



Photo by Brian Prose with  
Southern Ohio Photography

**-2023-**

# **Shawnee Trail Run**

## **50 Mile, 50K, 13.1 Mile**

### **Participant Guide**

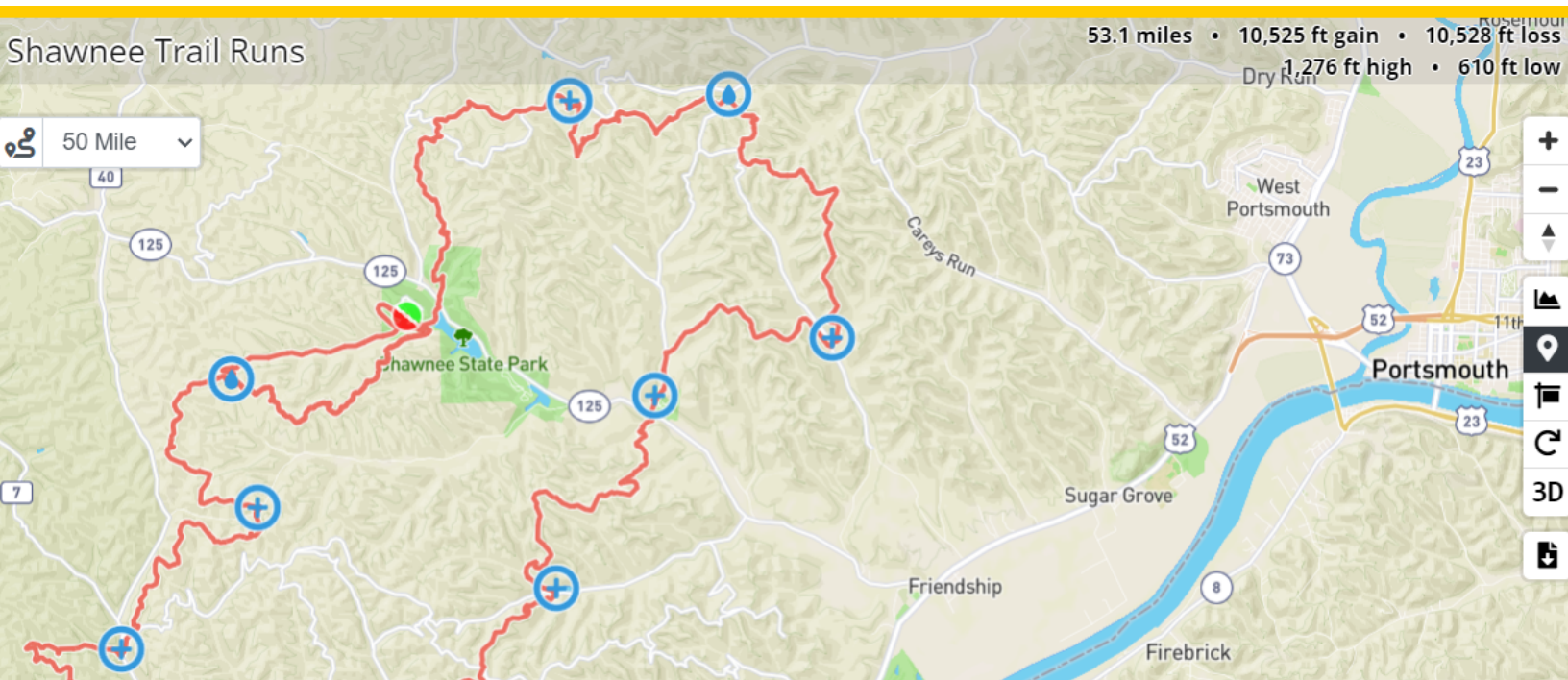




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## Course Information

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### Course Breakdown.

Please view the comprehensive course maps and details on [THE COURSE PAGE ON THE WEBSITE.](#)

- Course Map
- Downloadable GPS Files (you can upload to watch)
- Strava Links
- Elevation Profiles

### Course Bullet Points:

- The 50 Mile course is actually 54 miles, with over 11,000 feet of elevation gain and loss.
- The 50K is close to 31.8 miles, with over 6500 feet of elevation gain and loss.
- This is rugged terrain. All downed trees may not be removed or “brushy” areas may not be cut and groomed perfectly. However, the trail will be passable and easily be followed with the course markings.
- This is how I would break down the 54 Mile Course for runners to understand, in these key sections:
  - “Opening Loop” of 7 miles
  - After the Opening Loop, you start a consecutive 47 mile loop, mostly on the orange-blazed Backpack Trail.
  - At mile 36 you will turn left onto the Wilderness Side Trail, a 10 mile horseshoe loop that we call “The Dark Side.”

- After the Twin Creek #1 Aid station at mile 38.2 you will enter the true “Dark Side” section, where you’ll encounter the toughest section of the course, with over 75 down trees that you’ll need to move over. The trail is cleared, and the tree’s are easy to step over, but this grueling section will be the challenge of the day.
- At mile 46 you will turn left to rejoin the Backpack Trail (this is also the point where you will rejoin the 50K course), and finish the last 8 miles back to the lodge.
- There are 18 “distinct hill climbs” on the 54 mile course and many more smaller ones ;)
- The 50K course leaves the 50 Mile course at around mile 20.9 (3 miles after the Camp Oyo aid station) and will rejoin it around mile 24. These intersections will be clearly marked.
- The 50K course is defined by the same details as the 54 Mile course with the exception of these sections:
  - The 50K course bypasses the 7 mile “opening loop.”
  - The 50K course does not not complete the infamous “Dark Side.”
- The 13.1 Mile course completes a “backwards lollipop” design of the 50 Mile opening loop plus an out and back to the Mackletree Aid Station.
  - The final 7 miles of the 13.1 Mile course is the exact same as the final 7 miles of the 50 Mile and 50K courses.

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## **50 Mile and 50K Differences.**

50 Mile starts at 5:00AM

50K starts at 6:00AM

Due to the 50K course not doing the “Opening Loop” the two courses will merge together nearly at the same time after the 50 Milers complete their 7 mile opening loop and the 50K runners start their race. At this point the courses run together until after the Camp Oyo AS, and runners will be intermixed. More notes about the course description below and on the website.

Runners in both distances will need to pay special attention to the “split” point, which will not be manned, but will be marked with ample signage.



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## 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.
- Where a course splits (eg. the 50 Mile and 50K split), there will be signs that say the race distance with an arrow pointing in the proper direction.
- *Reflective streamers* are placed in the first 7 miles and the last 10 miles while it is dark. These reflect brightly in a headlamp beam.

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.

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## Aid Stations.

Study the course map, aid station charts, and learn where the “FULL”, “MEDIUM”, and “WATER ONLY” stations are. See the difference below for the 3 different “sizes” of aid stations that are shown on the Aid Station chart. Here is the breakdown:

1. **“Water Only”** - Stations indicated as “water only” will not have anything except water.
2. **“Medium”** - Medium aid stations will look similar to most ultra marathon aid stations, with water, electrolyte drink, soda, salty snacks and sweet snacks.
3. **“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.



### **Hyle Endurance Drink Mix**

We want to thank Hyle Hydration for sponsoring the Shawnee Trail Runs! Hyle Hydration provides calories, electrolytes, and hydration all in liquid form. Each aid station, except the "water only" stations at the Shawnee Trail Runs will be serving Hyle! [See nutrition facts here.](#)

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### **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.

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### **Drop Bags.**

There will be a place to put your drop bags on Friday during the packet pick-up hours. This will be in the lawn outside of the lodge. Please have your drop bags placed by 7:30PM on Friday. If you come Saturday morning with your drop bag, we'll attempt to get it transported to the proper aid station.

Have your drop bag labeled with your last name and bib #. You can label it with duct tape and a sharpie. Please keep drop bags at a reasonable size - no coolers, buckets or plastic totes. Please make your drop bag a mesh or sling type bag.

The drop bags will be returned to the starting area once the aid stations close up. This may be late, close to 10PM. We will not ship drop bags after the race. Drop bags will also be available Sunday morning at the start/finish area.

# Aid Station Charts.

## 50 Mile

(you can download this aid station chart on the website)

| 50 SHAWNEE TRAIL RUN |                | Shawnee 50 Mile Aid Station Chart |                 |             |           |                  |           |                       |                         |                         |                          | Shawnee's Premier "50 MILER" Trail Run |  |
|----------------------|----------------|-----------------------------------|-----------------|-------------|-----------|------------------|-----------|-----------------------|-------------------------|-------------------------|--------------------------|--|--|
| A.S. #               | Name           | Mileage                           | Section Mileage | Crew Access | Drop Bags | Aid Station Size | Elevation | 8 Hour Pace (8:53/mi) | 12 Hour Pace (13:20/mi) | 17 Hour Pace (18:53/mi) | Cut-off Time (AS Closes) | Waypoints (for GPS)                    |  |
| 0                    | Start          | 0                                 | 0               | Yes         | Yes       | n/a              | 977'      | 0:00:00               | 0:00:00                 | 0:00:00                 | None                     | 38.74018, -83.2041                     |  |
| 1                    | Fire Tower     | 12.1                              | 12.1            | Yes         | No        | Full             | 1284'     | 1:47:33               | 2:41:20                 | 3:48:33                 | 4:15:00                  | 38.77265, -83.1715                     |  |
| 2                    | Bear Creek     | 15.5                              | 3.4             | No          | No        | Water Only*      | 866'      | 2:17:46               | 3:26:40                 | 4:52:46                 | None                     | 38.77393, -83.13929                    |  |
| 3                    | Odell Creek    | 20.1                              | 4.6             | Yes         | No        | Medium           | 690'      | 2:58:40               | 4:28:01                 | 6:19:40                 | None                     | 38.73589, -83.11832                    |  |
| 4                    | Camp Oyo       | 23.4                              | 3.3             | No          | Yes       | Full             | 625'      | 3:28:00               | 5:12:00                 | 7:22:00                 | 7:45:00                  | 38.72678, -83.15414                    |  |
| 5                    | Pond Lick      | 28.2                              | 4.8             | Yes         | No        | Medium           | 741'      | 4:10:40               | 6:16:00                 | 8:52:39                 | 9:15:00                  | 38.69682, -83.17413                    |  |
| 6                    | Hangover       | 32.4                              | 4.2             | No          | No        | Medium           | 1192'     | 4:48:00               | 7:12:00                 | 10:12:00                | 10:35:00                 | 38.66294, -83.20587                    |  |
| 7                    | Twin Creek #1  | 38.2                              | 5.8             | Yes         | Yes       | Full             | 786'      | 5:39:33               | 8:29:20                 | 12:01:33                | 12:25:00                 | 38.67218, -83.24889                    |  |
| 8                    | Twin Creek #2  | 43                                | 4.8             | Yes**       | No        | Medium           | 871'      | 6:22:13               | 9:33:20                 | 13:32:13                | 13:55:00                 | 38.68667, -83.26092                    |  |
| 9                    | Mackletree Rd. | 46.5                              | 3.5             | No          | No        | Medium           | 923'      | 6:53:20               | 10:20:00                | 14:38:20                | 15:00:00                 | 38.70932, -83.23396                    |  |
| 10                   | Lampblack      | 49.8                              | 3.3             | No          | No        | Water Only*      | 1074'     | 7:22:40               | 11:04:00                | 15:40:40                | None                     | 38.72936, -83.23891                    |  |
| 11                   | Finish         | 54                                | 4.2             | Yes         | Yes       | Full             | 977'      | 8:00:00               | 12:00:00                | 17:00:00                | 17:00:00                 | 38.74018, -83.2041                     |  |

\*Water Only aid stations are unmanned/self-served and will only have water available for runners, and no food or other nutrition items.  
 \*\*The Twin Creek #2 aid station can only be accessed by crew on foot, about a 1.3 mile walk on a paved road from Twin Creek #1 aid station. Please refer to Crew Instructions for details.

## 50K

(you can download this aid station chart on the website)

| 50 SHAWNEE TRAIL RUN |                      | Shawnee 50K Aid Station Chart |                 |             |           |                  |           |                         |                        |                         |                          | 50 SHAWNEE TRAIL RUN |  |
|----------------------|----------------------|-------------------------------|-----------------|-------------|-----------|------------------|-----------|-------------------------|------------------------|-------------------------|--------------------------|----------------------|--|
| A.S. #               | Name                 | Mileage                       | Section Mileage | Crew Access | Drop Bags | Aid Station Size | Elevation | 4.5 Hour Pace (8:43/mi) | 9 Hour Pace (17:25/mi) | 14 Hour Pace (27:06/mi) | Cut-off Time (AS Closes) | Waypoints (for GPS)  |  |
| 0                    | Start                | 0                             | 0               | Yes         | Yes       | n/a              | 977'      | 0:00:00                 | 0:00:00                | 0:00:00                 | None                     | 38.74018, -83.2041   |  |
| 1                    | Fire Tower           | 6.1                           | 6.1             | Yes         | No        | Full             | 1284'     | 53:10                   | 1:46:14                | 2:45:30                 | 3:15:00                  | 38.77265, -83.1715   |  |
| 2                    | Bear Creek           | 9.5                           | 3.4             | No          | No        | Water Only*      | 866'      | 1:22:48                 | 2:45:27                | 4:17:46                 | None                     | 38.77393, -83.13929  |  |
| 3                    | Odell Creek          | 14.1                          | 4.6             | Yes         | No        | Medium           | 690'      | 2:11:37                 | 4:22:59                | 6:49:42                 | None                     | 38.73589, -83.11832  |  |
| 4                    | Camp Oyo             | 17.4                          | 3.3             | No          | Yes       | Full             | 625'      | 2:40:23                 | 5:20:28                | 8:18:15**               | 6:45:00                  | 38.72678, -83.15414  |  |
| -                    | Rd. 2 Unmanned Water | -21.9-                        | -4.5-           | No          | No        | Water Only*      | 1215'     | 3:10:53                 | 6:21:25                | 9:53:29                 | None                     | 38.69763, -83.20878  |  |
| 5                    | Mackletree Rd.       | 24.3                          | 6.9             | No          | No        | Medium           | 923'      | 3:33:33                 | 7:06:42                | 11:04:46                | 14:00:00                 | 38.70932, -83.23396  |  |
| 6                    | Lampblack            | 27.6                          | 3.3             | No          | No        | Water Only*      | 1074'     | 4:02:19                 | 8:04:11                | 12:34:18                | None                     | 38.72936, -83.23891  |  |
| 7                    | Finish               | 31.8                          | 4.2             | Yes         | Yes       | Full             | 977'      | 4:30:00                 | 9:00:00                | 14:00:00                | 16:00:00                 | 38.74018, -83.2041   |  |

\*Water Only aid stations are unmanned/self-served and will only have water available for runners, and no food or other nutrition items.  
 \*\*Note that a 14 hour finish time (27:06/mi pace) for the 50K puts you through the Camp Oyo Aid Station after the Aid Station cut-off time.

## 13.1 Mile

Mile 3: Water Only

Mile 6.15: Full Aid Station (and Course Turn-Around)

Mile 9.25: Water Only





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## Awards and Swag

### Shawnee Beanies for Everyone.

Last year we purchased some Shawnee Beanies for our volunteers, and they were a big hit! Many runners were asking how to get one, so for this year we decided to do Shawnee Beanies for every participant in lieu of a shirt! These are a nice comfy hat that will be perfect to wear as the weather is starting to get cooler this fall! All runners and volunteers will receive a Shawnee Beanie as part of their participation, and you're able to purchase extras for your family/friend/crew for \$20.00.



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SHAWNEE TRAIL RUNS

## T-shirts for Sale.

While we are doing beanies for your participation apparel swag, we will also have a select number of short-sleeve and long-sleeve technical shirts for sale, at an affordable price of \$15.00 for short sleeve shirts and \$20.00 for long-sleeve shirts!



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## 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

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## Hyle Endurance Drink Mix

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## Pittsburgh Pickle Company

That's right, Shawnee has a pickle sponsor, and it's here to make your race better! Pittsburgh Pickle Company has a special "Picklexier" that is a natural alternative for an electrolyte replenishment drink, but with a special blend of flavors to make it taste better. All of our aid stations will be serving the Pickexir! [See info here.](#)





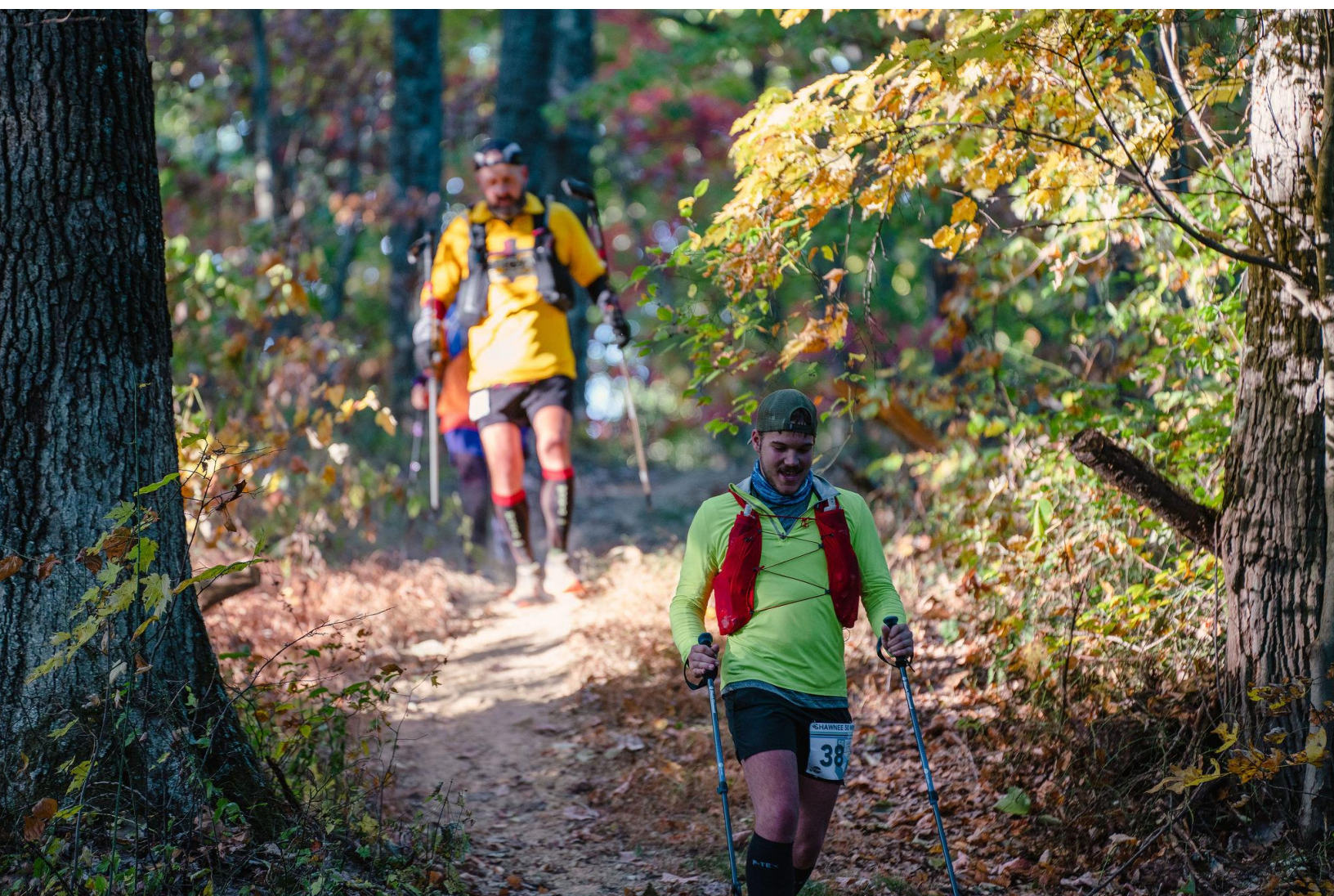


Photo by John Dolovacky III of Standing Rock Media

## Race Rules and Policies

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### 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 Are Not Allowed 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 Are Allowed
  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. 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 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.

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### **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.

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### **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.





Photo by John Dolovacky III of Standing Rock Media

## More Event Details

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### **Crew and Spectator Guide.**

There is a great crew packet that has detailed turn-by-turn driving directions to each of the crewable aid stations located on the website.

You can find the downloadable crew guide here: <https://www.shawneetrailrun.com/crew>

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### **Group Camp.**

The group camp will be in the same location as in 2021, 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\\_5Oyp6HWPPh90e6c&ll=38.73886378809378%2C-83.2012929&z=18](https://www.google.com/maps/d/u/0/edit?mid=1deMuI49T9_SCUNfTD_5Oyp6HWPPh90e6c&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.

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## **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.)

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## **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.

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## Road Crossings.

Please be careful and look for cars as you cross paved and gravel roads. You will cross State Route 125 TWO (2) times if you are in the 50 Mile or 50K. Traffic will not be stopped, but there will be a law enforcement officer with their lights on alerting traffic to slow down, but cars have the right-of-way. **Pause and look both ways** when crossing any roads. When driving in and out of the park be careful for runners as they are on the course.

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## 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 2022 Shawnee Trail Run photo album, [VISIT THIS LINK](#).

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## Results.

Results will be posted shortly after the finish of the race, and housed on UltraSignup.com.

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

Facebook: [@SEOTR Events](#)

Instagram: [@SEOTRevents](#)

Twitter: [@SEOTRevents](#)

