



April 29 & 30, 2023

# ATHLETE GUIDE

# WELCOME TO THE GE 6-12-24 HOUR

We welcome you to the 1st Annual Glacial Esker 6-12-24 Hour Trail Race at Chain O'Lakes State Park in Albion, Indiana. We feature a 6 hour, 12 hour daytime, 12 hour nighttime, & 24 hour event.

The GE 6-12-24 is a non-profit event managed by ultra runners with the net proceeds going back to Chain O'Lakes State Park. Most of our volunteers are also ultra runners and they are outstanding. They'll provide tremendous support so that each athlete can realize their dream of crossing the finish line. This is the time to celebrate all of your hard work so don't sweat the small stuff. We'll share your ups and downs with you. In the grand scheme of things very few people understand or relate to what you're attempting but we do. And we salute you for it.

Enjoy your time at Chain O'Lakes and best wishes to each of you for a safe and successful race.

Nick Brandt, Race Director  
Ignite Trail Series, Inc.

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# SCHEDULE OF EVENTS

(Eastern Daylight Time)

## FRIDAY, April 28, 2023

Free tent camping area opens at 9:00am

Campground camping check in starts at 2:00pm- if your site is free you can arrive anytime

Packet pickup and drop bags in Main Event tent from 4:00pm-7:00pm

Pre-race dinner from 5:00pm-6:30pm

## SATURDAY, April 29, 2023

Packet pickup and drop bags in Main Event tent from 6:30am-7:30am

Runners at the Start line by 7:50am

6 Hour, 12 hour day, 24 hour races begin at 8:00am

6 Hour out and backs start at 1:30pm

6 Hour race ends at 2:00pm

Packet pickup for the 12 Hour night race 7:00pm-7:30pm

12 Hour day out and backs start at 7:30pm

12 Hour day race ends at 8:00pm

12 Hour night race starts at 8:00pm

## SUNDAY, April 30, 2021

12 Hour night & 24 Hour out and backs start at 7:30am

12 Hour night & 24 Hour end at 8:00am

Tent camping area closes at 5:00pm

Campground camping check out is 5:00pm

**NOTE:** The location of all the above is at **Sand Lake Beach** area.

Follow the signs from the park entrance to get there.

# CAMPING, LODGING, ENTRANCE AND PARKING INFORMATION

## CAMPGROUND CAMPING

Chain O'Lakes has a large campground with electric and primitive sites. Contact Reserve America online or call 1-866-622-6746 to make a reservation.

## FREE TENT CAMPING

The park has graciously allowed runners to camp in an area across the street from the start/finish line.

This area is free of charge and is first come/first served. Some things to note:

- 1) You can begin selecting a site in this area Friday morning at 9:00am. You cannot reserve a spot, so please don't ask anyone to do so. It is your responsibility to get there before the spots are all taken.
- 2) You can drive up to this area to drop off your tent and if the area is not too soft you can park by your tent. There is plenty of parking available just outside the tent area in the grassy area.
- 3) Please keep the noise level down in this area as a courtesy to all the runners that are trying to rest. Any issues with noise or general obnoxious behavior will be dealt with by park security.
- 4) While it's a decent size area we have no idea if or when it will fill up. It will obviously be a function of when people arrive to the park and start taking up spaces.
- 5) The tent camping area is primitive, so if you require electricity you will need to stay in the campground.
- 6) Everyone will need to clear out of the tent camping area by 5:00pm Sunday.
- 7) You will run by this area on your way to the start finish line each loop.
- 8) Please do not put any tents up on the course, which will be marked.

## LODGING

The closest hotel options to the park are in Columbia City and Kendallville:

### **Columbia City:**

Super 8 (260) 244-5300

Quality Inn (260) 248-4551

Holiday Inn Express (260) 248-2131

### **Kendallville:**

Best Western (260) 347-5263

## PARK ENTRANCE

Each race participant and volunteer will be sent a code by email prior to the race which will get you and anyone in your car into the park for free. You will tell the gate attendant the code. Friends or family driving into the park in a separate car will need to pay the entrance fee. This involves the honor system so please don't pass on the code to others as it defeats the purpose of this event, which is giving back to the park. The entrance fee is \$7 for Indiana vehicles or \$9 for out of state vehicles.

## **PARKING – Note there is no RV camping in the parking lot other than the campground**

There will be parking available in four locations near Sand Lake Beach:

- Lot overlooking Sand Lake up at the top of the hill before you go down to the start/finish area
- Main campground overflow parking lot
- Across the street near the tent campers in the open grassy area
- Sand Lake Beach parking lot.



# RUNNER INFORMATION

## **BIBS**

The chips this year are on the bibs. Do not fold the bibs and make sure not to cut the bib. Please note that the chips do not need to be returned.

## **BRIDGES/STAIRS**

Bridges and stairs will be slick if wet. You may want to walk or tread lightly on any wet bridges/stairs.

## **CLOTHING DURING THE RACE**

Many runners have misjudged the nighttime temperatures in past years and didn't wear enough clothing at night. Please keep this in mind.

The main tent will have two corner changing areas. Many runners change their clothing at their car, as it's easier than doing so at the main event tent. Please consider doing this, as it's a good strategy and a way to continually switch into fresh clothing.

Please note that there are three parking lots you'll run by in the last quarter mile, so consider these spots to park and use your car as a drop bag location. See page 4 for parking locations.

## **COVID-19 PREVENTING THE SPREAD**

We are committed to providing an environment that minimizes the risk of potential exposure to COVID-19. Accordingly, all participants are asked to follow CDC guidelines with respect to social distancing or masking when that is not possible. Please do not start the race if you have COVID-19, have been in close contact with someone with COVID-19 or have symptoms of COVID-19. Here are the current recommended CDC guidelines <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/activities.html>

## **DROP BAGS**

There will be one place on the course where we will secure drop bags:

- Main Event tent (start/finish line)

You can place your drop bag in the Main tent wherever you choose. PLEASE PUT YOUR NAME AND BIB NUMBER ON ALL YOUR DROP BAGS. We will provide tape and a marker for your convenience.

## **DROPPING OUT OF THE RACE**

If you decide to drop out of the race for any reason, **YOU MUST INFORM ONE OF THE VOLUNTEERS OR RACE OFFICIALS AT THE MAIN TENT.** Otherwise this will result in an unnecessary search for you which will utilize a lot of manpower and resources.

# RUNNER INFORMATION, CONTINUED

## **MEDICAL PERSONNEL**

There will be medical personnel or first responders at the Main Event tent. Please let them know if you or any other runners need assistance

## **NO LITTERING**

We have a strict NO LITTERING policy on our course. There will be trash bags located at the aid stations and a distance afterwards. This event is for the benefit of the park, so there is zero tolerance for littering. Any runners found flagrantly and repeatedly littering is subject to disqualification and will not be invited back in future years.

## **PACKET PICKUP**

You will need to turn in a completed and signed medical form and waiver prior to receiving your packet. You will be sent those forms by email a week or two prior to the race. Please have them filled out before you get to the park. We will have blank forms in case you forget them. We highly recommend that you pick up your packet on Friday afternoon/evening if possible. Most of the runners do this and it's less stressful for them than trying to do it before the start of the race.

## **PIT AND PORTABLE TOILETS**

These can be found in the following places on the course:

-Main Event area – Pit toilets in the tent camping area, portables outside the Sand Lake Beach building and full bathroom with flush toilets in the Sand Lake Beach building

## **RACE START TIMES**

8:00 am EDT – All runners for the 6 hour, 12 hour day, & 24 hour. The 12 hour night will start at 8:00 pm EDT.

Each year we have runners show up late because they forgot the time change from the state they're arriving from. Please plan accordingly because you will not be given extra time.

ALL RUNNERS NEED TO BE AT THE START/FINISH LINE NO LATER THAN 7:50 am EDT.

Our race is Trail Sisters approved which means the start line opportunity is the same for women and men. Anyone is welcome at the front of the line.

## **SALT TABLETS/ASPIRIN/NSAIDs/SUN TAN LOTION and FEMININE HYGIENE PRODUCTS**

It is the runner's responsibility to provide their own salt tablets, aspirin, NSAIDs, and sun tan lotion, so please plan accordingly. We will not provide these items. We will have feminine hygiene products available at all aid stations.

## **SAND LAKE BEACH PARKING RULES**

There are three spots at the Sand Lake Beach parking lot that will be barricaded and blocked off. See page 4 for places you can park.

DO NOT MOVE THE BARRICADES AND TRY TO PARK HERE.

Race officials will park on the far west side (back end) of the Sand Lake Beach parking lot, as well as a couple spots next to the finish line. There will be barricades on each side. DO NOT MOVE THE BARRICADES AND TRY TO PARK HERE.

# RUNNER INFORMATION, CONTINUED

## **SCORING MATS**

Please make sure you step across the electronic scoring mats at the aid station with your bibs visible. If you don't go over the scoring mat at an aid station you'll lose the ability to be electronically timed for that particular area.

## **SHARING THE PARK**

Please note that there will be people in the park that are not involved with our event. Please be courteous to these people and they will most likely return the favor. If you come up from behind on some hikers, please announce your presence, so as to not startle them. Chances are good that they'll be aware of the situation but it's just good trail etiquette.

Additionally, please be aware of drivers at any time you're on the road. If you're wearing earplugs while listening to music, it's your responsibility to be aware of anyone trying to communicate with you. We highly recommend that you remove any listening devices while running on the roads, in the night time or when an official is trying to give you instructions.

## **STORM STRATEGY**

In the event of a storm warning (tornado or thunderstorm) issued by the National Weather Service, the race will be suspended by park and race officials until the threat has passed. All runners and volunteers will be asked to leave the course and will be reinstated at the same spot they were pulled and given additional time to finish (which equals the amount they previously had – dependent upon which event you were running).

The race officials will work in conjunction with the Noble County Emergency Management Team to monitor the weather days leading up to the event, as well as throughout the event.

## **TRAIL SISTERS**

Our event is a Trail Sisters approved race which means we have equal podium spots and awards, women specific swag, menstrual products at aid stations and equal space for women at the start line.

## **VOLUNTEERS**

We have the best volunteers. They are truly what make this a special event, as they sacrifice their weekend to assist all of the runners with their goals. Please show your appreciation to them when you have the opportunity by extending a simple thank you.



## AID STATION INFORMATION

There is one aid station at the start finish line. It will be well stocked with a large assortment of hot and cold food, as well as water, Tailwind electrolyte drinks, and carbonated beverages. Some gels will also be available. Runners are responsible for their own specific energy products, electrolyte supplements and medications. Those with strict dietary requirements or specific medical conditions are advised to pack needed items in drop bags or carry with them.

Please consult a volunteer on which direction to go when leaving an aid station if you have questions.

# PACER, SPECTATOR, AND CREW INFORMATION

## **FOOD**

There is a camp store available for your convenience with snacks and various sundries. The camp store is in the main campground approximately ½ mile from the start/finish. If you prefer to leave the park there are a few restaurants and food options in Albion, which is a couple miles away.

## **PACERS**

Please register at the main event tent (start/finish line) prior to pacing your runner. All pacers must complete and sign a medical and release form. If a pacer is under 18 years old they will need a guardian to sign on their behalf. Pacers are ONLY allowed for the 24 hour event after 8:00pm Saturday night. No pacers are allowed in the 6 hour or 12 hour events. Only one pacer is allowed with a runner at any given time. Pacers will stay with runner at all times, no running ahead to fill bottles, get food, get drop bag, etc. Pacers are a companion, not a mule for runner supplies. Pacers must wear a pacer bib. There will be no charge for pacers in this event and they will have full access to each aid station. Please note that pacers will not be eligible for any medals, as they are not considered official runners.

## **SPECTATORS AND CREW**

There is one access points for crew and spectators to see their runner and it is at the Main Tent at the start finish line.

Other notes for crew and spectators:

- Be courteous and obey any requests from race officials
- Review and be familiar with ALL rules
- Do not use supplies provided at aid stations, including the use or consumption of food
- Only support your runner and pacer from the tent camping area to the start finish line.

# POST RACE AND OTHER INFORMATION

## **AWARDS**

Official finishers receive:

100 miles in any event – Buckles

Mileage stickers will be available for those finishing milestone distances in their timed event.

Individual awards:

24 Hour – Overall mileage 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place male and female finishers

12 Hour day – Overall mileage 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place male and female finishers

12 Hour night - Overall mileage 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place male and female finishers

6 Hour - Overall mileage 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place male and female finishers

## **LEAVING THE PARK**

Please leave the park in better condition than when you arrived. Look around your camping area and your car and dispose of any trash.

## **LOST OR FORGOTTEN ITEMS**

If you forget any personal items after you leave the park we suggest you contact the park office at 260-636-2654. We are sharing the park with people that are not involved with our event. Sometimes hikers leave clothing behind as well on warm days, so we cannot always assume it is from our runners.

Additionally, WE WILL NOT MAIL ANY DROP BAGS BACK TO PARTICIPANTS. You will need to work out an arrangement with the park office and you will need to pay for the shipping.

## **SHOWERS**

There will be showers available in the Sand Lake Beach building as well as the main campground area.

## **QUESTIONS**

If you have additional questions after reading this guide and reviewing the race website we recommend that you ask your questions by the week before the race. We'll be on-site starting early race week and won't have much in the way of cell phone reception or time as we'll be busy with race preparations. We can also answer your questions at the race instructions meeting on Friday night.

# THANK YOU TO OUR SPONSORS:

