

# **The Forge Trail Run Festival**



## **Athlete Guide**

### **Race Date**

**Sunday, November 5, 2023**

**8:00 AM Race Start**

Thank You to Our Partners



WOODEN • PADDLE



[Doyle Caffrey](#)

**Race Date:**

Sunday, November 5, 2023

Parking Opens = 6:30 AM

Race Day Packet Pick-Up Opens = 6:30 AM (By the Foundry)

Race Start Time = 8:00 AM

Location / Directions: [The Forge: Lemont Quarries](#)

**Important Items:**

- **Parking / Park Entry:** Please follow directions into the Park. You will drive down a gravel road for approximately one-third of a mile to reach the parking lots. Parking will be available in lots # 1 and #2 on the north side of the I&M Canal, a short walk to the park / start / finish. **The remote parking at the Metra Station Will Not Be Available on Race Day.**
- **Timing Tag:** All athletes will be provided with a bib that includes your timing chip that must be worn during the entire race. **No chip, no time.**
- **There will be one staffed aid station on the course and one unstaffed self-serve water station on the course. Please be prepared to carry your own hydration and fuel.**
- Top three overall male and female awards are based on gun time.
- Trail running shoes are recommended.

**Questions:**

**Dave Fako**

*Race Director*

**The Forge: Lemont Quarries**

**708-705-6791**

e-mail: [dfako@theforgeparks.com](mailto:dfako@theforgeparks.com)

[www.forgeparks.com](http://www.forgeparks.com)

**Registration:**

Online registration remains open and will be available at packet pick-up and race day. Entry fees increase Nov. 1.

Register at: <https://forgeparks.com/events-races/races/trail-run-fest/>

**Volunteers:**

We always need and appreciate volunteers. Please encourage your friends to volunteer at:

<https://www.signupgenius.com/go/10C0E4DA8A92CA4FCCF8-44668856-forge#/>

## Packet Pick-Up:

### Your packet will include:

- Bib Number with Timing tag – **this must be worn during the entire race**
- Cuff Beanie Hat (first 120 Registered)
- Pins

## PACKET PICK-UP

Registration will be open at PPU and race day but the entry fees increase by \$10 after October 31.

### Saturday November 4

11:30 AM - 4:00 PM

The Foundry (Food and Beverage Container)

[The Forge: Lemont Quarries](#)

227 Heritage Quarries Dr,

Lemont, IL 60439

[Use These Directions](#)

### Race Day

#### Sunday, November 5

6:30 AM – 7:30 AM

The Foundry (Food and Beverage Container)

[The Forge: Lemont Quarries](#)

227 Heritage Quarries Dr,.

Lemont, IL 60439

[Use These Directions](#)

### Directions & Parking:

[The Forge: Lemont Quarries](#)

227 Heritage Quarries Dr,.

Lemont, IL 60439

[Use These Directions](#)

**Park Map:** <https://forgeparks.com/plan-your-visit/park-map/>

We encourage carpooling. The Park has adequate parking, but the race field, volunteers and spectators will maximize the use of the Parking lots.

Follow signs directing you to parking. Athletes will park in lots # 1 and #2 on the north side of the I&M Canal, a short walk across the bridges to the Park area. Overflow parking will be in the south lot, located before you go down the gravel road into the Park. This lot is about 1/3 mile walk to the race HQ.

**The remote parking / shuttle system at the Metra Station Will Not Be Available on Race Day.**

**Gear Check:**

There will not be a formal gear check. Your car is your lodge.

**Restrooms:**

Restrooms are located within the park directly adjacent to the start / finish line area. Porta-potties are located near the parking area and in various areas around the park.

**Race Day Schedule:**

6:30 AM - Parking Opens

6:30 AM - 7:30 AM - Race Day Packet Pick-Up

7:30 AM - 7:50 AM - Pre-Race Line-Up

7:50 AM - Course Talk / Briefing

7:55 AM - National Anthem

8:00 AM - Race Start (Mass Start - All Events Start at the Same Time)

8:45 AM - Post Race Food & Beverage Available

Post-Race Awards Ceremonies (Rolling Times As Races Finish)

All athletes and spectators are encouraged to stay at the Park after the event. Food and beverage will be available for purchase at the Foundry and the activities at the Park will be open.

**Race Start Time:**

The race will start at 8:00 AM. We will begin lining up athletes at the start about 7:45 AM.

The race will be a mass start with all events starting at the same time.

**Course Info. & Rules:**

This is a map of the final course (Subject to Change based on trail conditions):

- [Long Course Map](#) (10K, 20K, 30K)
- [Short Course Map](#) (5Kish)

**\* Please note we may make minor adjustments to the courses before race day based on trail conditions.**

**\* Distances will not be precise but close to the promoted distances. Its trail, enjoy the adventure.**

**Start / Finish Line:**

- The Start / finish line are common to all events.
- The start / finish will be on the lawn to the East of the stage (Look for barricades and the Arch).
- The start and final sprint of the race include a brief section on the grass.
- The race will be a mass start. All events will start at the same time (8:00 AM).

### Course Description:

- Start to ~ .75 Mile = a section of gravel and a trip through the Drop-In Zone MTB course / under the towers. Dirt, clay and rock trail and a few hills in the Drop-In.
- ~ Mile .75 - 1.1 = Flat gravel.
- ~ Mile 1.1 - 1.6 = Mulch, flagstone and a brief section of gravel. Mostly flat.
- ~Mile 1.6 - 4.2 = Single track, mixed terrain and surface, a few short but steep inclines and declines, dirt, roots, rocks, etc. Fun. The Short course race will turn out of this section at roughly the 3 mile point.
- ~Mile 4.2 - 6.1 (Only on longer course, not on the short course) = Gravel, flat. There may be a short section of single track on this section too. We need to assess that trail's conditions as race day approaches.

### Other Course Info:

- About 65% of the course is on trail, single track, etc. The remaining one-third is on gravel / crushed limestone. 100% of the course is unpaved.
- The 5K / short course will be the same as the longer event until about mile 3 where the 5K / Short Course takes a unique turn off the single track and onto the gravel and another unique turn shortly after that headed back to the finish.
- The 10K, 20K and 30K will follow the same course (1 Lap, 2 Laps, or 3 Laps).
- Aid station locations: We likely will have an unstaffed self-serve water station near the east side picnic area at ~ Mile 4.3 / 3 Mile-ish on the short course and another one at the point where the 20K/30K races start their 2nd / 3rd laps. The aid station at mile Plan to bring carry your own hydration and fuel.
- There are several short, steep inclines and declines. Overall, the course does not have any significant elevation changes.
- The surface area varies, with a range of dirt, rocks, roots, mulch (limited) and other variable terrain and may be covered with leaves too. Pay attention as the surface is not "flat / smooth."
- Trail running shoes are recommended.
- **The finish cutoff time is 1:00 PM.**
- **Course marshals will be at key points (mainly the road crossings). Follow the signs and trail flags and other markings.**

- ***Look for cones with yellow arrows and directional signs and some paint while on the gravel paths.***



- ***Follow the orange / pink trail flags, orange flagging and some signs while in the single track / wooded trails.***



- ***Mile points will be marked but every mile marker may not have a sign.***



**Aid Stations / Nutrition:**

- There will be 1 aid station with water and sports drinks at the approximate 6.2 Mile point.
- There will be an unstaffed self-serve water station at ~ mile 4.3 (3ish short course)
- **Please be prepared to carry your own hydration and fuel as the course will have one aid station.**

**Medical / Emergency:**

ATI Physical Therapy will be on site next to the Annex near the finish line with athletic trainers to handle minor injuries.

**Results:**

Results will be found here: <https://www.athlinks.com/event/373915/results/Event/1056337/Results>

Results will update during the race and be available post-race. The link will be provided in your race day thank you e-mail too.

**Awards:**

Earned awards will be the following: **1st – 3rd Overall Male and Female in each event (Short/5K, 10K, 20K and 30K).** We are not awarding age group awards for this race but will have some raffles.

**Tapping Out: If you decide to tap out early please inform the timer at the finish line.** Awards are only earned in the race you are registered for. If you decide to tap out early we will give you a time in the race you finished but you will be ineligible for awards. Example: You are registered for the 20K but decide to run only 1 lap and finish after 10K. You will get a time in the 10K but are ineligible for awards.

**Spectators:**

Spectators are allowed and encouraged. As a multi-lap course for the 20K and 30K there are various locations to see the athletes. Best spectating spots:

- Start / Finish: Anywhere in the Mount / stage area within the Park.
- Near the Park Entrance / Zip Line Landing
- Along the I&M Canal Trail on the Southside by the Forzley / Waterfall bridge
- Near the Drop-In Zone / Towers as the runners will enter and exit these trails 2 - 3x
- Near the picnic area on the east of the trail system
- A short 1 -2 block walk into the NW side trails on the course

Park and Trail Map: <https://forgeparks.com/plan-your-visit/park-map/>

Spectators may purchase food and beverage from the Foundry once it opens, which is located adjacent to the Stage, near the Start / Finish line.

**Other Information:**

- **Abandonment:** If you need to withdraw from the race for any reason, please return to the finish line area and turn in your timing chip and indicate that you have withdrawn.

- **Weather Delays:** We will start and run this race in almost any weather – rain, snow, cold, wind, etc. other than threatening or dangerous weather (basically t-storms, lightning or a tornado -- been there, done that)... Trust me on this if you know me as a race director 😊! If the weather does not permit an on-time start at 8:00 AM, mainly due to lightning or comparable severe weather, the race start will be delayed in 30-minute increments until 9:00 AM. If the race is unable to start at 9:00 AM but can be started by 10:00 AM, the event will be converted to a shorter course race TBD distance based on the time. If the race is unable to start by 10:00 AM the event will be cancelled.
- **Weather & Trail Conditions Impact on the Course:** If there is significant rainfall or other weather that impacts the course, and portions of the trails are not useable, the course will be adjusted accordingly to ensure a safe event. This may mean a shorter, or longer, distance.

#### FAQs:

#### How do I get to the Forge?

Directions to the Park are here: <https://forgeparks.com/plan-your-visit/hours-directions/#directions>

#### Where Do I Park and How Far is the Parking Away from the Start?

Parking will be available at the various Forge / Heritage Quarries Parking lots (Lots #1 and #2) located on the north side of the I&M Canal adjacent to the Park. These lots are a short walk to the start / finish line area. See Park Map for Parking Locations: <https://forgeparks.com/plan-your-visit/park-map/>

#### What is the start time?

The race will begin at 8:00 AM.

#### How will the race be started?

We will have a mass start for all races.

#### How many aid stations will be available?

One unstaffed self-serve water station at approximately mile 4.5 (3 for the short course) and a staff aid station with water and Gatorade located at approximately mile 6.1 as 20K and 30K runners begin their 2<sup>nd</sup> / 3<sup>rd</sup> laps. Athletes are encouraged to carry their own hydration and fuel.

#### What are the refund policies?

Standard no refund policies apply if the race is cancelled for reasons out of the event's control, such as weather.

#### Where is the Post Race Awards? What will be provided? When will it be held?

The post-race awards will be located in the lawn area near the Start / Finish line. It will be held at rolling times as the races finish. It will include food and beverages for all racers – water donated by Treadfit Lemont, bananas provided by Doyle Caffrey, Beer from Pollyanna Brewing and food provided Wooden Paddle.