

Headwaters Adventure Race and Fitness Walk

July 10th, 2010, 8:00 a.m. start
Buchert Park, Mantua Village, Portage County



Run, Pedal and Paddle to support trails and watershed conservation!

Run (or walk): 2 miles on Headwaters Trail
Bike: 10 miles on rural roads through beautiful countryside to Camp Hi Canoe Livery
Paddle: 5 miles back to Mantua on the lovely Upper Cuyahoga, a State Scenic River

Go solo or as part of a team:

2-person team: both members complete all 3 legs of race
2-person relay: one person runs, the other bikes, both canoe

Entry Fees include canoe or kayak rental, refreshments and commemorative gift. .

Cost per person: \$40.00 advance; \$50.00 race day; \$5 discount if bringing your own boat
Fitness Walk only option: \$15.00

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Send registration form along with check or money order payable to PPD Headwaters Adventure Race, to Portage Park District, 128 N. Prospect Street, Ravenna, OH. Packet Pick-up and Race Day registration (if available) begins at 6:45 am at Buchert Park. For more information, call Portage Park District at (330) 297-7728. Register online at www.portageparkdistrict.org *Each team member must sign the release. **Register early, boats are limited.**

Name: _____

Team Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Male Female

Email: _____ Age: _____

Fitness Walk Solo Adventure Racer

Relay Team Cyclor Relay Team Runner

Name: _____

Team Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Male Female

Email: _____ Age: _____

Fitness Walk

Relay Team Cyclor Relay Team Runner

In consideration of the acceptance of this entry, I hereby agree to absolve and hold harmless of blame and liability, waiving all rights and claims for damage, I, or my heirs and executors may have against the Portage Park District, Village of Mantua, Portage County Sheriff, Camp Hi Canoe Livery and any other entities associated with this event along with their employees, agents, representatives, successors and assigns, either singly or collectively resulting from any injury, harm, loss or damage, misadventure or inconvenience suffered or sustained as a result of participating in the Headwaters Adventure Race or Fitness Walk and its associated activities. I give my permission for free use of my name and/or photograph in any broadcast telecast or other account of this event for promotional and fundraising purposes. *Parental signature required if athlete is under age 18.*

Solo or Team member 1 Signature _____ Team member 2 Signature _____

Date: _____

Date: _____

General Information

- Event home base at Buchert Park, Mantua Village (1/4 mile east of SR 44)
- Race Day packet pick up and registration at Buchert Park: 6:45 -7:45 a.m. Race starts 8:00
- The Adventure includes some surprises along the way!
- Safety: Prior river canoe or kayak experience is recommended. Bike helmets and personal flotation devices (life jackets) are required. Portage Park District reserves the right to change race route, postpone or cancel event in extreme weather or for other safety reasons.

1. Start at Buchert Park for 2 mile out and back run, (on-road and on Headwaters Trail). Fitness walkers will start after runners are finished, and walk the same 2-mile route only. Headwaters Trail is a flat limestone paved hike and bike trail on the former Erie Lackawana railroad corridor. You'll cross the Cuyahoga River and pass Marsh Wetlands Nature Preserve, then return to Buchert Park.
2. Bike leg starts when the relay team runner returns to Buchert Park. Bikes must be parked in designated bike corral by 7:45 for solo racers. Non-cycling team runners must drive themselves to Camp Hi to meet their cycling partners—please avoid race roads. You'll ride 10 miles through beautiful Portage County countryside in Mantua and Hiram Townships, crossing the watershed divide, between the Cuyahoga River Watershed (draining to Lake Erie) and the Mahoning River Watershed (draining to the Ohio River and eventually Gulf of Mexico). Rural roads may be rough in spots. You'll pass historic homes and conserved farms, forests and wetlands, with great vistas from some of the highest points in Portage County, finally reaching Camp Hi, where you'll meet your relay partner, if you have one. Bikes will be kept in bike corral, under supervision of Camp Hi.
3. Canoe/Kayak leg starts at Camp Hi Canoe Livery, 12274 Abbott Rd. Hiram (330) 569-7621; www.camphicanoe.com. If bringing your own boat, you must drop it off at Camp Hi Canoe Livery by 7:30 a.m. the day of the race (call Camp Hi for Friday drop-off). All boats must be properly registered with the State of Ohio. The beautiful Upper Cuyahoga is a designated State Scenic River, (www.dnr.state.oh.us). You'll pass conserved forests and floodplain habitat, and see a diversity of plants and wildlife.
4. Finish at Buchert Park. Enjoy some post race refreshments. Shuttle back to Camp Hi will be provided. Stay for the day and enjoy Mantua's "Art on the Hill". <http://mantuavillage.com/>



Go to www.maps.google.com and search for "Headwaters Adventure Race Ohio"

Awards: *Top 3 Male & Female participants; *Top 5 relay teams
(men over 50 and all women get a 3 minute handicap when determining team awards)

Divisions: Ages <19, 20-29, 30-39, 40-49, 50-59, 60+; Clydesdale (200 +lbs)

For more information, contact the Portage Park District (330) 297-7728

www.portageparkdistrict.org