



December 16, 2023

ATHLETE GUIDE

WELCOME TO THE IGNITE TRAIL HALF AND FULL MARATHON

We welcome you to the 1st Annual Ignite Trail Half and Full Marathon at Chain O'Lakes State Park in Albion, Indiana. We feature a half and a full marathon.

The Ignite Trail Marathon 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.

TABLE OF CONTENTS:

Schedule of Events	3
Camping, Lodging, Park Entrance and Parking Information	4
All Events Course Instructions	5
Runner Information	6-8
Aid Station Information	9
Pacer, Crew, and Spectator Information	10
Post-Race and Other Information	11
Thanks to our Sponsors	12

SCHEDULE OF EVENTS

(Eastern Daylight Time)

FRIDAY, December 15, 2023

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-6:00pm

SATURDAY, December 16, 2023

Packet pickup and drop bags in Main Event tent from 6:00am-7:45am

Runners at the Start line by 7:50am

All events start at 8:00am

All events end at 4:00pm

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.

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
- Sand Lake Beach parking lot.

ALL EVENTS COURSE INSTRUCTIONS

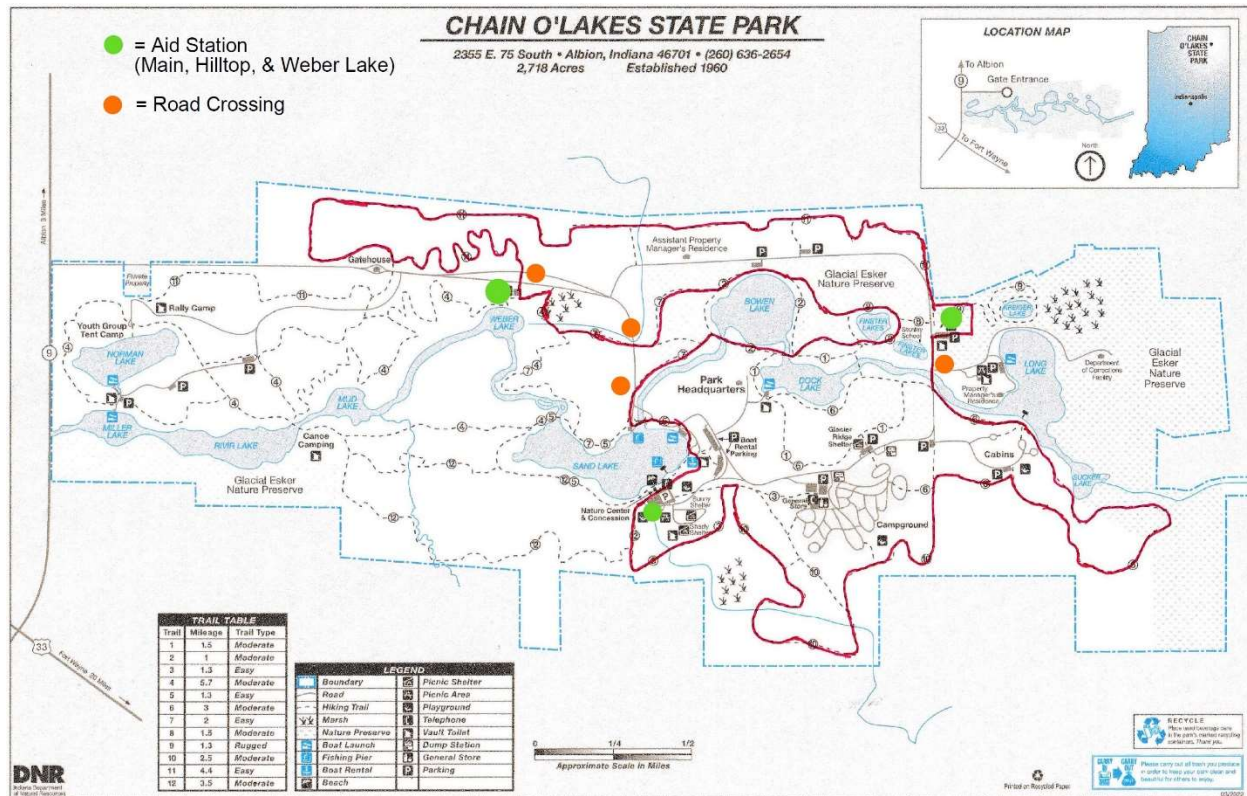
All events course is comprised of:

One 13.1 mile loop with approximately 1000 feet of elevation gain. You will run it once for the half marathon and twice for the full marathon.

The course will be marked with pink flags on your right, with arrow signs at specified turns.

CUTOFF TIMES

You will have 8 hours to complete your event whether it's the half or the full marathon.



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. ***Please wear your bib on your front when crossing mates as the timing equipment may not read if your bib is on the back of you or covered with layers of clothing.***

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.

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.

PIT AND PORTABLE TOILETS

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

- Main Event area –Portable toilets outside the Sand Lake Beach building.
- Hilltop Aid Station-Portable toilets.
- Weber Lake – Portable toilets.

RACE START TIME

8:00 am EDT – All runners for both events start at 8:00am and end at 4:00pm.

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/SUNTAN LOTION and FEMININE HYGIENE PRODUCTS

It is the runner's responsibility to provide their own salt tablets, aspirin, NSAIDs, and suntan 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, 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 nighttime 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 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 are three aid stations on the course. They 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 them.

Mile 0/13.1 – Main Aid Station

Mile 4.2 – Hilltop Aid Station

Mile 9.5 – Weber Lake Aid Station

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 are a few restaurants and food options in Albion, which is a couple of miles away.

PACERS

Pacers are not allowed for this event.

SPECTATORS AND CREW

There is one access point 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 within the parking lot at Sand Lake and the main tent area.

POST RACE AND OTHER INFORMATION

AWARDS

Official finishers receive:

Medals for which race they are registered for and complete the distance.

Individual awards:

First place age group winner for both male and female will receive a special award:

Under 29

30-39

40-49

50-59

60-69

70+

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. IF YOU HAVE A DROP BAG ENSURE YOU PICK IT UP.

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 to be able to pick up your items. The park will not ship anything back to you.

SHOWERS

There will not be showers available for this event since the park has already shut off the water at the beach house.

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:

