

Western Reserve Trail Running Newsletter

Monthly Newsletter

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Please sign up and forward this newsletter to all of your trail-running friends!

Shatter the Silence Trail Run

1.5-mile hike | 5K | 10K

The Inaugural Shatter the Silence is a trail run that winds through the scenic Cuyahoga Valley National Park, in Peninsula Ohio. The course is semi-hilly with plush foliage and unique rock formations, making this run unique and exciting.

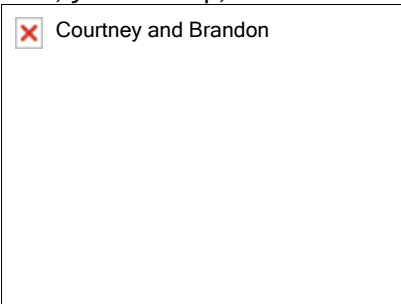
Time to Get Dirty and Cross That Finish Line

This month, I'm taking a break from the normal format of the newsletter and focusing on the here and now. July is a very busy month in Ohio on the trails and in it lies the heart of the Ohio on the trails and in it lies the heart of the WRTR Race Series: The Buckeye Trail 50K, Muddy Paws Trail Runs and the Burning River 100 Mile Endurance Run all take place in 3 consecutive weeks starting next Saturday, July 17th.

My own 2 cents regarding the Burning River 100: I have volunteered for this race, I have dropped out of this race in 2008, and I have conquered this race in 2009 in just over 27 hours. It is a first-class event and it truly has something for everyone...even the non-runner. Non-runner? Yes. I was getting a massage a few days ago and was encouraging my massage therapist and his wife to come down to Falls River Square on Sunday morning. "If you want to see a side of humanity that you've never seen before, just show up," I told them.

In 2007, at the inaugural running, I volunteered at the finish line with the goal of convincing myself to never do such a "crazy" thing like run a 100 miles. (well, I guess that plan didn't work out so well!) What I witnessed and have now experienced myself 3 times is something priceless, powerful, and meaningful to anyone who has the honor of being present for

someone crossing a 100-mile finish line. Inspiration waits. For the runner, it is special and meaningful beyond measure. For those who volunteer out on the course, it's a whole different experience as runners come into and out of aid stations, often beaten down and ready to throw in the towel. However, the majority find the strength to press on and are encouraged and helped to do so by selfless volunteers. Again, a volunteer doesn't have to be a runner. Anyone can do it. If you care, are compassionate, and can also give a runner a swift kick out of the aid station and on down the trail, you can do it. This event showcases 100 miles of our park systems and this year, it stands on the national stage. Don't miss it! Be a part of it...some how, some way. If nothing else, show up at an aid station and cheer runners on as they come through. Create a ruckus as they come in. Trust me, they NEED it! *(Thank you to Courtney and Brandon for allowing me to share their memorable photo from last year's BR100 finish line. Both finished and it was Courtney's first!)*



In the following sections, read some final updates from the BR100 and BT50K followed by some exciting news just announced regarding the Bobcat Trail Marathon, Bigfoot 50K and Relay, and a new 50 mile race

If you are new to trail running, this is a great course to experience the thrill of off-road racing. Choose from three categories: 1.5-mile hike, 5K and 10K run. A portion of your race fee will be donated to the Cleveland Rape Crisis Center. Shatter the Silence is managed by the Women's Multisport Connection (WMC).

Familiarization Runs

The WMC, in conjunction with the Grunt Girls will host two familiarization runs and a Q & A for first time trail runners. The runs will cover the 5K and 10K. If you cannot make either of the familiarization runs, don't worry. The course will be marked with flags and arrows. We promise - you won't get lost.

Saturday, July 31: 9 a.m.
Saturday, Aug. 14: 9 a.m.

Ledges Shelter, Cuyahoga Valley National Park
701 Truxell Road Peninsula, Ohio 44264

[Event Website](#); both online and paper registration are both available.

XTERRA Trail Run Ohio Series

The 2010 XTERRA Trail Run Ohio Series includes five cross country trail runs in Northeastern Ohio and Central Ohio. Visit their [homepage](#) for registration links and to sign up for the XTERRA Ohio e-newsletter.

#1: **Vulture's Knob**, April 24th, Wooster [RESULTS](#) // [FINISH LINE VIDEO](#)

#2: **Hargus Lake**, May 22nd, A.W. Marion State Park, Circleville [RESULTS AND FINISH LINE VIDEO](#)

#3: **Chapin Forest**, June 26th, Lake Metroparks, Kirtland; [RESULTS](#)

#4: **Mohican State Park**, July 10th,

not previously revealed.

A new race is also premiering NEXT month! The **Inaugural Shatter the Silence Trail Run** will take place on Thursday, August 19th at 7pm at the Ledges Shelter in the Cuyahoga Valley National Park. Please read more about it on the left hand side of this newsletter. Don't miss this opportunity to support the Cleveland Rape Crisis Center!

Happy Trails, everyone, and I'll see you on the trails!

Nick Billock
WRTR Newsletter Editor

[e-mail](#) / [blog](#)

Burning River 100 UPDATES

At the end of July, the 4th Annual Burning River 100 Mile Run will take place starting at Squire's Castle at 5AM on Saturday, July 31 and finishing 30 hours later (11 AM Sunday, August 1) in Downtown Cuyahoga Falls on Falls River Square. This year's race is the USA Track and Field 100 Mile Trail National Championship and will feature twice as many runners as previous years. As of this writing there are more than 250 entrants! With that many runners also comes a need for more volunteers to help at aid stations, with supply delivery, at registration and at the Finish Line. If you are not running the race and can help, [send an email to Suzanne Pokorny](#) or through the Contact link on the Burning River 100 web site. We are proud to have this national championship in our backyard. Help showcase the BR100 and our area by volunteering!

In lieu of a pre-race meeting, we are giving Burning River 100 runners the opportunity to get some additional sleep the night before by letting you do a pre-race check-in on Friday and then letting you go home, to your motel/hotel/etc. In its place check out the BR100 course guide page for video content regarding USATF and the National Championship (Howard Nippert), Supplies (Mark Shelton), Course Markings (Dave Koch), Race Day Tips (Vince Rucci), Course Changes (Jim Chaney) and miscellaneous remarks from me.

The course guide page, which also includes course maps, 3D maps and videos, is located [here](#). **Tip:** to view all the videos, you must scroll to the right to see the up/down video scroll bar.

If you are planning on participating in the USATF National Championship at the Burning River 100, you will need to be a USATF member in good standing. If you are not a member and are eligible, you can sign up [here](#). [Email Joe Jurczyk](#) your USATF Membership Number stating that you want to participate in the 100 Mile National Championship.

Championship runners must also follow USATF rules and race specific rules for national championship runners. Most important of all, championship runners will NOT be allowed to have a pacer or headphones at any time during the race. (Note: Championship runners will be distinguished from non-championship runners by different colored bibs.)

Loudonville [Overall Results](#) // [Age Group Results](#)

#5: **Oak Hill**, August 21st, Cuyahoga Valley National Park, Boston Township



Tar Hollow 50

The Tar Hollow 50 is a new 50 Mile and 50k race to be offered May 2011 at [Tar Hollow State Park](#) in South Central Ohio. The official kick off for Tar Hollow will be at the Buckeye Trail 50k on July 17, 2010. This is a perfect race to prepare for the Mohican 100 Mile or 50 Mile or to confirm your fitness for the Burning River 100. We have also agreed to partner with [Vibram FiveFingers](#) to

[BR100 Website](#) /// [Entrant List as of June 2nd \(236 registered\)](#)

Buckeye Trail 50K Final Reminders

With this year's race selling out in record time, the Buckeye Trail 50K should have the most finishers in the history of the event. More participants means the need to have more volunteers so if anyone can help out at the event please [contact Vince](#). For those running in the race, please remember that there has been a change to the course due to construction at Oak Grove. A new course map is available now at the [event website](#). Participants will park at the [Station Road Bridge Parking Lot](#) and the start/finish will be approximately a 1 mile west of Riverview Rd. Packet Pickup will be on Friday, July 16th from 2pm - 8pm at [Vertical Runner](#) in Hudson or on race morning at the Start/Finish from 6am - 6:45am. The race will start PROMPTLY at 7am!

The Buckeye Trail 50K will be broadcast LIVE [here!!!](#)

Bobcat Trail Marathon Announcement

So many exciting things have happened with the [Bobcat Trail Marathon](#) recently. As of last week, the Bobcat Trail Marathon is the only permanently marked trail marathon course in the Midwest, possibly even the country. There are currently permanent signs at trail heads, major intersections, and as confidence markers all along the course. Green blazes are also plentiful. Feel free to run the course at any time to become more familiar with the route. Registration continues to climb. We expect the race to sell out by Labor Day so make sure to register soon! Last week we had our first registrants from Canada. We are now international! The last big bit of news is that we have agreed to partner with [Vibram FiveFingers](#) to add a FiveFingers division at the Bobcat Trail Marathon. The rules are simple. The first person to run the entire course in their FiveFingers during the entire race wins!

 Bobcat Trail Marathon new trail markings

add a FiveFingers division. The first person to run the entire course in their FiveFingers during the entire race wins! A free pair of FiveFingers will be awarded to the winner of each event.

A free pair of FiveFingers will be awarded to the winner. This is a special race and we hope to you are able to spend the first weekend in November with us at Burr Oak State Park in Southeast Ohio.

Registration Update

Buckeye Trail 50K

- Saturday, July 17, 2010
- **SOLD OUT**
- Event details, registration list, and volunteer form available on the event [website](#).

Muddy Paws Trail Races

- Saturday, July 24, 2010
- [Registration now open!](#)

Burning River 100 Mile Endurance Run

- Saturday July 31, 2010
- [Registration now open](#)
- [236 as of June 2, 2010](#)

YUT-C 50K/25K

- Saturday, September 18, 2010
- [Registration now open](#)
- [Current Registrants](#)

Towpath Marathon and 1/2 Marathon

- Sunday, October 10, 2010

Run with Scissors Marathon+ and Double Marathon+

- Sunday, October 31, 2010
- [Registration now open!](#)

Bobcat Trail Marathon

- Sunday, November 7, 2010
- [Registration NOW OPEN!](#)

Bigfoot 50K & 3-Person Relay Announcement

The [Bigfoot 50k & 3-Person Relay](#) is a sister race to the [Bobcat Trail Marathon](#) and is held at Salt Fork State Park in East Central Ohio on Sunday, December 5, 2010. This race was conceived from the idea that runners may need a tune up race before entering the early spring race season. It's also a nice way to end the year and take a break before gearing up again in January. We invite you to make a full weekend of running and participate in the [Salt Fork 10 Mile Trail Challenge](#), presented by OhioOutside.com, on Saturday, December 4, 2010. We have also agreed to partner with [Vibram FiveFingers](#) to add a FiveFingers division. Again, the rules are simple. The first person to run the entire course in their FiveFingers during the entire race wins! A free pair of FiveFingers will be awarded to the winner of each event. Every team member of the 3-Person Relay must wear FiveFingers during the race to qualify in the division.

Western Reserve Trail Running, Inc. is a nonprofit organization registered in the state of Ohio. The organization's first event was the 2007 Burning River 100 Mile Run held on August 7-8, 2007. Our mission is to promote trailrunning in the Northeast Ohio region through the development and management of new events (races, fun runs and training runs) within local park systems and municipalities. Questions?: contact info@wrtr.org

Race Calendars

[100 Mile Race Calendar](#)

[Coach Weber's National Ultrarunning Calendar](#)

[Jason Robillard Ultra-Marathon Calendar](#)

[Trail Runner Magazine Race Calendar](#)

[ultraRUNNING Magazine Race Calendar](#)

[OhioOutside.com Race Calendar](#)

WRTR Race Series

[Updated Results since Race #3,
Forget the PR 50K/25K](#)

[2010 WRTR Series Rules](#)

The purpose of the Western Reserve Trail Running (WRTR) race series is to promote a regional competition, wide participation in the sport of trail running, foster volunteerism, and to recognize the annual WRTR series champions.

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