

Indiana Trail 100

Mission Statement

The Indiana Trail 100 is a non-profit event that brings together Ultrarunners from all over the country and world to Chain O'Lakes State Park. Our mission is to provide the best possible experience to all participants, while helping them attain their goals associated with this extraordinary challenge.

At a glance

Date/Location

- Saturday, April 29, 2017 (6:00am) through Sunday, April 30, 2017 (12:00pm)
- Chain O'Lakes State Park, in Albion, Indiana
- 100 milers will run five 20 mile loops, while 50 milers will run one 10 mile and 2 20 mile loops, 100K will run a short 2 mile loop and 3 20 mile loops.
- Running surface consists of 98% trails, 1% asphalt, 1% gravel.
- Trails consist of moderately packed soil, interspersed with some roots and rocks in wooded sections, along ridges with a few embankments.

Qualifying

There are no formal qualifications for the 100 mile and 50 miles races, except good judgment on the part of runners, as to their fitness level for this event.

Race Entry Sign-up

All interested runners must complete the online race application and submit payment at RunSignup.com. Runners must be at least 18 years of age to enter the 100 mile and 100K race. Fifteen years of age for the 50 mile run. The application form and credit card payment will be tendered electronically. Once the credit card has been charged or payment by check is made, the runner is deemed an entrant in the event.

Entrant List

In 2017 we will have a cap of 400 total Runners for both races.

Registered runners are listed on the RunSignUp website:

<https://www.runsignup.com/Race/IN/Albion/IndianaTrail100>

Cancellation of Event

The Indiana Trail 100 is under management of the Department of Natural Resources (DNR), State of Indiana. As a result, the DNR has the final say on if or when the event needs to be cancelled.

Event Details

The Indiana Trail 100 is a very difficult event designed for the adventurous and well-prepared Ultrarunner. This event is conducted on trails within the jurisdiction of the

DNR, State of Indiana. The event organizers are very grateful for the staff's year-round commitment to trail maintenance for all users of this annual event.

RULES

Introduction

The Indiana Trail 100 (IT100) rules are designed with the following goals in mind:

- The safety, enjoyment, and well-being of everyone involved in the race, including runners, pacers, crews, volunteers, neighbors, race personnel, spectators, and others using the trails (the public).
- The staging of a fair and sportsmanlike event that is based solely upon individual effort. Failure to comply with rules and procedures may result in disqualification of Runner. Depending upon the severity of the offense, Runner can be disqualified for this race and future IT100 sponsored events. Additionally, Race Directors may refine, generate, or reinterpret a rule at any time if doing so is deemed necessary to promote goals A and B. At all times, the intent and spirit of the rules will govern how they are implemented and enforced by race officials (e.g., Race Directors, Course Marshals, Aid Station Captains). By attending this event as a Runner, Pacer, or Crew, each participant acknowledges and agrees with this sentiment.

All Participants

- Courteous behavior and sportsmanlike conduct are expected at all times.
- Sharing the trail: *IT100 participants do not have exclusive use of the trails.* Most of the trails on the course are used by the public. Caution should be exercised when approaching casual hikers (and their pets).
- IT100 participants do not have exclusive use of public toilets or other conveniences at the Park. These facilities should be used with care, keeping in mind that they are resources shared with hikers and other members of the public.
- IT100 participant's care of the land. The park is fragile and subject to damage simply by being walked upon. Runners and pacers are expected to be respectful of the fauna and flora to ensure that this event can continue to be held in this park in the future. Dropping trash (including aid station cups) from outside any aid station is considered littering.
- Muling is not permitted. Runner must carry all his/her supplies between aid stations, at all times. Crew and Pacer may not retrieve bottles from Runner for filling within the confines of the aid station.
- Runner's lighting system is to be used for personal illumination of the trail only. Pacers may not deploy lighting systems to illuminate the trail for Runner, except temporarily in case of an emergency.

- - Drop Bags Make sure bags are water proof or put in a heavy duty plastic bag (NOT BLACK).
 - We cannot guarantee the bags will stay dry all weekend.
 - Make the bag stand out somehow so you can easily find it among the other bags.
 - Put tape on the bag and write your name, number and drop bag location on it.
 - Duct tape and a permanent magic marker work well.
 - Don't put breakable items into the drop bag.
 - Keep the drop bag weight below 15# and size below approximately 12"x12"x36"
 - No large coolers allowed.
- Stashing of supplies is not permitted at any time or place on the course. Please note that runners are allowed to take supplies from their cars after they've completed a loop.
 - Smoking is not permitted on the trail or at aid stations. Smoking is strongly discouraged at any location where runners, pacers, crews and race personnel congregate.
 - Consumption of alcoholic beverages and illegal substances on any part of the course is prohibited.
 - Pets are not allowed anywhere on the course and their presence is discouraged around aid stations for safety and sanitary reasons. Dogs brought to the event must be under control and leashed at all times.
 - All participants must obey Chain O'Lakes State Park regulations, with special attention to those that involve parking and driving. No parking is allowed on the side of the road in the park.

Runners

- Each Runner is responsible for knowing ALL rules and procedures. Runner numbers must be worn on the front and outside of whatever clothing you are wearing. This is for Safety and the Finish Line Manually Scoring Backup.
- Each Runner is responsible for the actions of his/her Pacer(s) and Crew. Any rule transgression by Runner or associated Pacer and Crew can be grounds for either immediate or post-run disqualification. Pacers are allowed after 40 miles in the 100 mile and 100k races. No pacer allowed in the 50 mile race. Only one Pacer per runner at any given time. Pacers under the age of 18 will need someone to sign the Waiver form also.

- No course cutting. Each Runner must follow the marked course at all times. If any Runner departs from the official course, that Runner must return without assistance to the point of departure on foot before continuing onward.
- Race officials reserve the right to remove Runners from the course that are deemed incapable of continuing and pose a risk to their own safety.
- Any Runner accepting a ride for any reason is deemed officially out of the race.
- Cut-off times will be strictly enforced and are non-negotiable. Runners must not continue on after exceeding a cut-off time. Race officials will make every attempt to shuttle any Runner back to the Start/Finish if this occurs.
- Any Runner that needs to drop out of race **MUST** contact a Race Official at one of the aid stations and tell them you are dropping. Runner safety is our highest priority; your cooperation will help ensure that everyone who starts the race is accounted for at the end of the race.