew, walk up, or we will have volunteers shuttling runners up during the day.

Packet Pickup.

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

53.1 miles • 10,525 ft gain • 10,528 ft loss
1,276 ft high • 610 ft low
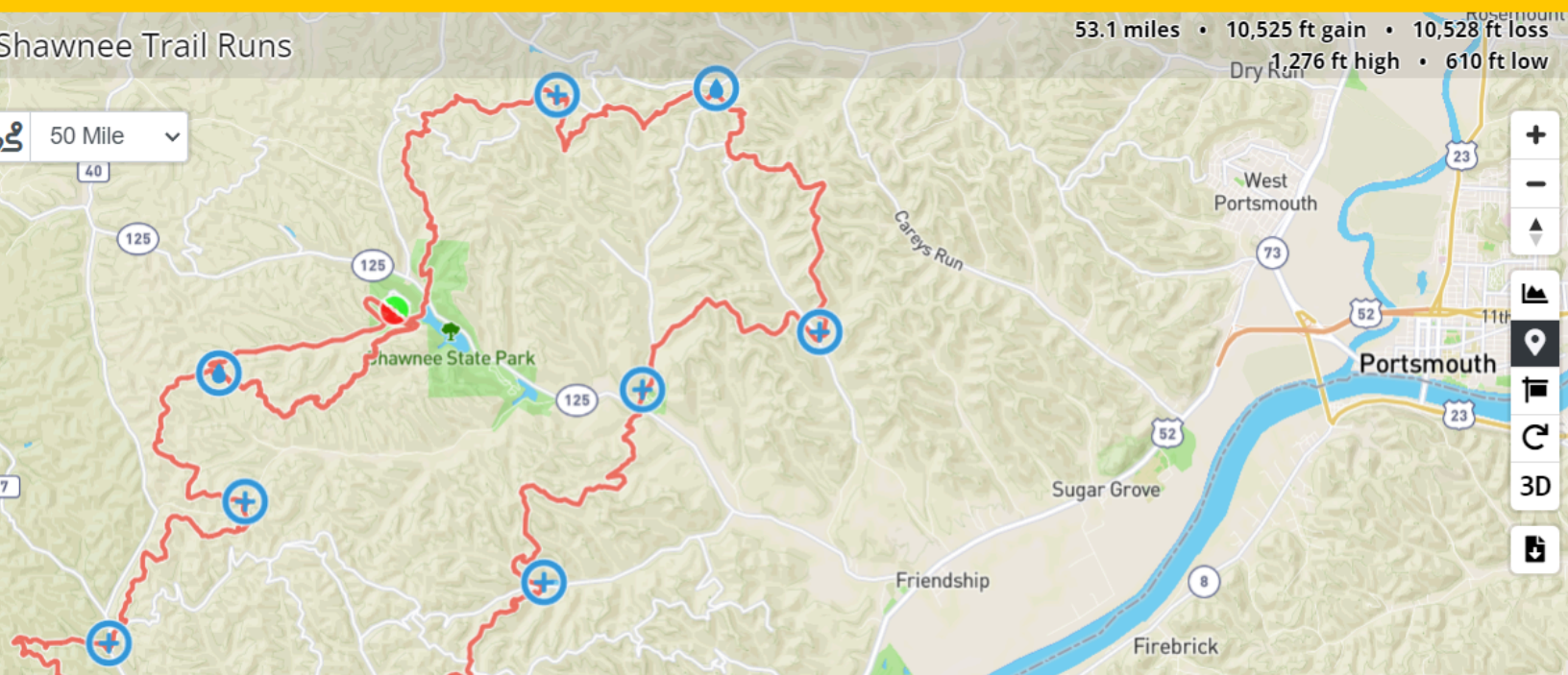
50 Mile

Course Information

CHANGES DUE TO RECENT STORMS HAS FORCED US TO MODIFY THE SHAWNEE TRAIL RUN COURSE TO A SHORTER LOOP, AND RUN LAPS ON THAT LOOP TO COMPLETE YOUR DISTANCE*

Loop Course.
STRAVA ROUTE OF THE 6.12 MILE LOOP

50 Mile Route: 8 Loops - 49.96 miles | 7360 feet of elevation gain
50K Route: 5 Loops - 31.6 miles | 4600 feet of elevation gain
Half Marathon Route: 2 Loops - 13.26 miles | 1840 feet of elevation gain

Each Loop will have:
- One large and fully supported aid station per loop
- One water only stop at 3.5 mile per loop
- 3.5 miles of backpack trail
- 2.3 miles of narrow and forested service road
- 0.3 mile stretch of grass path along road to complete loop

Course Overview, Profile and Specs

2024 Modified Shawnee Trail Run Loop

Running Route

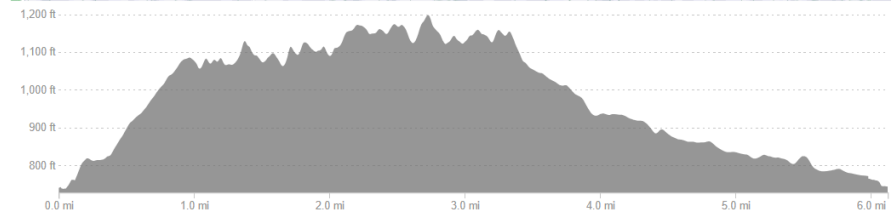★ Saved   Edit   ⌄

🟦 Moderate

📍 6.12 mi   ⛰ 919 ft

🕐 1:32:41

CREATED BY

Michael Owen
September 30, 2024 · Public

Route and Elevation

Map of the Aid Station and Finish Line Area:

Course/Loop Breakdown.

- Each race will now start at the Shawnee State Park Lodge (as normal), and lead off with a 1 mile paved downhill to enter the trail, and to allow the runners to space out.
- Each loop is 6.12 miles with 920 feet of elevation gain.
- At 1 mile, runners will enter the trail, which is the start of the 6.12 mile loop.
- The first 3.5 miles of the loop are on the Shawnee Backpack Trail.
    - This 3.5 miles of trail is a mix of singletrack and doubletrack width trail. It is mostly uphill with frequent smaller and steep ups and downs throughout.
    - There are no intersecting trails on this 3.5 mile stretch.
    - There will also be a water only stop at this location.
- Once the trail comes to a gravel service road (FS Rd. 16/Lampblack), the course will turn <u>right</u>, and run the next 2.3 miles on this narrow gravel forest road.
    - This gravel section is mostly downhill.
- At the end of the gravel road, the course pops back out to the Main Lodge Road, and will turn <u>right</u>, running along the Lodge Road in the grass back to the beginning of the loop.

50 Mile and 50K Differences.

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

**Due to the change, the 50 Mile and 50K distances will now start together at 6:00AM. The 50 Mile runners will run 8 laps of the modified loop course, and the 50K will run 5 laps. Half marathon runners will still start at 8:00AM and will run two loops of the modified course.

END CHANGE

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.

- *Reflective streamers are* adhered on course markings that will help visibility during the night sections.

The bottom line of 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.

With the modified loop course, there will now be just ONE MAJOR AID STATION that will be fully supported with all types of food, water, hydration mix, drop bags, etc.

Every 6.12 Miles on the Loop
1. **"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.

There will also be a WATER ONLY stop at the 3.5 mile point of every loop.

END CHANGE

Cutoff.

There will be just one "cut-off" for all runners: all runners not starting their FINAL LOOP by 8:00PM will not be allowed to continue.

Tailwind Nutrition Endurance Fuel (drink)

We're excited to reintroduce Tailwind Nutrition as the official endurance fuel drink sponsor of the Shawnee Trail Runs! Tailwind's Endurance Fuel Endurance Fuel mixes clear with water to provide all your calories, electrolytes and hydration. It's simple to use with a clean, light taste. Each aid station, except the "water only" stations at the Shawnee Trail Runs will be serving Tailwind, specifically, the non-caffeinated mandarin flavor! See nutrition facts here.

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.
Modified Course Change

The one aid station on the modified loop course will have drop bags. Runners may drop off their drop bag during packet pick-up on Friday, or on race morning. You will just need one drop bag now because of the change.

END CHANGE

Awards and Swag

Shawnee Socks and Pint Glasses for Everyone.

All entrants will receive an awesome swag collection of custom Shawnee Trail Run socks and Shawnee Metal Pint Cups! All runners and volunteers will receive the Shawnee socks and metal cup as part of their participation, and you're able to purchase extras for your family/friend/crew. There will be a limited number of sock and cups available for purchase with these prices:

Socks Only: $12.00

Metal Cup Only: $12.00

Sock + Cup Combo: $20.00

T-shirts for Sale.

While we are doing the sock and cup package for your participation swag, we will also have a select number of long-sleeve technical shirts for sale, at an affordable price of $20.00 available for purchase!

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

Sponsors and Partners

Tailwind Nutrition Endurance Fuel (drink)
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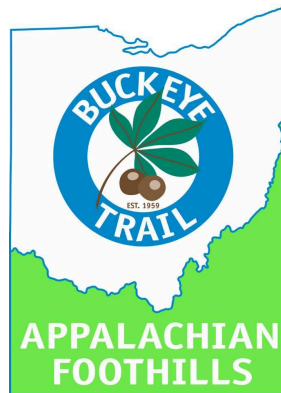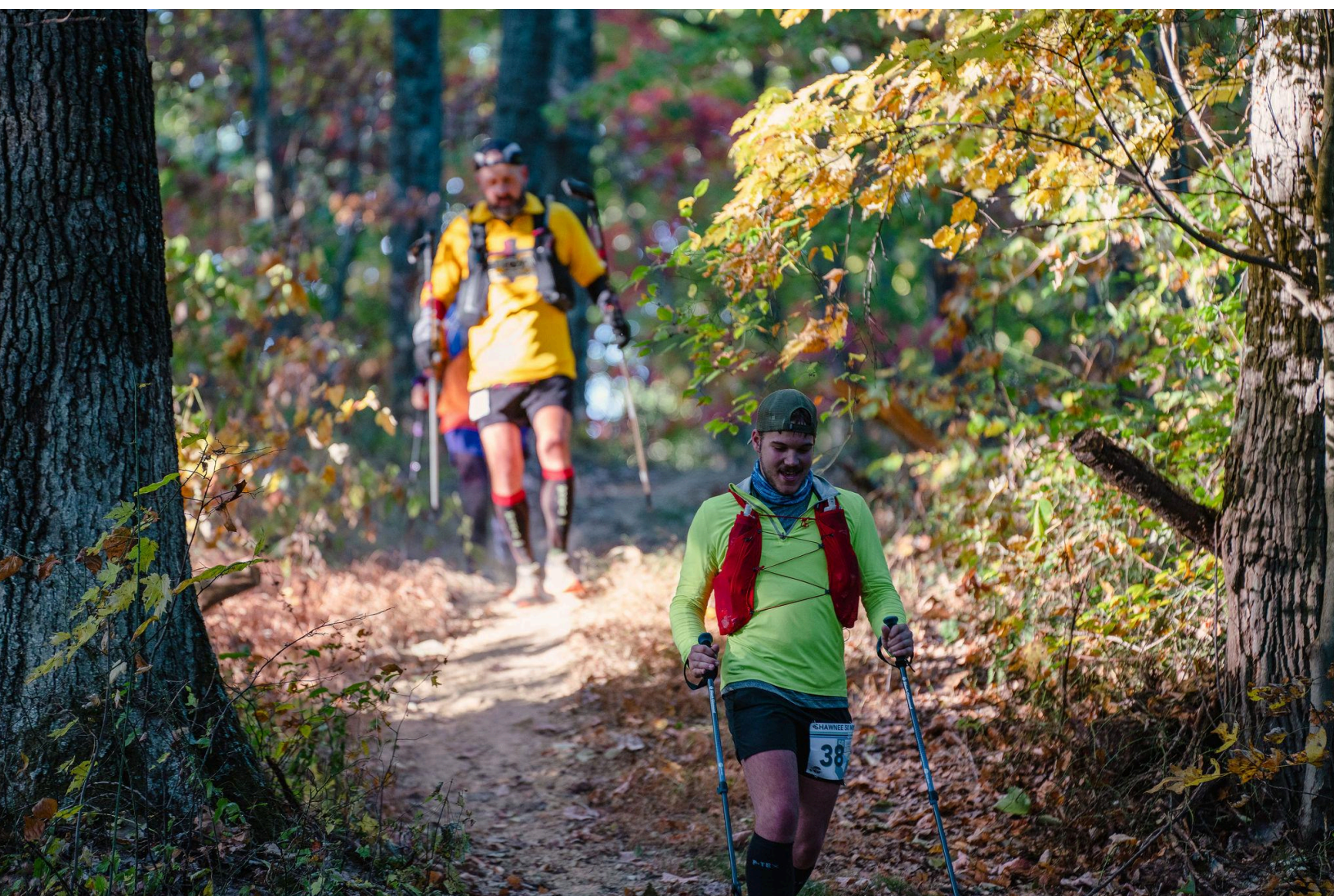
Photo byJohn Dolovacky III of Standing Rock Media

Race Rules and Policies

Various Race Policies.

1. 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!
2. **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!
3. No being mean to volunteers, general public, or other runners. This rule solves many problems!
4. Pacers <u>Are Not Allowed</u> at the Shawnee Trail Runs

a. 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.
5. Trekking poles <u>Are Allowed</u>
6. Please wear your bib visible and on the front of your body.
7. You MUST enter every aid station. We record bibs at every station to track runners.
8. If you happen to DNF, you must check in with the aid station captain or with the finish line timer
9. 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.
10. <u>No Dogs.</u> Do not bring your dogs to run with during the race. This is not within our permit or insurance policy.
11. 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 Wednesday, 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.

More Event Details

Crew and Spectator Guide.

CHANGE With the modified course being changed to a loop course, crew and spectators are now able to see their runner after each loop! This is at the one major aid station located at the Turkey Creek Lake Parking Lot, which is just down the road from the Shawnee State Lodge. This aid station is also where the finish line is. Parking is ample for crew and spectators and the location is great for hanging out throughout the day!

END CHANGE

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. https://www.shawneetrailrun.com/eventdetails

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

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.

Parking.

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

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

Finish Location
38.738385, -83.199578

Turkey Creek Lake Parking Lot
State Forest Service Rd 16
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 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, half a mile after Camp Oyo Aid Station at the boyscout parking lot, 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.

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

Photography.

We're happy to have John Dolovacky III of Standing Rock Media at the Shawnee Trail Runs out on the course taking photos of you! You'll see him out on the trail, so be ready to strike a pose or put your game face on as you pass him. He will be posting a photo album on his website after the race. To see the 2023 Shawnee Trail Run photo album, VISIT THIS LINK.

Results.

Results are professionally chip timed and will be live as soon as runners cross the finish line., and will be available soon after the race, based on internet availability at the finish line. All results are historically archived on UltraSignup.com.

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

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