

# Tecumseh Trail Marathon Runner's Guide

## TABLE OF CONTENTS

Welcome.....	2
Organizations.....	2
Locations.....	3
Start/Finish Location Directions.....	3
Weather.....	3
Schedule of Events.....	4
Shuttle Information 50K and Marathon.....	5
Race Information/Start Times/Cut Offs.....	5
Parking.....	6
Camping.....	6
Medical Assistance.....	7
Post-Race Food.....	7
¼ and ¼ -Marathon Aid Station Support Info.....	8
Marathon and 50K Aid Station Support Info.....	9
Aid Station Support (Whats on tap?).....	10
FAQ.....	11
Course Maps.....	13-17



## **WELCOME!!**

Thank you so much for registering to run the 15<sup>th</sup> Annual Tecumseh Trail Marathon, inaugural 50K, ½- or ¼-Marathon distance trail races. It's a beautiful time of year to hit the trail and push our individual limits. We are thrilled that more than 450 participants have registered for the four different distance event in 2018! We want everyone to have a great time out on the trails and we hope to offer excellent support as your push to meet your goals. Please review this document for important information regarding issues of race support, start times, cut-offs, logistics, maps and other questions regarding the Tecumseh Trail Marathon.

## **ORGANIZATIONS**

The Tecumseh Trail Marathon (TTM) is co-produced and co-promoted by DINO (Do Indiana Off-Road) and the Indiana Trail Running Association (ITRA), a 501C3 non-profit organization, and permitted by the Indiana Department of Natural Resources. DINO, a long-time producer of local trail running, mountain biking, off-road triathlon and adventure racing events, approached ITRA in late 2016 to co-promote, energize and enable the Tecumseh Trail Marathon. ITRA is a growing community of trail running and outdoor enthusiasts who train, share our knowledge and love for running and the outdoors in fellowship. 2017 was the first year for our Tecumseh Trail Marathon partnership. We established a new finish, new distances to tackle and tried to bring a more festival atmosphere to the post race. In 2018, we are introducing a 50K distance route that is sure to challenge. Both DINO and ITRA sincerely appreciate your support and hope you come back to race more of the DINO Series Events. If you love trail running like we do, ITRA encourages you check out one of the many of the community oriented runs and opportunities we provide throughout the year.



## **LOCATION**

Tecumseh Race Headquarters is at the Youth Tent Area at the north end of Yellowwood Lake at Yellowwood State Forest. Please see the attached maps in this guide. Googling Yellowwood State Forest will get you to the headquarters (@ 772 Yellowwood Road Nashville, IN), continue another ½-¾ mile north on Yellowwood Lake Road to arrive at the Rally Camp/Festival Area.

## **START/FINISH LOCATION DIRECTIONS**

All participants will park at the FINISH/Festival Area at the north end of Yellowwood (see above).

50K and Marathon runners will be shuttled via bus to the start at Morgan Monroe State Forest.

Yellowwood State Forest is situated about 13 miles east of Bloomington, IN and 9 miles west of Nashville, IN and a few miles north of HWY 46 and several miles south of HWY 45. Please see the attached maps.

¼ and ½-marathon runners will start and finish at the FINISH/Festival Area at the north end of Yellowwood Lake.

## **WEATHER**

Current weather forecast for 10/27/2018 is a low of 37 degrees F on Saturday morning with a high of 52 F with cloudy skies. Please dress accordingly. Possibility of rain increases later Saturday evening.

## **SCHEDULE OF EVENTS**

Friday October 26 <sup>th</sup> --	6-8 PM	Packet Pick-up at Tecumseh Trail Marathon Festival Grounds
Saturday October 27 <sup>th</sup> --	7:00 AM	Packet Pick-up Opens
	7:30 AM	50K Bus Loading Starts
	7:45 AM	50K Buses Depart for 50K Start
	8:30 AM	Marathon Bus Loading Starts
	8:45 AM	Marathon Buses Depart for Marathon Start
	9:00 AM	50K Start at MMSF
	10:00 AM	Marathon Start at MMSF
	10:00 AM	½-Marathon Starts at Yellowwood State Forest
	11:00 AM	¼-Marathon Starts at Yellowwood State Forest
	4:30 PM	AS#9 Yellowwood Lake Cemetery CUT-OFF. All runners reaching AS#9 after 4:30 will be diverted the ¼ mile to the Finish Line.
6:00 PM	Race CUT-OFF; no finish times will be recorded after 6:00.	

## **SHUTTLE BUS INFORMATION/START TIMES**

ALL Marathon and 50K runners are expected to check in either Friday evening 6-8 PM or race morning before loading on the buses.

- 50K Race starts at 9:00 AM from Morgan-Monroe State Forest. 50K bus-loading will begin at the large parking area adjacent to the Festival Area at Yellowwood State Forest at 7:30 AM with Departure to the start @ 7:45 AM.
- Marathon start is at 10:00 AM from Morgan-Monroe State Forest. Bus loading will begin at the large parking area adjacent to the Festival Area at Yellowwood State Forest at 8:30 and Departure to the start @ 8:45.
- ½ Marathon Start is from the Festival Area at Yellowwood Lake at 10:00 AM. Runners will complete two 6.7 mile loops.
- ¼ Marathon Start is from the Festival Area at Yellowwood Lake at 11:00 AM. Runners will complete one 6.7 mile loop.

\*\*Cut off times for each Aid Station are provided in later in this guide, but final AS#10 cut off is 5:30 PM...which is a really long day. For both distances, if you haven't passed through AS#9 by 4:30 PM, you will be diverted to the Festival Area/Finish.

NOTE: Upon arrival at start line, you may stay on or get back on the bus to keep warm until start time.

There are NO shuttle bus services to or from Bloomington, and NO post-race shuttle services.

## **PARKING**

Parking at the Festival Area/Finish Area is free and will be in the large field as indicated on the map. We will have some volunteers providing guidance, but common sense prevails, please park respectfully (not too close, not too far).

The main parking lot in the field will be crowded with cars and runners and may present difficulty from a timely exit.

There will be camping in the same area up front along the race route just 100-200 yards from the Festival Area. If you plan to camp, please pull forward close to the course routing and stage your site there. Doing so, will enable the egress of others.

The safety of our runners is priority #1, please be respectful as you enter and leave the festival grounds.

## **CAMPING**

Camping is available Friday and Saturday night at a very reasonable rate on the north end of the lake (on the festival grounds) at a very reasonable charge of \$3/person/night. If you plan to camp, please set up close to the lakeshore along the race route/fencing. It's the best way to optimize your space, safety and parking.

Primitive camping (without electricity) is available (first come-first served) at one of 4 different loops in Yellowwood State Forest ~3/4-1 mile south of the festival grounds.

## **MEDICAL ASSISTANCE**

An ambulance will be situated at the halfway point of the marathon course until mid-day and then migrates to the finish area. If a runner requires medical assistance on trail, note their bib number and physical description of the area to notify the nearest aid station. We are all in this together; help your fellow runner!

If you become injured or do not feel you can finish the race, please flag another runner and advise them of your condition and if possible proceed to the nearest Aid Station for support.

If you are allergic to bee stings, please, carry an EPI-PEN!!

The trails and roads are in remote locations and it may take some time to get services to you or you to the services you need.

**Please note:** Mobile phone coverage is intermittent at best on and around the race course. Amateur radio communications at the Aid Stations and Start/Finish are always the best option for finding and/or communicating medical requirements.

## **POST RACE FOOD**

Boy Scout Troop 219 will again be serving a variety of hot soups and sandwich options after the races.

## 1/4 and 1/2-MARATHON AID STATION OFFERINGS

### Beverages

- Gatorade
- Water

### Food

- Chips
- Cookies
- Bananas



## Marathon and 50K Aid Station Support

ITRA is responsible for Aid Station Support and we know how important food is for tackling longer distance events. Unfortunately, most of our Aid Stations are remote and without services, even cellular. We try to put together food and beverages that will enable your adventure.

Food will vary from AS to AS and will not be offered at earlier aid stations. Please understand that with 9 Aid Stations it would be incredibly difficult to predict and plan everyone's nutrition needs. If you have a special diet, please self-support. There will be plenty of fluids to enable your favorite hydration powder.

Aid Station distance, support services and offerings are as follows for marathon and (50K):

		<u><b>CUT OFF</b></u>
• AS#1—Low Gap Backcountry Parking Lot	~5+ miles ( <b>50K ONLY</b> )—Water and Electrolyte only	
• AS#2—Bear Lake Parking Lot	4.5 miles ( <b>10 miles</b> )—Water and Electrolyte only	
• AS#3 —Richard's Rd	6.2 miles ( <b>12.2 miles</b> )—Water and Electrolyte only	
• AS#4 —Carmel Ridge Road	10 miles ( <b>15.5 miles</b> )—Food and Beverages	
• AS#5 —West Lost Branch Road	12 miles ( <b>17.5 miles</b> )—snacks, H2O, electrolyte	<b>2:00 PM</b>
• AS#6 —Gretchen's Place (Salmeron Rd)	15.5 miles ( <b>21 miles</b> )—Food and Beverages	<b>3:15 PM</b>
• AS#7 —Prange Pond	18+ miles ( <b>24 miles</b> )—Food and Beverages	<b>4:00 PM</b>
• AS#9 —Yellowwood Lake/Cemetery	22 miles ( <b>28 miles</b> )—Snacks and Beverages	<b><u>4:30 PM</u></b>
• AS#10 —Yellowwood Dam	24+ miles ( <b>30+mi</b> )—Snacks and Beverages	

PLEASE NOTE: Sweepers will be moving @ a ~18 minute pace. Hard cut-off @AS#9 at 4:30 PM. Race Clock will stop recording finishes at 6:00 PM. Please plan your pace accordingly.

- Aid Station #1—Low Gap Backcountry Parking Lot ~5+ miles (**50K ONLY**)—Water and Gatorade only
- Aid Station #2—Bear Lake Parking Lot 4.5 miles (**10 miles**)—Water and Gatorade only
- Aid Station #3 —Richard's Rd 6.2 miles (**12.2 miles**)—Water, Gatorade and Tailwind
- Aid Station #4 —Carmel Ridge Road 10 miles (**15.5 miles**)—Food and Beverages  
Ex: Coke, Mtn Dew, Tailwind, Gatorade, chips, Clif Bars, bananas, cookies, M&Ms, gummies, pickles
- Aid Station #5 —West Lost Branch Road 12 miles (**17.5 miles**)— snacks, H2O, electrolyte  
Ex: Water, Gatorade, chips, bananas, Clif Bars, cookies, pretzels
- Aid Station #6 —Gretchen's Place (Salmeron Rd) 15.5 miles (**21 miles**)—Food and Beverages  
Ex: Coke, Mtn Dew, Tailwind, Gatorade, pickles, Clif Bars, bananas, cookies, M&Ms, gummies, oranges
- Aid Station #7 —Prange Pond 18+ miles (**24 miles**)—Food and Beverages  
Ex: All of the above...and then some, perhaps.
- Aid Station #9 —Yellowwood Lake/Cemetery 22 miles (**28 miles**)—Snacks and Beverages  
Ex: Gatorade, chips, bananas, Clif Bars, cookies, pretzels
- Aid Station #10 —Yellowwood Dam 24+ miles (**30+mi**)—Snacks and Beverages  
Ex: Gatorade, chips, bananas, Clif Bars, cookies, pretzels

## FAQS

Driving to Start – Driving to the start is permitted, but parking is extremely limited. Do not plan on finding a space within ¼ mile of the start. Parking along the main road is not permitted. Park on the road leading to Cherry Lake Shelter, at least 200' past the office's driveway. (refer to attached start area diagram). Vehicles on the main road or the forest office drive will cause problems for the race start and our buses. If you do not ride on buses to the start, you are responsible for yourself should the start point be changed due to course conditions or bus issues. Any race day updates are made at 317-336-7553 or via twitter @DINOseries.

Course Marking- THINK PINK! The route will be marked with pink ribbons and flags attached to trees along the course. **Flagging and ribbons will almost always be on the right side of the trail or directly overhead (center).** If flags are on both sides of the trail, then we are trying to get your attention, look up and follow the flags on the right hand side. Never go more than 300 meters without seeing a pink marking – you have missed a turn! On most of the trail, there will also be white painted “blazes” on the trees. From mile 3 to 25, this will be a white rectangle. Double blazes are used where the trail makes a turn or other easy to miss area. There are also brown sign posts with a white “T” indicating Tecumseh Trail. You will also see some directional signage at a few trail and road junctions, please follow the signage as they will lead to more pink ribbons.

Aid Stations / Toilets - Aid stations are spaced approximately 2-5 miles apart. Water and sports drinks are available at all aid stations. Later aid stations will offer food such as bananas, cookies, pretzels, energy bars, and oranges. A trash can/bag will be located a few hundred feet down the trail, please place cups and trash in these containers. Portable toilets are located at the start, mile 5 (Bear Lake), mile 13 (bottom of Indian Hill), mile 22 (north end of Yellowwood Lake), and at the finish / race HQ. There is also a pit toilet near mile 25 in the horse campground near the Yellowwood Lake dam.

## **FAQS (Continued)**

Gravel / Paved Roads - Several sections of the course follow gravel or paved roads for short distances. When on these roads, you must keep to the left (facing traffic) and proceed single-file. Be alert for turn-offs from road to trail.

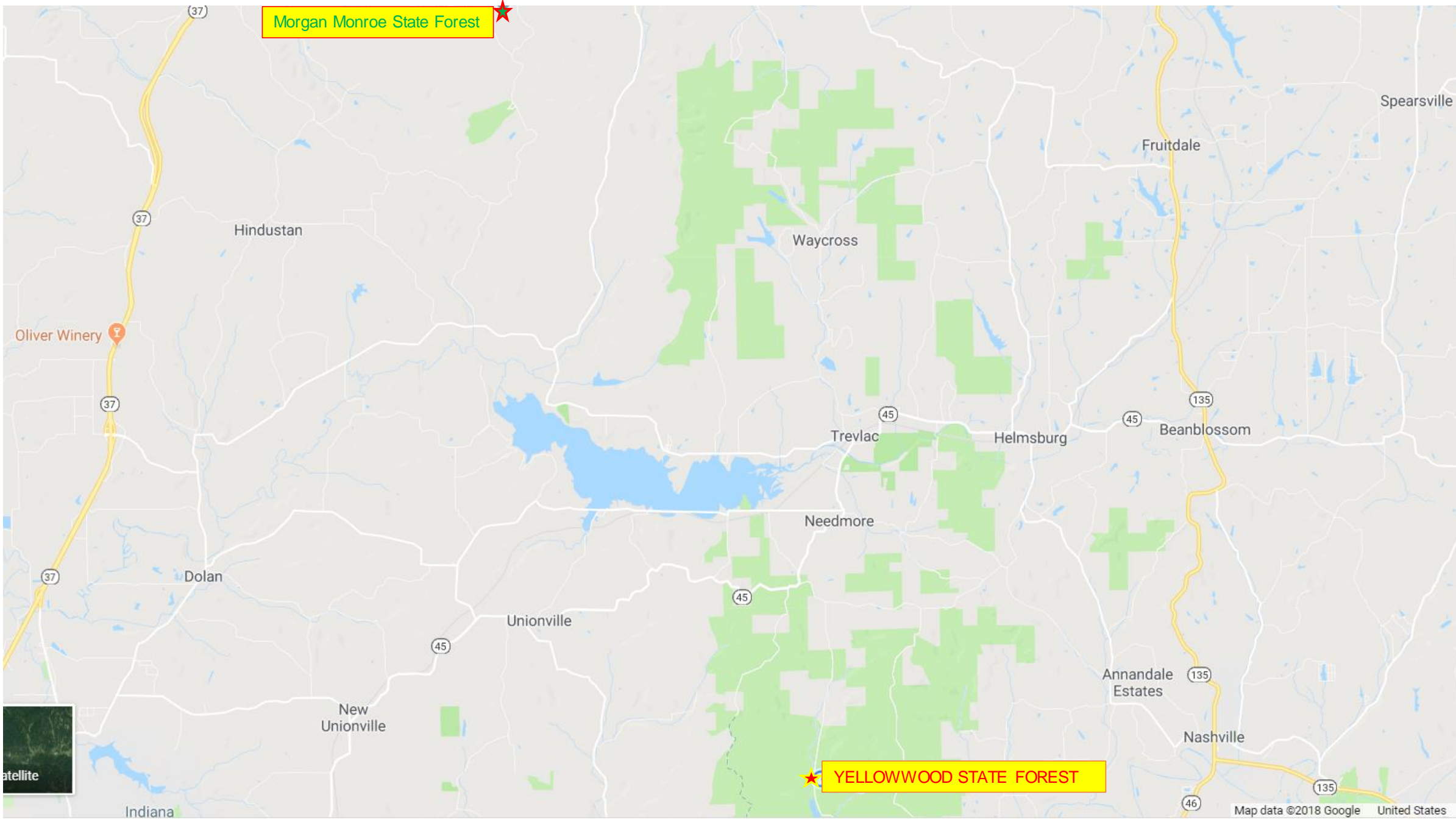
Spectators - This course is difficult for spectators. Please refer to the attached course maps, where color coded areas help illustrate where parking is acceptable. In general, do not park along paved roads or in people's yards.

Private Property - Be respectful of private property. While much of the Tecumseh Trail is on public land, significant portions are routed through privately owned land and the trail exists through an easement. Our access to this resource is a gift. Please respect the land. Do not litter.

**LEAVE NO TRACE** – DO NOT LITTER! Pick up after yourself, if you carry wrappers or gels, carry them out!

There will be trash cans available at the Aid Stations, please deposit your trash there and not along the trail. If you see another competitor drop trash, please say something to them and let us know. We would like to say something as well. Littering will not be tolerated.

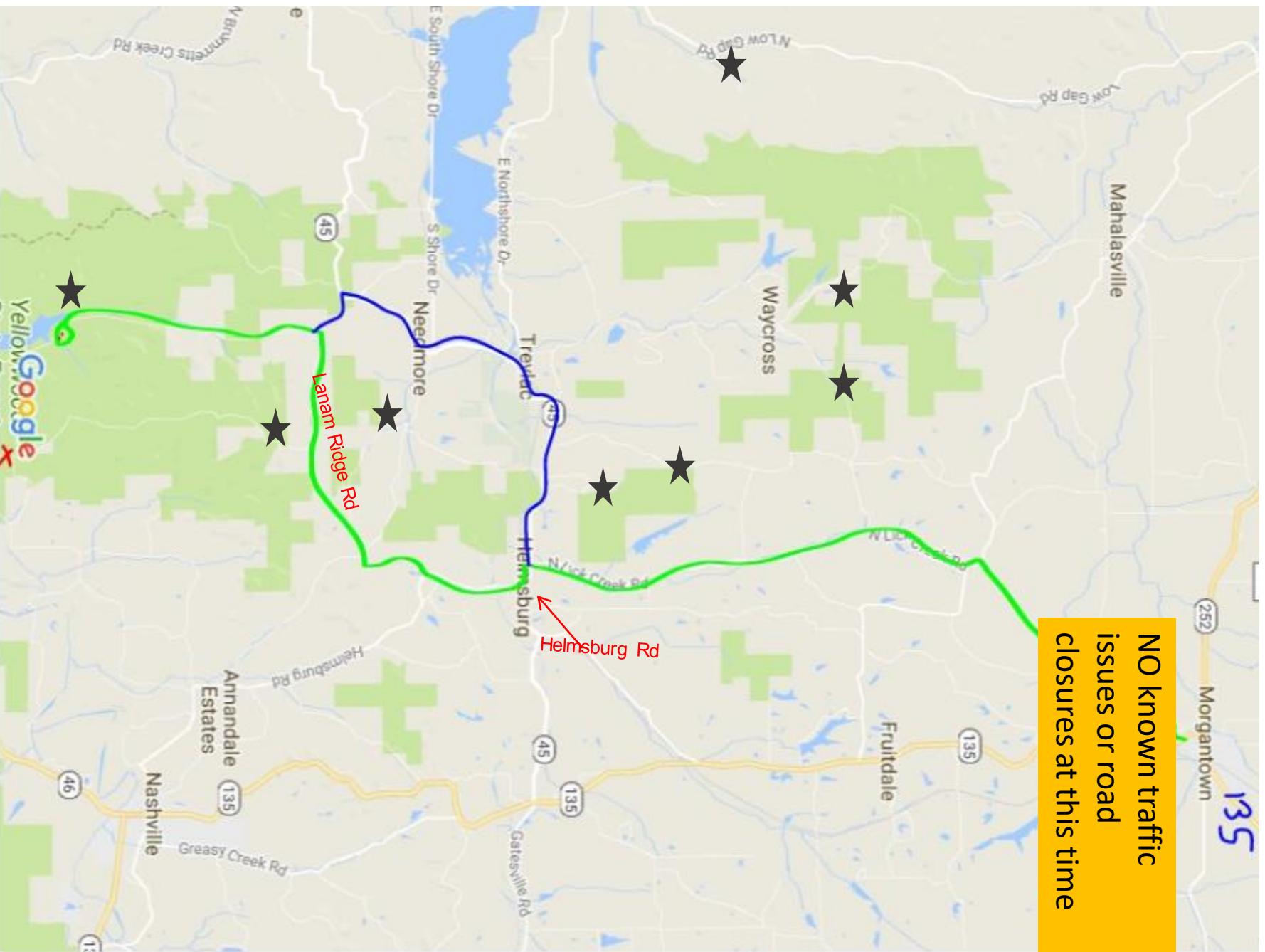
# AREA MAP of Tecumseh Trail Marathon



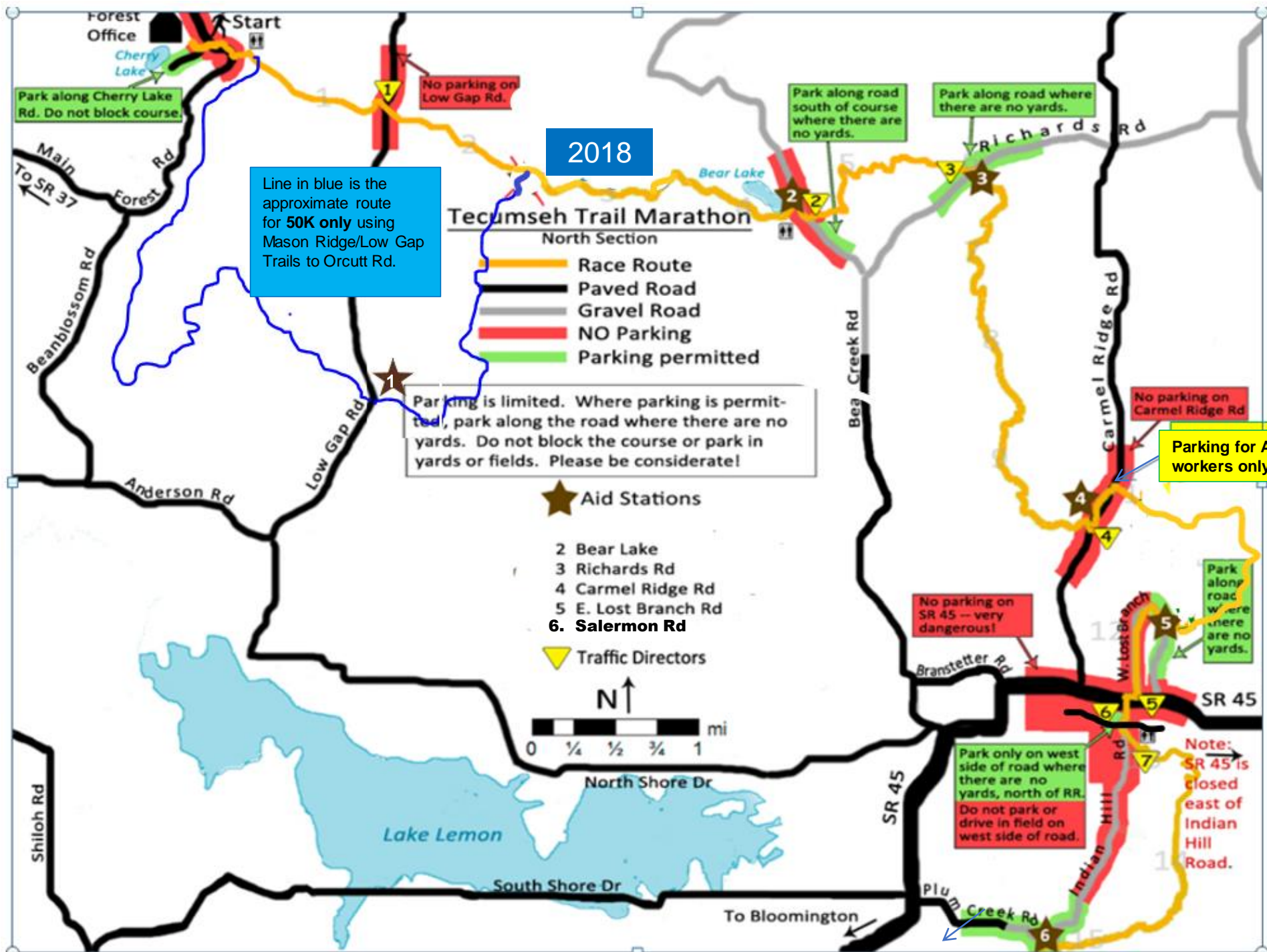
## STARS REPRESENT AID STATION LOCATIONS ALONG COURSE

See next two maps for details.

Ignore the Green and blue lines, they are from a previous year when there were multiple road closures,

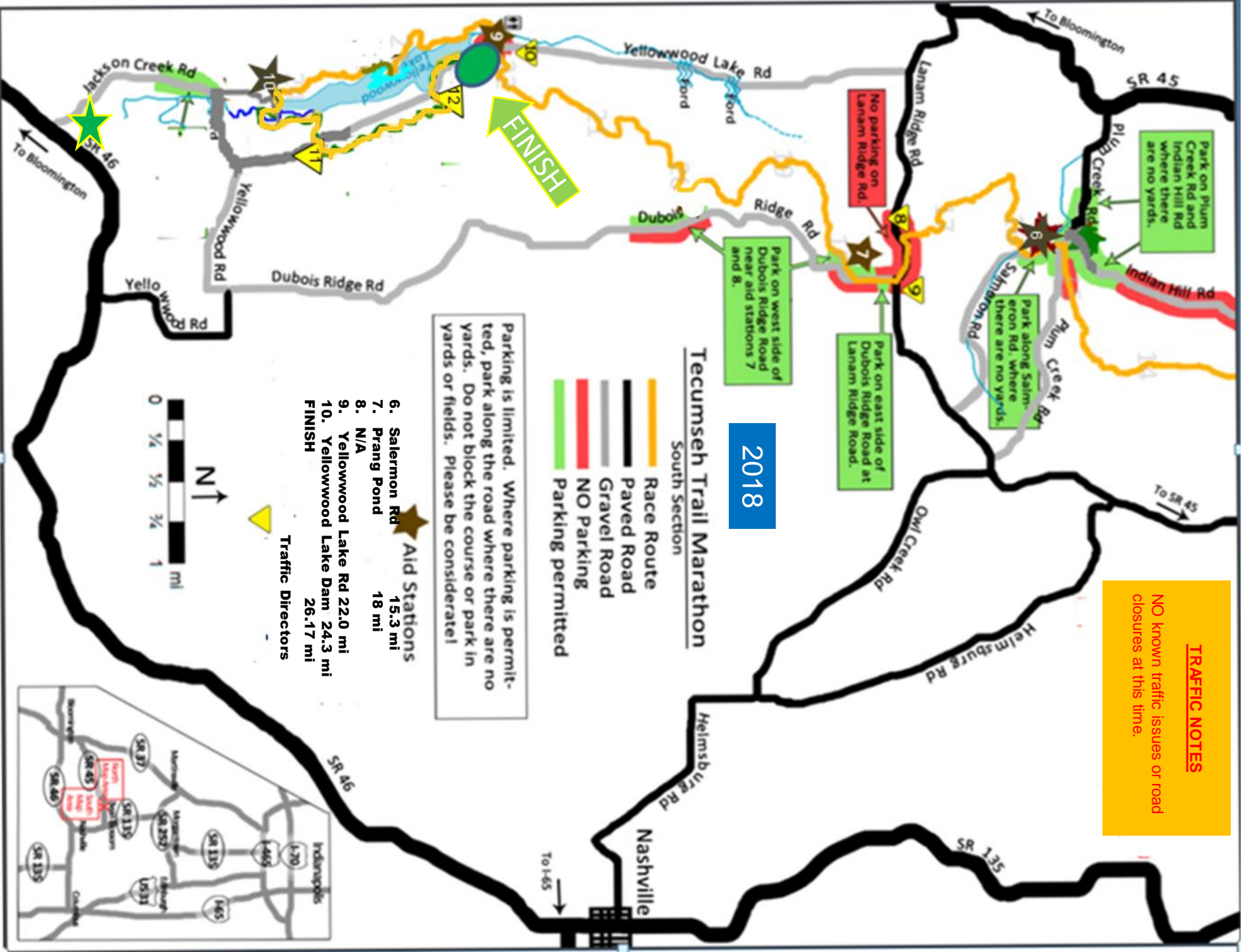






Line in blue is the approximate route for 50K only using Mason Ridge/Low Gap Trails to Orcutt Rd.

Parking for AS workers only



2018

**Tecumseh Trail Marathon**

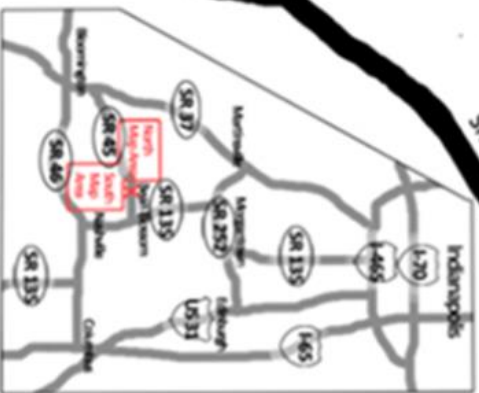
**South Section**

- Race Route
- Paved Road
- Gravel Road
- NO Parking
- Parking permitted

Parking is limited. Where parking is permitted, park along the road where there are no yards. Do not block the course or park in yards or fields. Please be considerate!

- Aid Stations**
- 6. Salermom Rd 15.3 mi
  - 7. Prang Pond 18 mi
  - 8. N/A
  - 9. Yellowwood Lake Rd 22.0 mi
  - 10. Yellowwood Lake Dam 24.3 mi
- FINISH** 26.17 mi

Traffic Directors



**TRAFFIC NOTES**  
 NO known traffic issues or road closures at this time.

No parking on Lanam Ridge Rd.

Park on west side of Dubois Ridge Road near aid stations 7 and 8.

Park on east side of Dubois Ridge Road at Lanam Ridge Road.

Park along Salmeron Rd, where there are no yards.

Park on Plum Creek Rd and Indian Hill Rd where there are no yards.



2018 Tecumseh Trail Marathon Site Map for Finish/Festival Area:  
Yellow line is approach to finish line.  
Red line is outbound ¼ and ½ Marathoners.

