October 9-11, 2026

ATHLETE GUIDE

WELCOME TO THE INDIANA TRAIL 100

We welcome you to the 13th Annual Indiana Trail 100 at Chain O'Lakes State Park in Albion, Indiana. We feature 100-mile & 50-mile race options with the 100-mile race being a Western States qualifier. New for this year, we will be starting a limited space 150-mile race that will start 24 hours prior to the 50- and 100-mile races

The Indiana Trail 100 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 dre a.m. of crossing the finish line. This is the time to celebrate all 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)

Thursday, October 8, 2026

- Free tent camping area opens at 9:00 a.m. for ***150-mile runners***
- Campground camping check-in starts at 2:00 p.m.- if your site is free, you can arrive anytime
- Packet pickup and drop bags in Main Event tent from 3:00 p.m. - 4:30 p.m. for ***150-mile runners***

FRIDAY, October 9, 2026

- Packet pickup and drop bags in Main Event tent from 5:00 a.m. - 5:30 a.m. for ***150-mile runners***
- ***150-mile Runners*** at the Start line by 5:50 a.m.
- ***150-mile*** race starts at 6:00 a.m.
- Free tent camping area opens at 9:00 a.m. for ***50- & 100-mile races***
- Campground camping check-in starts at 2:00 p.m.- if your site is free, you can arrive anytime
- Packet pickup and drop bags in Main Event tent from 3:00 p.m. - 7:00 p.m. for ***50- & 100-mile runners***
- Pre-race dinner from 5:00 p.m. - 6:30 p.m.

SATURDAY, OCTOBER 10, 2026

- Packet pickup and drop bags in Main Event tent from 5:00 a.m. - 5:30 a.m.
- Runners at the Start line by 5:50 a.m.
- ***100- & 50-mile*** races begin at 6:00 a.m.

SUNDAY, OCTOBER 11, 2026

- ***All races end*** at 12:00 p.m.
- Tent camping area closes at 5:00 p.m.
- Campground camping check out is 5:00 p.m.

NOTE: The location of all the above is at **Sand Lake Beach** area. Follow the signs from the park entrance to get there.

C AMPING, 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 C AMPING

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 9:00 a.m. 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 at 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 5:00 p.m. Sunday.

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 f a.m.ily 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.

150-MILE RUNNERS COURSE INSTRUCTIONS

The 150-mile course is comprised of:

Loop 1 – 25 miles (full course)

Loop 2 – 25 miles (full course)

Loop 3 – 25 miles (full course)

Loop 4 – 25 miles (full course)

Loop 5 – 25 miles (full course)

Loop 6 – 25 miles (full course)

The course is marked by Indiana Trail 100 yellow course markers, signs, and pink flags to guide you. The pink flags will be on your right. If you see a clump of flags together on either side, it means we're making you aware of a hole or obstruction. We may use paint in certain areas of high use. NOTE that paint with directional arrows is top priority, meaning you should follow the painted arrows over anything else. If there is no paint, then follow flags and signs like normal.

Loops 1 – 6 – Run the full course each of the 6 loops. When you get to the schoolhouse at 7.5 miles from the Main Event tent you will go to the aid station on the right side which is the side with the pit and portable toilets. There will be volunteers guiding you to go on the right side. After leaving this aid station you will run the remaining 17.5 miles of the loop.

Elevation is approximately 9,000 feet in total or 1,500 feet per full loop.

IMPORTANT NOTE ABOUT THE FINISH LINE:

*PLEASE CROSS THE FINISH LINE MAT BEFORE HEADING ANYWHERE ELSE AROUND THE PARKING LOTS OR THE MAIN TENT. If you do not cross the finish line after each loop or you do not make yourself available to the manual scorers after each loop at the start/finish line, then you could be subject to disqualification.

CUTOFF TIMES

The 150-mile runners need to **start their 6th and final loop no later than 5:00 a.m. on Sunday**. If runners do not make it to the start/finish line by 5:00 a.m. to start their final loop they will be disqualified. On one hand, this is a very generous cutoff time, as you'll only need to average 2.65 miles per hour to this point. However, this also means you'll need to run the final loop in 3.57 miles per hour, or faster than you've been running the entire race to be an official finisher.

150 MILE RUNNERS COURSE INSTRUCTIONS – CONTINUED

FIRST 24 HOUR INFORMATION

- For the first 24 hours of the 150-mile race, we will have full aid for you at Main Aid Station (Mile 0 & 25) of the loop and at Weber Aid Station (Mile 12).
- All other aid stations will be open and have full fluids along with snack/prepackaged food items.
- Your drop bags will be available at Main & Weber Lake.
- You will have crew access at the normal spots, Main, Southpark, & Rally.

AWARDS & MISC. INFORMATION

- There will not be a dedicated sleeping area for the 150-mile race this year. You will be able to utilize your vehicle or free tent camping if you choose to. If this race distance returns for 2027, we will have a sleep station available.
- Awards will only be presented to the overall male and overall female finisher for 2026. All finishers will receive a buckle.
- Western States is allowing for the 150-mile race to be a qualifier this year. Since our 100-mile race has had the number of finishers to make it a qualifying race and you will travel over the qualifying distance. This year you will have the full 54 hours to qualify. This may change going forward.

100-MILE RUNNERS COURSE INSTRUCTIONS

The 100-mile course is comprised of:

Loop 1 – 25 miles (full course)

Loop 2 – 25 miles (full course)

Loop 3 – 25 miles (full course)

Loop 4 – 25 miles (full course)

The course is marked by Indiana Trail 100 yellow course markers, signs, and pink flags to guide you. The pink flags will be on your right. If you see a clump of flags together on either side, it means we're making you aware of a hole or obstruction. We may use paint in certain areas of high use. NOTE that paint with directional arrows is top priority, meaning you should follow the painted arrows over anything else. If there is no paint, then follow flags and signs like normal.

Loops 1 – 4 –Run the full course each of the 4 loops. When you get to the schoolhouse at mile 7.5 from the Main Event tent you will go to the aid station on the right side which is the side with the pit and portable toilets. There will be volunteers guiding you to go on the right side. After leaving this aid station you will run the remaining 17.5 miles of the loop.

Elevation is approximately 6,000 feet in total or 1,500 feet per full loop.

IMPORTANT NOTE ABOUT THE FINISH LINE:

*PLEASE CROSS THE FINISH LINE MAT BEFORE HEADING ANYWHERE ELSE AROUND THE PARKING LOTS OR THE MAIN TENT. If you do not cross the finish line after each loop or you do not make yourself available to the manual scorers after each loop at the start/finish line, then you could be subject to disqualification.

CUTOFF TIMES

The 100-mile runners need to **start their 4th and final loop no later than 5:00 a.m. on Sunday**. If runners do not make it to the start/finish line by 5:00 a.m. to start their final loop they will be disqualified. On one hand, this is a very generous cutoff time, as you'll only need to average 3.26 miles per hour to this point. However, this also means you'll need to run the final loop in 3.57 miles per hour, or faster than you've been running the entire race to be an official finisher.

50 MILE COURSE INSTRUCTIONS

The 50-mile course is comprised of:

Loop 1 – 25 miles (full course)
Loop 2 – 25 miles (full course)

The course is marked by Indiana Trail 100 yellow course markers, signs, and pink flags to guide you. The pink flags will be on your right. If you see a clump of flags together on either side, it means we're making you aware of a hole or obstruction. We may use paint in certain areas of high use. NOTE that paint with directional arrows is top priority, meaning you should follow the painted arrows over anything else. If there is no paint, then follow flags and signs like normal.

Loops 1 and 2–Run the full course each of the next 2 loops. When you get to the schoolhouse at mile 7.5 from the Main Event tent of the loop you'll go to the aid station on the right side which is the side with the pit and portable toilets. After leaving this aid station, you will run the remaining 17.5 miles of the full loop.

Elevation is approximately 3,000 feet in total or 1,500 feet per full loop.

IMPORTANT NOTE ABOUT THE FINISH LINE:

*PLEASE CROSS THE FINISH LINE MAT BEFORE HEADING ANYWHERE ELSE AROUND THE PARKING LOTS OR THE MAIN TENT. If you do not cross the finish line after each loop or you do not make yourself available to the manual scorers after each loop at the start/finish line, then you could be subject to disqualification.

CUTOFF TIMES

The 50-mile runners need to **start their 2nd and final loop no later than 5:00 a.m. on Sunday**. If runners do not make it to the start/finish line by 5:00 a.m. to start their final loop they will be disqualified.

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. With the chips we utilize, your bib must be on the front of you or they will not read at the timing mats.

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 are two places on the course where we allow drop bags:

- Main Event tent (start/finish line)
- Weber Lake (halfway point of the loop)

Please turn in your drop bags at the Main Event tent either Friday during packet pickup or Saturday morning before 5:30 a.m. EDT. We will NOT transport any drop bags to the Weber Aid Station after the race has started.

We will have a designated area to place your drop bags for those going to Weber. You can place your drop bag in the Main tent wherever you choose. PLEASE PUT YOUR N A.M.E AND BIB NUMBER ON ALL YOUR DROP BAGS. We will provide tape and a marker for your convenience.

Placing your name and bib number on your drop bag is very important because the volunteers will try to keep the bags sorted by bib numbers at Weber. This will save you a lot of time searching for your drop bags. When you go through Weber for the last time be sure and place your drop bag by the "Return to Main" sign and it will be transported back to Main for you to retrieve when you finish the race.

RUNNER INFORMATION, CONTINUED

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 ONE OF THE AID STATIONS.** Otherwise, this will result in an unnecessary search for you which will utilize a lot of manpower and resources.

We can either assist you with retrieving your drop bags or you can do it yourself while you're still at the event site. It's only a couple minute drive from the start/finish line to Weber.

If you're entered in the 100-mile race and drop out between 50-99 miles (or 75 Mile and drop out between 50 – 61 miles), please go back to the Main Event tent to pick up your medal. It is your responsibility to request your medal while on site, as we are not going to mail the medals.

HAM RADIO

H a.m. radio personnel will be stationed at various parts of the course and are there for your safety. Please report any course issues to them, including if someone needs assistance.

MEDICAL PERSONNEL

There will be medical personnel or first responders at various points on the course. Their headquarters will be 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

-South Park (about mile 3.1) – Portables

-Hilltop (about mile 7.6) – Pit toilets and portables

-Weber (about mile 12) -Portables

-Rally Campground (about mile 16.4) – Pit toilets and portables

-Miller Lake parking lot (about mile 17.5) – Pit toilets

-Canoe Campground (about mile 18.5) – Pit toilets

-Schoolhouse (about mile 21.9) – Pit toilets and portables

-Dock Lake parking lot (about mile 24) – Pit toilets

-Boat Rental (about mile 25) – Pit toilets

RUNNER INFORMATION, CONTINUED

RACE START TIMES

6:00 a.m. EDT – All runners for the 50-mile & 100-mile races.

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 5:50 a.m. EDT.

Our race is Trail Sisters approved which means the start line opportunity is the s a.m.e 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 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.

A) The H a.m. Radio/Emergency Management trucks will be stationed on the side beach parking lot. They will be situated between barricades. DO NOT MOVE THE BARRICADES AND TRY TO PARK HERE.

B) 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.

Race officials need to take supplies and/or are needed at various parts of the course, so they will come and go. Do not confuse an open spot as an invitation for you to park, as your car will be subject to towing at your expense.

SCORING

When you arrive at the start/finish line to complete a loop it is your responsibility to report your bib number to the scorers. The start/finish line is the only area that will have manual scoring.

SCORING MATS

Please make sure you step across the blue electronic scoring mats at the aid stations with your bibs visible. If you don't go over a 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 nighttime or when an official is trying to give you instructions.

RUNNER INFORMATION, CONTINUED

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 – 30 hours for 100-mile runners, 24 hours for 75-mile runners, 15 hours for 50-mile runners).

The ham radio personnel 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 six aid stations spaced 3 miles to 5.5 miles apart. All aid stations are 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.

Aid Station Locations on the Full Loop:
South Park – mile 3.1
Schoolhouse (east side of the road/Hilltop) – mile 7.6
Weber Lake – mile 12
Rally Campground – mile 16.4
Schoolhouse (west side of the road) – mile 21.9
Main Event Tent – mile 25/0

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

PACER, SPECTATOR, AND CREW INFORMATION

ATHLETE TRACKING

Athlete tracking is available at this link: We will send this out once our timer has it set.

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 of 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 75-mile & 100 mile. Pacers for 75-mile runners may only join at Mile 50 which is at the Start/Finish area. No pacers are allowed in the 50-mile race. Pacers may start with the 100-mile runners at the 50-mile mark which is the Start/Finish area.

New for 2025: *75- & 100-mile runners 65 years and older may have a pacer join them at Mile 25. 75- & 100-mile runners 70 years and older may have a pacer join them at the start of the race.*

Only one pacer is allowed with a runner at any given time. Pacers must 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.

PACER, SPECTATOR, AND CREW INFORMATION, CONTINUED

SPECTATORS AND CREW

There are three access points for crew and spectators to see their runner on the full 25-mile loop:

1) South Park – mile 3.1.

   While it's a three-mile run from the Main Event Tent, crew members and spectators have only a ¼ mile walk to meet their runners at this aid station. You cannot drive to this point. Walk the service road behind the main tent.

2) Rally Campground – mile 16.4

   Crew members and spectators will be allowed to drive to the Rally Campground area which is near the park entrance and park up to the barricades, where runners will exit the trail before the aid station. Only volunteers will be allowed to drive and park beyond these barricades. If you are not a volunteer DO NOT MOVE THE BARRICADES AND DRIVE PAST THIS AREA. Crew members and spectators can park behind the barricades and walk over to the Rally Campground aid station.

3) Main Sand Lake – mile 0/25

4) *VERY IMPORTANT* SCHOOLHOUSE/HILLTOP AND WEBER LAKE AID STATIONS ARE OFF LIMITS TO CREW MEMBERS AND SPECTATORS. Race management and park officials have made this decision for safety reasons. We will enforce this rule, so runners must advise any crew members and/or spectators that are there on your behalf. Anyone that deliberately violates this rule could result in their runner being disqualified from the race.

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 within 100 feet of an official aid station.

POST RACE AND OTHER INFORMATION

AWARDS

Official finishers receive:

150 miles - Buckle

100 miles – Buckles

50 miles – Medals

Note that all 100 mile and 75-mile runners that complete 50 miles or more but don't finish will receive a 50-mile medal.

Individual awards:

150 miles – Over all male & Female finishers only (Due to size of inaugural race)

100 miles – First place overall male and female finishers and first place age group awards by decade

50 miles – First place overall male and female finishers and first place age group awards by decade

Note that awards are handed out as runners finish their race. There is no group ceremony for the sake of simplicity.

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, if they can assist you.

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: