

# INDIANA TRAIL 100

INDIANA'S ONLY 100 MILE TRAIL RACE



## FREQUENTLY ASKED QUESTIONS:

### **Can I retrieve my drop bags before Sunday morning?**

YES. You and/or your crew. may go to the aid stations to pick up your drop bags after you have finished either race. Drop bags will be returned to the start/finish line on Sunday morning. Anyone who plans on going home before the end of the race for any reason (DNF or early finish) should pick up their drop bags themselves. Drop bags will not be mailed.

### **May I switch from 100 to 50 miles when part way through the race?**

YES. A runner who registers for the 100 mile race may DNF at any aid station and will receive credit and recognition for any completed miles over 50. Runners who did not finish after completing 50 miles or more should first report to an aid station official to announce your withdrawal from the race. You will also want to return to race headquarters to receive your 50 mile finishing medal.

### **What type of weather should I expect during race weekend?**

The average temperature for Albion is 48F, ranging from a high of 58F to a low of 37F. Albion receives 3.7 inches of rainfall during the month of April.

Sunlight: Sunrise 6:44am, Sunset 8:32pm.

### **What is the distance between the aid stations?**

Aid Stations are located approximately 3 – 5.5 miles apart throughout each loop.

### **Which airport is closest to Chain O' Lakes State Park?**

Fort Wayne International (FWA) airport, Fort Wayne, Indiana. South Bend, Indianapolis, and Detroit are a few of the regional centers that offer air service into northeastern Indiana.

### **Do I need a flashlight, headlamp, etc.?**

If you are running the 100 mile event you definitely need a light source: flashlight, headlamp, etc. The forest trails have no lights. Even if you are out of the forest before night arrives, there are very few lighted areas on the roads back to the finish line. Be prepared with an extra light source and batteries. You can have these in drop bags.

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If you have entered the 50 mile race, remember the race takes place during the spring. The race starts at 6:00 AM. It will still be dark then but soon get lighter. You might want to carry a cheap flashlight that you can abandon at the first aid station after the sun comes up.

## **What Type of Shoes Should I Wear**

The Indiana Trail 100 course includes sections of pavement, dirt road, and single track trail. The trail can range from muddy to dusty to rocky to rooted. As a result, you will see experienced runners wearing shoes ranging from light weight training shoes to hardcore trail shoes. Many people will take several pair of shoes and put them in drop bags to wear on different sections of the course. Other people might wear the same shoes throughout the entire race.

## **Where do I park at Chain O' Lakes State Park?**

There are several areas to park close to the Event Tent (start/finish) at Sand Lake. Below is listed a few of the parking areas available to the runners:

A large lot located at the beach concession building at Sand Lake.

A smaller lot located at the top of the hill just east of Sand Lake.

A large lot located next to the public campground.

## **Where is packet pickup?**

Packet pickup is in the Event Tent next to the Beach House at Sand Lake.

## **Is there a check in at the start of the race?**

All runners will be directed over the starting mat at the beginning of the race to initiate the chip timing system.

## **Is there a pre-race dinner?**

Check out the Indiana Trail 100 website or Facebook page for the information

## **How is the course marked?**

The course will be marked by pink flags, post markers and signs throughout the entire loop. Directional arrows will be strategically placed as needed. If you have run more than two minutes without seeing a pink flag you may be off course.

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## **What if I have to drop out of the race?**

If you need to drop out of the race, you must contact a race official at one of the aid stations and tell them you are dropping. With runner safety as our highest priority, your cooperation will help ensure that everyone who starts the race is accounted for at the end of the race.

## **Will the trails be open to the public during the race?**

YES. Chain O' Lakes State Park is open to the public during the weekend of the Indiana Trail 100 race. If you encounter hikers on the course, please be considerate of them so we can continue to hold this event at the park in the future.

## **Will there be restroom facilities close to the course?**

YES. Restroom facilities are located near the aid stations, which are approximately 3 – 5.5 miles apart.