

**5th Annual McNaughton Park
30 Mile, 50, and 100 Mile Trail Run
Race Confirmation**

April 16, 2005

Congratulations!

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You are entered in the McNaughton Park 30 Mile, 50 Mile, or 100 Mile Trail Runs. The races will start together at 6:00 a.m. (my time) on April 16th. There will be no early start offered this year.

10 Mile Loops

30 milers will be doing three loops of the course, 50 milers will be doing five loops, and of course 100 milers have ten loops. Each race will have their own bib numbers which will help race personnel designate which race they are in. Chip timing will also be featured this year so accurate splits will be given. 100 Milers will be alternating loops in 2006. I thought about doing it this year but with the addition of chip timing and the uncertainty of how it would work I decided to wait.

Time Limit

There will be a 36 hour time limit for the race. There is only one cut-off time of 32 hours at the 90 mile point. There will be no exceptions made on this cut-off. You will be asked to leave the course but you will be considered a 50 mile finisher, assuming you covered 50 miles.

Switching races

You can switch races at any time. The only way to be eligible for awards is to switch Friday night or Saturday prior to the start. You can switch during the race if you'd like: 50 Milers can drop down to the 30 mile race and will be considered finishers but you may not receive a finisher's award that day. This will depend on how many extra I have ordered. You will not be eligible for any other award. 30 Mile runners can move up to the 50 mile race as well. 100 Milers will be permitted to drop to the 50.

Drop Bags

There will be one drop bag on the course. This will be the Heaven's Gate Aid Station. Aid Station captain Duane and his Buffalo Runners will be manning this station for the duration of the race. This aid station is located 5.5 miles from the start. You will be back at the start finish every ten miles and will have an opportunity to change clothes, change shoes, etc. I will have a huge tarp or two laid out on the ground and you can leave your goodies on the tarp anywhere you'd like. Anyone who leaves the start/finish area must

check in with the scoring table to assure we have you marked off for a completed lap. Feel free to go to your car, take a break, do what you want but make sure you check out and check back in if you leave. Checking in and out will be very important all day but especially for the 100 milers at night. We want to know where you are at all times.

Camping

There will be camping available at the start/finish and at the Totem Pole and/or the Tee Pee campground just west of the Totem Pole. This is approximately mile 2.2. I will be running around most of the night but will end up camping out there myself. The park ranger knows we will be there and simply asks for a count. Rich Breaux and his aid station crew will be camping out there Saturday night. You are welcome to leave your tents up and gear out for the duration of the event. We do ask that you don't set up camp too close to the trail. You will be able to drive to the campground but please drive very slow (5 mph) through the horse stable area. We have permission to be there so if he asks you just let him know you are there to run. Please let me know ahead of time if you are planning on sleeping in your car or camping at the start/finish as well. I'd like to give the Rangers a little warning. You can set up a tent on the south side of the driveway which will be next to the Tee Pee's. This is the start finish area. You can also use the fields past the circle drive if you'd like to camp away from the start/finish. NOTE: Generator will be started up at 4:00 a.m.

Awards

Buckles will be awarded to all finishers and the top open, master, grandmaster, and senior of each race (30 Mile, 50 Mile, and 100 Mile) will be awarded as well as each sex. There will be no official award ceremony. Awards will be presented at the finish line and division awards will be presented shortly after you finish. There will also be a items raffled off (shirts, socks, jackets, hammer gel, and other running gear).

Bridges

A few extra bridges have been added throughout the course due to erosion. Assume all bridges are slick, especially in rain or during the early morning hours. Two of the bridges are a bit wobbly. Assume boards are loose and cross with caution.

Creeks

May be deep, may be shallow, cross with caution. Rocks will be slick and will wobble. Use logs with discretion. I wouldn't trust a single one. The previous four years we have been lucky with the creeks being reasonably low. I have seen them completely dry but I've also seen them chest deep. Normal April conditions - deepest creek will be anywhere from ankle to calf deep.

Aid Stations

There will be a full buffet at the start/finish with a warm meal for all finishers and a Farmer's Breakfast for 100 Milers. 100 Milers will have warm soup, chili, BBQ, etc in the night and early morning hours. Finish line cooks Paul, Dave, and Larry will treat you right. The other aid stations will have water, cookies, candy, fruit, soda, and Gatorade. Aid station captains Rich and Duane will serve up something special at night.

The first aid station you will come to will be by the Totem Pole. There are two pit toilets and there will be plenty to snack on. Rich Breaux and his crew of Illinois Valley Striders will be manning this aid station. 100 Milers can look forward to a warm fire and great support in the tough hours.

Duane and the Buffalo Runners will be manning the Heaven's Gate aid station which you will see twice each loop. Heaven's Gate has a short 1.2 mile loop that you must do. Runners must check in on the way into the loop and then you'll leave the same way you came in.

Water

I strongly encourage you to carry a water bottle or two. I encourage all 100 Milers to carry one bottle, especially during the night.

Shirts

They are awesome. I've tried to top last years shirts. I have ordered dri-release shirts and you will get the size you asked for. Extra shirts will be on sale the day of the event. Jackets for 100 milers!

Trail

The trail normally has a rough winter and there is always a lot of work to be done. Spring and winter grooming is necessary and a lot of work goes into maintaining a trail and prepping it for race day. My friend and fellow ultrarunner Marvin spend quite a bit of time getting the course ready and maintaining it throughout the year. I ask that you don't litter on the course. Carry your garbage with you and drop it at an aid station. This means don't litter. "Butt Slide Hill" (steep downhill in Heaven's Gate) is now a switchback.

Trail running is tough and we all like it that way. There will be plenty of fun obstacles that I won't remove. The course is tough and will give you all you want from a trail race. I have removed trees that are chest level blocking the entire path, thorns that could take your eye out, etc. There are still plenty of tough areas. Watch your step.

Please stay on the trail at all times. Ultra runners are a unique group of people and from my experiences very honest people (don't cheat) who are out there to challenge themselves and to conquer a course. This course is tough! I think you'll enjoy it!

Best of luck to all of you and feel free to contact me at any time if you have questions or concerns.

Pekin Accommodations: (Peoria is about twenty minutes away)

Hotels: Holiday Inn will be the host hotel. Please tell them you are in town for the running race and you'll get a discount (\$65.00).

Holiday Inn (309) 353-3305. 3615 Kelly Avenue (\$65.00) Mention the race.
Super 8 (309) 347-8888. 3630 Kelly Avenue (\$65.00)
Comfort Inn (309) 353-4047 3242 Vandever (\$55.00) Mention the race.
Concorde Inn (309) 347-5533 2801 Court Street (\$48.00) Mention the race.

Food:

Goodfellows (1414 N. 8th street), Pepperoni's (509 S. Parkway Drive), and LaGondola (2996 Court Street) all have pastas and pizza. You can also find Mexican, Applebee's, fast food, and pizza along Court Street.

Note:

All of the hotels and most of the eating establishments are either on Court Street or one block off Court Street, which is a main street running east/west in Pekin. The hotels are ten minutes from the start.

Directions to the race:

From the west, Take 74 to 474 over the Illinois River and take the first exit after the bridge. This will be Rt. 29. Follow the signs to Pekin. You will pass Marquette Heights and North Pekin. There will be a light at Rt. 98 and you need to take a left towards Morton. Cupi's Motor Mall is located at that corner. Route 98 is also called Edgewater. Take Route 98 through two lights. You will then pass a residence driveway on the right, go up a short hill and take your next right. This is the entrance to McNaughton Park. There will also be a sign for Soldwell Program Center. Follow this driveway until it ends and you will be at the start/finish area. From the east, Take 74 to 474. Get off at Exit 9, which will be for Rt. 29. Turn left to go to Pekin and then use the above directions to get to the start/finish. Pekin is south of Peoria. Those of you coming from the North or the South will be using I55 to get to Rt. 74. Once on 74 you will take 474 and use Exit 9.

Directions to the hotels:

From the north and east take 74 to 155 south. Take 155 south to Rt. 9. Take Rt. 9 into Pekin. Rt. 9 turns into Court Street once you enter Pekin. The hotels will be on your right as you enter town. From the south, Take 55 to 155 north. Take 155 north to Rt. 9. Take Rt. 9 into Pekin. Rt. 9 will turn into Court Street once you enter Pekin. The hotels will be on your right as you enter town. From the west, Take 474 to Rt. 29. Follow Rt. 29 towards Pekin and turn onto Rt. 98 as you are going to the start/finish. Turn at your second light (Parkway Drive). Take Parkway through two four way stops and two lights and then turn left on Court Street. Take Court Street east until you get to the edge of town. You will see the hotels on your left.

Directions to the start/finish from the hotels:

Take a right onto Court Street and head west. Follow Court until you reach Parkway Drive. Go right on Parkway and through two lights and two four way stops. The next light is Edgewater Drive (this is also known as Rt. 98). Take a right on Edgewater and go up a hill. You will pass a residence driveway and the entrance to your park will be your next right at the top of the hill. There is also a sign for Soldwell Program Center. Turn right into the park and follow that driveway until it ends.

Course Markings

You will be following the Potawatami Trail (RED TRAIL). The entire race will be run in the woods, around prairies, or through fields. The Park District is marked once a year with red paint on trees. There are also orange marks on trees for the horses. You will always follow the Red Markings and my YELLOW TAPE. VERY IMPORTANT THAT YOU FOLLOW THE YELLOW TAPE. When in doubt follow the YELLOW TAPE. There are areas where the orange tree markings and the red tree markings vary. Follow the YELLOW TAPE. I will overload those areas with YELLOW TAPE. There are also three sections where you will leave the red trail so it is important that you follow the yellow tape. There will also be white ground paint to follow in the grass. Getting lost will be very hard to do.

Creek crossings

You **may** be able to stay dry. This may take twenty or thirty seconds off your time each crossing but it can **normally** be done. Heavy rains, nobody stays dry. The 1st crossing is the deepest and to run straight through it you will get wet. There is a narrow spot to the right about twenty yards. Once across the creek you will go right (following my tape and the red markings, DON'T follow the orange). #2 has some rocks you can jump on, be careful, they are slippery. #3 has rocks but they are also slippery. I personally enjoy the creek crossings. Don't fret over these, they are not serious.

Hazardous Areas

Be cautious on all bridges. I have fallen through the first one countless times. The rest of them are sturdy but can be slippery. Be cautious of all logs and rocks in the creek. These are slippery and can be loose.

Bathrooms

There will be one port-a-potty at the start/finish. There are men's and women's outhouses just after the first aid station (mile 2.5) and just before the finish (mile 9.6). The 2nd bathroom mentioned is a short walk from the start/finish (approximately .4 miles).

Note

The course will be well marked and you shouldn't have any problems finding your way around the 10-mile loop. Enjoy the day and best of luck.

Aid

#1 The start/finish aid station will have water, a sports drink, soda, bagels, raisins, oranges, bananas, cookies, m & m's, chips, pretzels, licorice, sandwiches, Vaseline, aspirin, and hot cocoa and chicken noodle soup later in the race.

#2 will feature water, sports drink, soda, snacks, sandwiches.

#3 will be fairly well stocked but not as loaded as the start/finish. You will be able to get fruit, pretzels or chips, soda, cookies, and water.

Packet Pick Up

I will be at the park from 5-7 for the packet pick-up. My friend Mike Barnes will be running the packet pick up. This is a tough task but he has volunteered so I have delegated. Please introduce yourself and stick around. Feel free to ask questions. I'm going to be out there most of the day finalizing the marking. I'll be hanging out from 10-11 at the start/finish if you are in town and you'd like to say hello otherwise come to packet pick up.

I do plan on camping Friday night but may have to run some errands throughout the evening. You are also welcome to camp out at the start/finish. Packet pick-up will resume at 4:00 a.m. with the race starting at 6:00 a.m.

10 Mile Fun Run

This event is for friends and families of ultrarunners. Encourage them to see the course you will be covering. They have to pay \$25.00 but their shirt alone is worth \$40 plus their \$1.00 finisher's ribbon.

Feel free to contact me if you have any questions.

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My friend Jerry Davison will be keeping up the webpage. You can check it periodically. Jerry will also be running his first ultra this year at McNaughton.

www.geocities.com/running_50/homepage.html