



Review your participant guide for all these details and more!

- ➔ Packet Pick-Up Options
- ➔ Start Wave Procedures
- ➔ Travel Information

2023 SWAG

CARA SOCKS!

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May 21, 2023

(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

Start Time:

- 8:00 a.m.

Cut-Off Time:

- 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 must line up with their start wave by 7:50 a.m. Participants may self-select what wave they want to be in on race day.
- Wave 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.
- Each wave will be walked to the start line for a controlled mass start. Upon reaching the start line, participants should immediately begin the run/walk. Participants should NOT stop and hold at the start line.
- 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:
 - Thursday, May 18 - Fleet Feet South Loop (1:00 p.m. to 7:00 p.m.)
 - Thursday, May 18 - Running For Kicks (1:00 p.m. to 7:00 p.m.)
 - Friday, May 19 - Peak Running Burr Ridge (1:00 p.m. to 6:00 p.m.)
 - Race day, May 21 - The Forge - Event Site / Start/Finish Area (7:00 a.m. to 7:45 a.m.)
- Mailing: Participants who selected bib mailing (fee applied) will have their bibs mailed May 10, 2023. You may not add bib mailing after this date.

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.

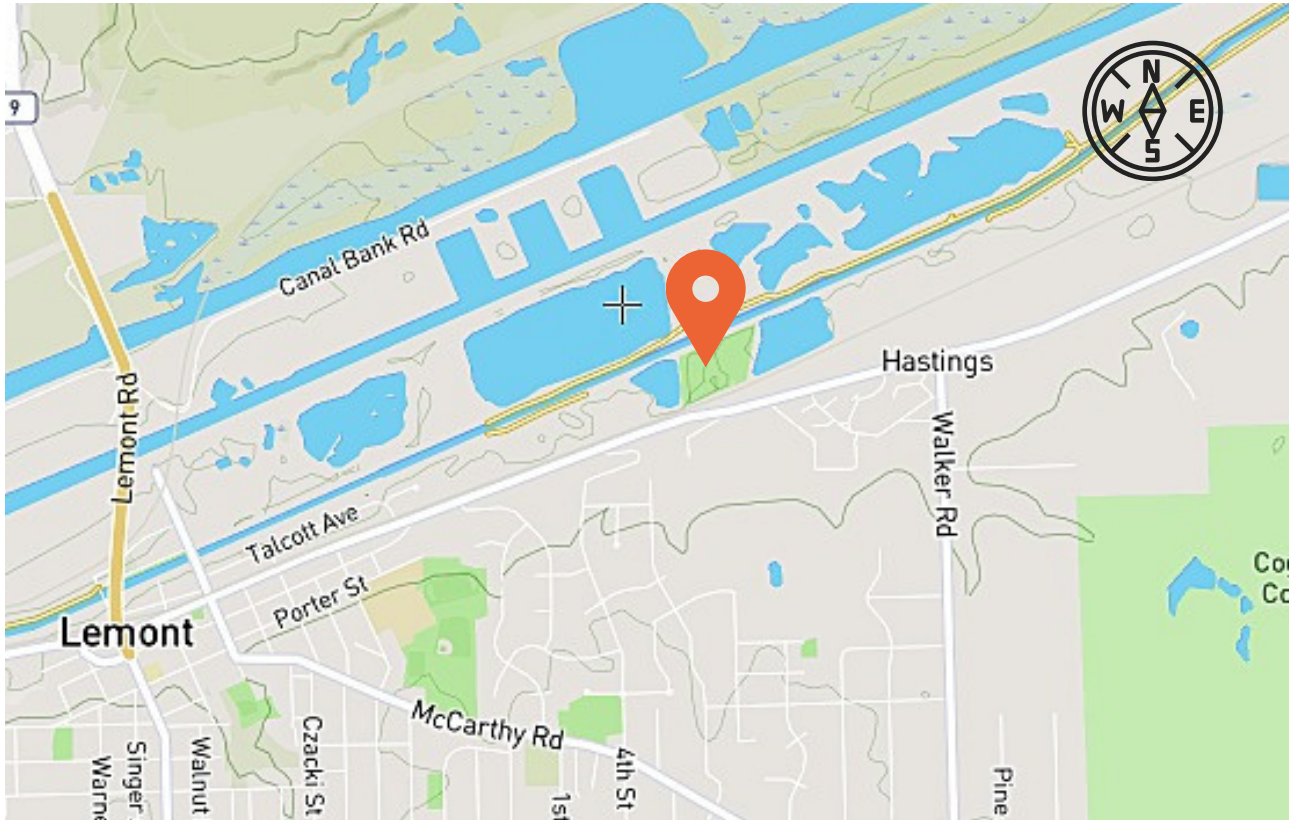
Strollers / Pets:

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

Travel:

Address: 1001 S. Main St, Lemont, IL

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:

Upon arrival, vehicles will be directed to park in the Central Lot, which is the first main parking lot. Once the Central lot is full, participants will be directed to the East Lot A. If the East Lot A fills, drivers will be directed to the main I&M Canal passage parking lot located just prior to entering the park grounds at the paved entry road. 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:

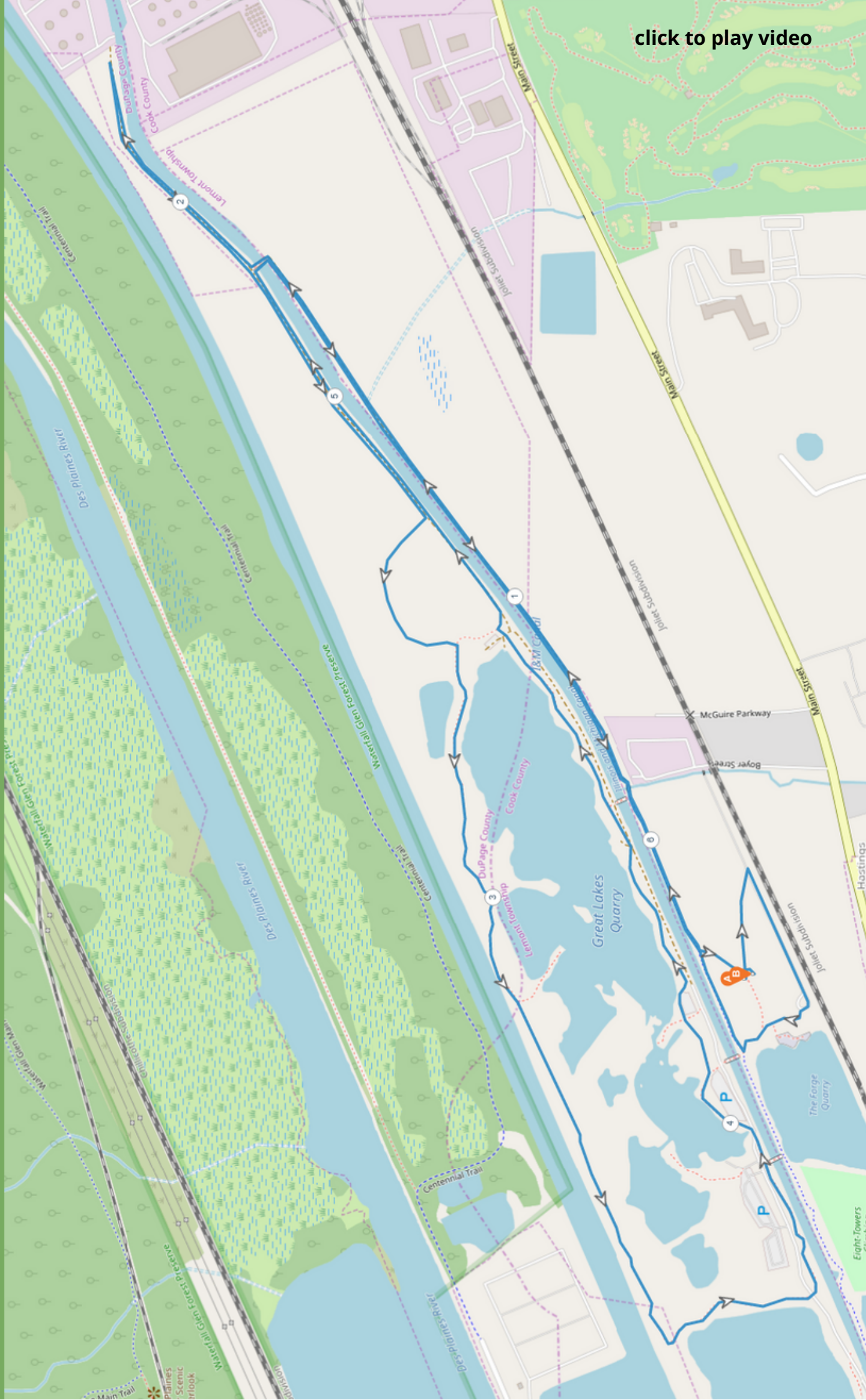
Do not lock bikes to trees or anywhere that may block a trail.

- CAR-POOLING IS ENCOURAGED -



NEED TO KNOW >>

[click to play video](#)



Route:

- From the start, participants proceed west, turning right across the "Central Bridge". Participants then follow the loop in a clockwise manner. At the easternmost point of the course, participants will turn right and cross the I & M Cannel, then running west. At the next bridge, participants will turn right and cross back over the I & M Canel. Participants will follow the trail west and repeat the loop around the quarries. After crossing over the easternmost bridge on the second time, participants will remain on the south side of the I & M Canel all the way to the finish.

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 99% crushed limestone, with several wooden surfaced bridge crossings. The trail width is 6-8 ft.

Terrain:

- Flat with some slight rolling sections. Total ascent = 154 ft, Total Descent = 150 ft.

Aid Stations:

- Aid stations are located on-course at 2.5 miles and 4.5 miles. The first aid station will have water and the second aid station will have water and Gatorade Endurance.
- A toilet is located in the parking lot at mile 2.5 and 4.5. 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. Our evaluation will include present and probable conditions through the run.
- On event day, all weather alerts and announcements will be posted at www.cararuns.org/weather and on twitter at @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 will be posted at the event on a jumbo scoreboard on the main stage. Live results will be linked from the event website. 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, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & Over), overall award winners will not be included in age-groups.
- Overall awards will be presented on stage post-race.
- Age group awards must be picked up at the Awards & Results 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 forecast, we recommend using a waterproof bag for your gear check.

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 logo quarter socks. Pictured below.



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.
- Socks 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.
- Socks were ordered only in the sizes and quantities provided by registration. Additional socks may not be available for swaps.
- 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:

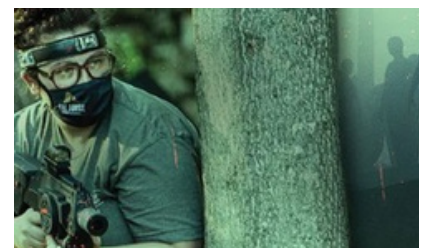
- Discounts to local races, and CARA programs and events.
- Weekday Run Crew group runs.
- Weekly supported group track workouts from March to October.
- Private gear check, race discounts, and awards eligibility for the CARA Runners' Choice Circuit.
- Access to the RUSH Physical Therapy Injury Hotline.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





Movement is Medicine

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

 **RUSH**
Physical Therapy


CARA
CHICAGO AREA RUNNERS ASSOCIATION
Exclusive Physical Therapy
Provider for CARA