



MAY 18, 2025

Lemont, IL - 8:00AM

10k Run/Walk

PARTICIPANT GUIDE



May 18, 2025 (Sunday - 8:00 a.m.)

This Participant Guide is designed to prepare you for a successful experience at CARA's Spring Trail Chase 10K.

The sections of this guide are color coded based on their importance.

Need to Know >> Very important information you need to know before participating. Be sure to review all information.

Good to Know >> Important information good for you to know in order to have a safe and successful experience.

Helpful to Know >> Helpful information for you to know to be fully prepared.



NEED TO KNOW >>

- Start Time
- Finish Cut-Off
- Location
- Start Procedures
- Packet Pick-Up
- Participant Bibs
- Strollers / Pets Policy
- Travel
 - Address
 - Location Map
 - Directions
 - Parking
 - Ride Share
 - Biking
 - Facility map
- Course Map
- Course Description
- Aid Stations
- Weather Alerts
- EAS System

GOOD TO KNOW >>

- Results
- Awards
- Gear Check
- Spectators
- Photos
- Swag
- Competition Rules
- Refund Policy
- Voluntary Cancellation
- Non-Registered Persons On Course
- ADA Accommodations
- Runner Drop Outs
- Other FAQ

HELPFUL TO KNOW >>

- Chicago Area Runners Association
- The Forge Lemont Quarries



Start Time:

- 8:00 a.m.

Finish Cut-Off:

- Participants must finish within two (2) hours after the last on-time start (18-minute per mile pace). Aid stations will support this pace.

Location:

- The Forge: Lemont Quarries (Lemont, IL)
- See page 5 and 6 for details on location and parking.

Start Procedures:

- Participants are to organize in self-selected start corrals by their expected run/walk pace per mile for their distance (Under 5:00, 5:00, 5:30, 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30, 13:00, Over 13:00).
- Corral signs with paces will be spaced to allow for the expected number of participants per pace to line up correctly. Participants are encouraged to line up by a pace that accurately reflects their intended average pace for the entire race.
- Please arrive and start on-time. The start line will close at 8:10 a.m.

Packet Pick-Up:

- Participants are encouraged to pick-up their bib prior to event day.
- Friends and family may pick up for a participant on pre-race day pick-ups with a copy (printed or digital) of the participant's check-in pass or ID .
- Persons may pick up for up to four (4) people at a time when there is a line. If picking up for more than four, and there is a line, please get back in line for each group of four to allow other persons in line to receive their bibs in a timely manner. On race day, packets may only be picked-up by the registered participants.
- Pick-Up Schedule:
 - Monday, May 12 - Fleet Feet Oak Park (4:00 to 6:00 p.m.)
 - Friday, May 16 - Fleet Feet South Loop (4:00 to 7:00 p.m.)
 - Race day, May 18 - The Forge - Event Site / Start/Finish Area (7:00 a.m. to 7:55 a.m.)
- Mailing: Participants who selected bib mailing (fee applied) will have their bibs mailed by May 9, 2025. You may not add bib mailing after May 5th.

Participant Bibs:

- Bibs must be worn on the front torso or chest. Please do not pin to back, legs, or under clothing.
- Bibs may not be transferred to another person.

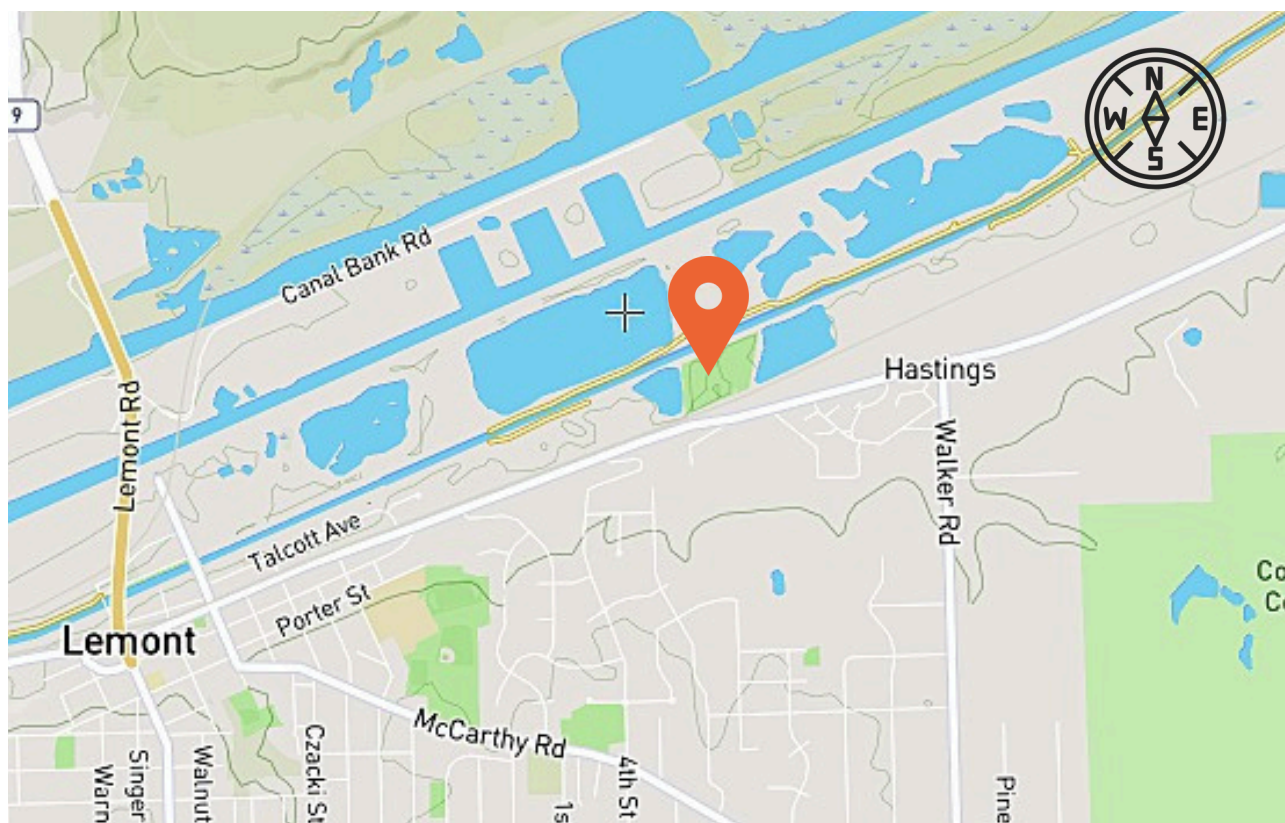
Strollers / Pets:

- Participants are not allowed to participate with baby joggers, strollers or animals.

Travel:

Address: 227 Heritage Quarries Dr, Lemont, IL 60439

GPS: For best results, search for The Forge Lemont Quarries



FROM I-55, take Exit 271A / Lemont Rd. South.



Turn RIGHT onto Illinois St.



Turn RIGHT onto Main St. (This turn comes up quickly)



Turn LEFT onto Talcott Ave.



Turn RIGHT onto the first drive on the right (unnamed road).



Turn RIGHT immediately **AFTER** crossing over the I&M Canal onto the gravel road.

- PARKING IS LIMITED. CAR-POOLING IS HIGHLY ENCOURAGED -

Parking:

Please make sure to follow volunteer instructions upon arrival. Vehicles will be directed where to park. Roadside parking is not permitted. Cars parked out of parking areas may be towed.

Ride Share:

Those traveling to the event by rideshare should drop off outside the East Bridge adjacent to the East Lot A.

Bike:

Do not lock bikes to trees or anywhere that may block a trail.

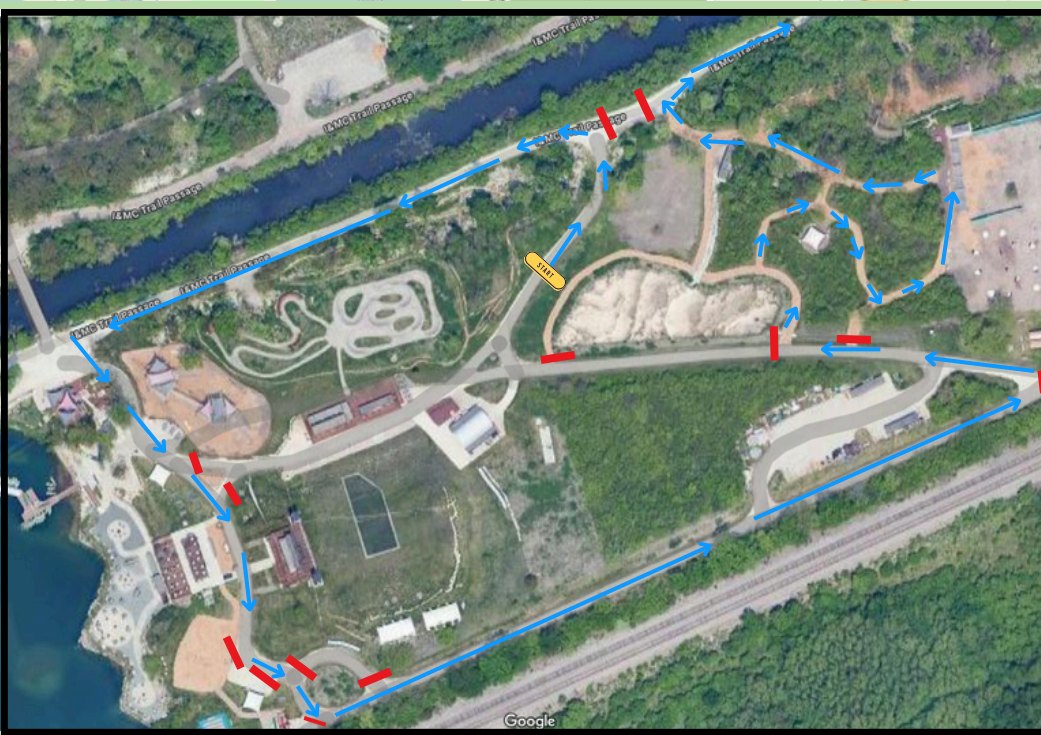
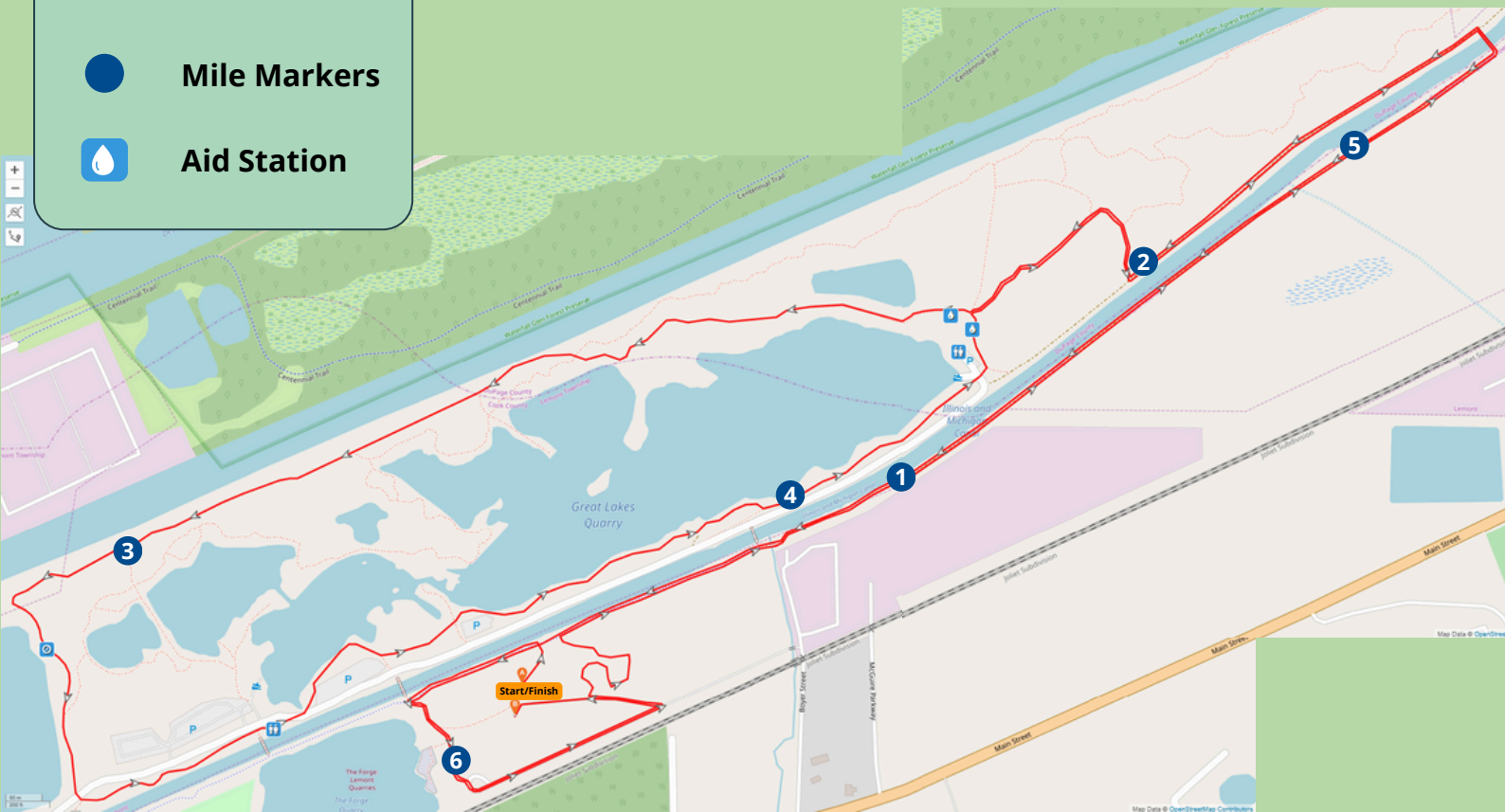




10K COURSE MAP

[click to play video](#)

-  Course
-  Mile Markers
-  Aid Station



Detailed Start of Course

-  Barricade
-  Course

Course Description:

- **Markers:**
 - Each mile, along with all turns will be marked with signage.
- **Course Marshals:**
 - Course marshals will be present to direct runners. Please remove headphones when approaching marshals so instruction can be heard.
- **Trail :**
 - The course is mostly crushed gravel, with approximately .15 miles of mulch and two wooden surfaced bridge crossings. The trail width is 6-8 ft.
- **Terrain:**
 - Flat with some slight rolling sections. Total ascent = 141ft, Total Descent = 137ft.

Aid Stations:

- There will be an aid station that you hit twice at 2.2 miles and 4.2 miles that have water and Gatorade
- A toilet is located NEAR the aid station. There are two located by the 6K mark. Toilets are also located at the start/finish.



Weather Policy and Alerts:

- The event will go on rain or shine. However, if there is lightning or other hazardous weather, we will cancel or postpone. CARA reserves the right to decrease the race distance if deemed necessary. Our evaluation will include present and probable conditions through the run.
- On event day, all weather alerts and announcements will be posted to the [Facebook event page](#) and our Twitter (X) page @cararunsweather
- Prior to event day, announcements will be made by email.

Event Alert System (EAS):

- EAS is a color-coded method of communicating to participants the potential for adverse conditions that can affect the event. A series of color codes is used to indicate the increasing severity of adverse conditions. EAS signs will be placed at the start line, at each aid station and at the finish line area.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

- If conditions move to yellow or red, participants are expected to slow down their pace at least 30 seconds per mile.
- If conditions are probable to progress into unsafe conditions during the run, even if they are not present at the start, the event may be canceled or altered.

Results:

- Results can be found [here](#), and will be posted at the event on a jumbo scoreboard on the main stage. Printed results will not be posted on site. Our official timer is Red Panda Timing.

Awards:

- Recognition awards provided to the top three male, female and non-binary runners overall and the top three males and females in age-groups (14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & over). Overall award winners will not be included in age-groups.
- Overall awards will be presented on stage post-race at 9:15 a.m.
- Age group awards must be picked up at the Awards tent post-race.
- Awards will not be mailed post-race.

Gear Check:

- Gear check will be available from "The Lawn" by the start/finish. Please attach the gear check ID tag from the top of your bib to your bag (zip ties will be available). Please be sure you have everything you need for the run before checking your bag.
- Participants may check any standard backpack or duffle bag size (1 bag limit).
- We are unable to provide a covered gear check. Please plan accordingly in case of inclement weather. If wet weather is forecasted, we recommend using a waterproof bag for your gear check.
- Gear check closes at 10:30 a.m.

Spectators:

- Friends and family are welcome to attend and spectate at the start, along the course, and at the finish.

Photos:

- Free digital photos will be available for download within 72 hours of the event.

Swag:

- Custom CARA arm sleeves.

Competition Rules:

- The event expects all participants to respect fair competition, including following the RRCA's Fair Competition Policies: <https://www.rrca.org/resources/event-directors/fair-competition-policies>.

Refund Policy:

- Participants must agree that refunds and deferrals will NOT be issued for any reason, including participant injury, illness, and any other issues out of the control of the event, including, but not limited to cancellation due to weather/lightning.

Voluntary Cancellation:

- Should participants voluntarily choose not to participate, or are unable to participate for reasons out of the control of the event (including, but not limited to injury, illness, personal matters, work conflicts, etc.), refunds will not be issued.

Non-Registered Persons On Course:

- Non-registered persons may not participate with participants on course.

ADA Accommodations:

- Individuals may submit a request for an accommodation due to an asserted disability. The request must be submitted at least 4 weeks prior to the event. Based upon information provided, the event/race director and or medical director will then respond to the request.

Runner Drop Outs:

- Should a participant not be able to complete the run, they should proceed to the nearest aid station to request a on-course pick-up. Participants needing a pick-up should expect an extended wait to arrive at the finish.
- If a participant is unable to proceed to an aid station, inform the closest course marshal for support.

Other FAQ:

- This event does not include a finisher medal.
- Arm sleeves are not available to persons who do not come to a packet pick-up (pre-race or race day).
- There is no pick-up at the CARA office pre- or post-race.
- Arm sleeves were ordered only in the quantities provided by registration.
- Running clubs may make requests to set up tents if done so at least 7 days prior to the event. Tents must have appropriate weights to be set.



The Chicago Area Runners Association, CARA, is a non-profit organization committed to serving and advocating for the local running community. We are Chicagoland's running club, providing accessible opportunities for all runners to train, race, learn, be social and volunteer.

CARA, with over 10,000 members, is the nation's third-largest running club, serving as the voice of local runners, as well as providing over 1,300 dates of programming and events per year. Learn more at www.cararuns.org.



Membership Supports:

- Helping charity runners raise over \$1-Million through charity training partnership program.
- Advocacy and community service like running safety, park clean-ups, and keeping the Lakefront
- Trail open and maintained.
- Improving access and equity to organized running, through programs like 'Go Run' program which provides free and welcoming 5K and 1 Mile events in underserved parks.
- Hydration stations which serve over 1-million ounces of water and Gatorade Endurance to the public.
- Better Races: CARA Race Certification help local races improve their safety and operational standards.
- Education: Clinics from top experts to help runners gain the knowledge to take their running to new levels.

Member Benefits Include:

- Discounts to local races, and CARA programs and events.
- Weekday Run Crew group runs.
- Weekly supported group track workouts from March to October.
- Private gear check, race discounts, and awards eligibility for the CARA Runners' Choice Circuit.
- Access to the RUSH Physical Therapy Injury Hotline.
- And more!



As an innovative leader in outdoor recreation, The Forge: Lemont Quarries is a state-of-the-art adventure park designed to deliver unique year-round activities for adventurers of all ages and abilities.

Established in 2016, The Forge: Lemont Quarries is a purpose-built social enterprise that provides countless opportunities for our guests to experience elevated outdoor adventure year round.

Featuring a versatile and wide-ranging mix of recreational activities set among a reclaimed natural landscape, the park offers an escape to tranquil and interactive green space where guests can test their personal boundaries while engaging with a passionate community of like-minded outdoor enthusiasts.



ADVENTURE IS FOR EVERYONE.

VALID THRU 10/31/25
EXCLUDES ULTIMATE ADVENTURE PASS

NEW
18-HOLE MINI GOLF COURSE

CLIMB & ZIPLINE


15+ EXPLORER ACTIVITIES

20% OFF
ANY* ACTIVITY
USE CODE **CARA20**
AT FORGEPARKS.COM



Movement is Medicine

Request an appointment today at injuryhotline@rushpt.com
or visit us online at rushpt.com.

 **RUSH**
Physical Therapy



Exclusive Physical Therapy
Provider for CARA