

RACE DAY EVENTS PRESENTS:

# TRAVERSE CITY TRAIL RUNNING FESTIVAL

2024 RACE WEEK UPDATE



FRIDAY MAY 10 - SATURDAY MAY 11

EAST TRAVERSE CITY, MICHIGAN



# DATE & LOCATION

DATE: FRIDAY, MAY 10 - SATURDAY, MAY 11

LOCATION:

TIMBER RIDGE RV & RECREATION RESORT  
4050 HAMMOND ROAD  
EAST TRAVERSE CITY, MI, 49696

# PACKET PICK-UP

FRIDAY, MAY 10

## TIMBER RIDGE RV & RECREATION RESORT

4050 HAMMOND ROAD,  
EAST TRAVERSE CITY

- FRIDAY PARTICIPANTS ONLY:  
4:30-6:30 PM
- SATURDAY PARTICIPANTS ONLY  
1:00 PM - 4:30 PM  
6:30 PM - 8:00 PM

SATURDAY, MAY 11

## TIMBER RIDGE RV & RECREATION RESORT

4050 HAMMOND ROAD,  
EAST TRAVERSE CITY

5:30AM - 8:45AM

# FRIDAY START TIMES

- 6:30 PM – 5K AND 10K RELAY START

# SATURDAY START TIMES

- 7:00 AM – 100K/100K RELAY START
- 8:00 AM – 50K/75K START
- 8:30 AM – 25K START
- 9:00 AM – 10K START

# WHAT YOU GET

- Gender Specific Event T-Shirt
- Free Beer at the finish for all participants age 21+ from Shorts Brewing.
- Finisher Food
- Finisher Medal
- Professional Race Timing With Fast, Accurate Results
- A beautiful course through the Pere Marquette Forest



# WEEKEND SCHEDULE

## FRIDAY, MAY 10

- 1:00 PM – 8:00 PM – ALL RACES PACKET PICK-UP
- 4:30 PM – 6:30 PM – FRIDAY RACES PARTICIPANT PACKET PICK-UP
- 6:30 PM – 5K AND 10K RELAY START
- 6:30 PM – 8:00 PM – SATURDAY RACES PARTICIPANT PACKET PICK-UP
- 7:00 PM – SATURDAY RACES PARTICIPANT BRIEFING

## SATURDAY, MAY 11

- 5:30 AM – 8:45 AM – PACKET PICK-UP
- 6:45 AM – 100K PARTICIPANT BRIEFING
- 7:00 AM – 100K/100K RELAY START
- 7:45 AM – 50K/75K PARTICIPANT BRIEFING
- 8:00 AM – 50K/75K START
- 8:15 AM - 25K RACE BRIEFING
- 8:30 AM – 25K START
- 8:45 AM - 10K RACE BRIEFING
- 9:00 AM – 10K START

## PARKING INFORMATION

Parking at Timber Ridge will be available Friday 5/10 but will fill up quickly on Saturday 5/11 and will be on a first come first serve basis. Carpooling for the race is highly encouraged or stay the night with us at Timber Ridge and you won't have to worry about parking....plus it's a lot more fun!

Offsite overflow parking will be available at:

Grand Traverse Academy - 1245 E Hammond Rd, Traverse City, MI 49686

Follow parking signs to North parking lots

A shuttle will provide transport to and from Timber Ridge from the overflow parking area starting at 6:00am Saturday morning.

# AWARDS

## 5K

- OVERALL: TOP 3 MALES, TOP 3 FEMALES
- AGE GROUP: 19 AND UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## 10K RELAY

- OVERALL: FIRST PLACE FINISHING RELAY TEAM

## 10K

- OVERALL: TOP 3 MALES, TOP 3 FEMALES
- AGE GROUP: 19 AND UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## 25K

- OVERALL: TOP 3 MALES, TOP 3 FEMALES
- AGE GROUP: 19 AND UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## 50K

- OVERALL: TOP 3 MALES, TOP 3 FEMALES
- AGE GROUP: 19 AND UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## 75K

- OVERALL: TOP 3 MALES, TOP 3 FEMALES
- AGE GROUP: 19 AND UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## 100K

- OVERALL: TOP 3 MALES, TOP 3 FEMALES
- AGE GROUP: 19 AND UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## 100K RELAY

- OVERALL: FIRST PLACE FINISHING RELAY TEAM

\*OVERALL WINNERS ARE INCLUDED IN AGE GROUP AWARDS.\*

\*AGE GROUP AWARDS WILL BE GIVEN TO THE 1ST PLACE FINISHER IN EACH AGE GROUP; NO 2ND OR 3RD PLACE AGE GROUP AWARDS WILL BE GIVEN.

# AID STATION INFORMATION

There are 3 different types of aid stations:

- **Major:** Water, Hydration, Gels, Food/Snacks, Soda, Bag Drop, Crew, Medical, Bail out, Restrooms, Timing Checkpoint
- **Minor:** Water, Hydration, Volunteers, First Aid, Bail out, Vault Toilets
- **Minimal:** Water, Hydration, Bail out (with 1.2 mile walk back to Timber Ridge)

Major Aid Station food will include: Water, Cola, Granola Bars, Bananas, Oranges, PB&J, Chips, Candy, Fruits Snacks, Tailwind Hydration

## AID STATION LOCATIONS

Bartlett Road Trail Head Aid Station #1 (Minor)

- 25K: Mile 4.5
- 50K: Mile 4.5 (Loop 1), Mile 20 (Loop 2)
- 75K: Mile 4.5 (Loop 1), Mile 20 (Loop 2), Mile 35.5 (Loop 3)
- 100K: Mile 4.5 (Loop 1), Mile 20 (Loop 2), Mile 35.5 (Loop 3), Mile 51 (Loop 4)

Powerline Aid Station #2 (Minimal) 10K: Mile 2.75

- 25K: Mile 9.3
- 50K: Mile 9.3 (Loop 1), Mile 24.8 (Loop 2)
- 75K: Mile 9.3 (Loop 1), Mile 24.8 (Loop 2), Mile 40.3 (Loop 3)
- 100K: Mile 9.3 (Loop 1), Mile 24.8 (Loop 2), Mile 40.3 (Loop 3), Mile 55.8 (Loop 4)

Supply Road Trail Head Aid Station #3/4 (Minor) 10K: Mile 5

- 25K: Miles 11.5/14.25
- 50K: Miles 11.5/14.25 (Loop 1), Miles 27/29.75 (Loop 2)
- 75K: Miles 11.5/14.25 (Loop 1), Miles 27/29.75 (Loop 2), Miles 35.5 (Loop 3)
- 100K: Miles 11.5/14.25 (Loop 1), Miles 27/29.75 (Loop 2), Miles 42.5/45.25 (Loop 3), Miles 58/60.75 (Loop 4)

Timber Ridge Aid Station #5 (Major) 50K:

- Mile 15.5 (Loop 1)
- 75K: Mile 15.5 (Loop 1), Mile 31 (Loop 2)
- 100K: Mile 15.5 (Loop 1), Mile 31 (Loop 2), Mile 46.5 (Loop 3)

# DROP BAGS

Drop bags are allowed for the 50K/75K/100K at the Timber Ridge Aid Station ONLY (mile 15.5 of each 25K Loop). There will be a designated tent where drop bags are allowed.

- You are limited to 1 drop bag/small cooler
- Drop bags must be claimed by the end of the event on Saturday. Any drop bags remaining following the event may be claimed by staff (so leave us some good snacks!) or disposed of.
- DO NOT leave valuables in your drop bags. We aren't responsible if something is stolen from them.

# CREW

Crewing is providing on-course support for a runner during a race at designated, crew-allowed aid stations. As a crew member, you become a first-aid provider, counselor, cook, motivational speaker, and pedicurist for a person who is exhausted, dirty, smelly, dehydrated, hungry, sleepy, blistered, and sunburned. Sounds fun, right?

Crewing is allowed for the 50K/75K/100K at the Timber Ridge Aid Station ONLY (mile 15.5 of each 25K Loop).

- There will be a designated section where crew members can setup shop. Crewing is not allowed outside of this zone and will result in a DNF for the runner if caught doing so.
- Pacers are allowed but ONLY for the 4th loop of the 100K (miles 46.5-62) and must follow all rules of the race.
- Pacers are not allowed to carry support for participants and must only PACE. All support must be in the Crew Zone at the Timber Ridge Aid Station.

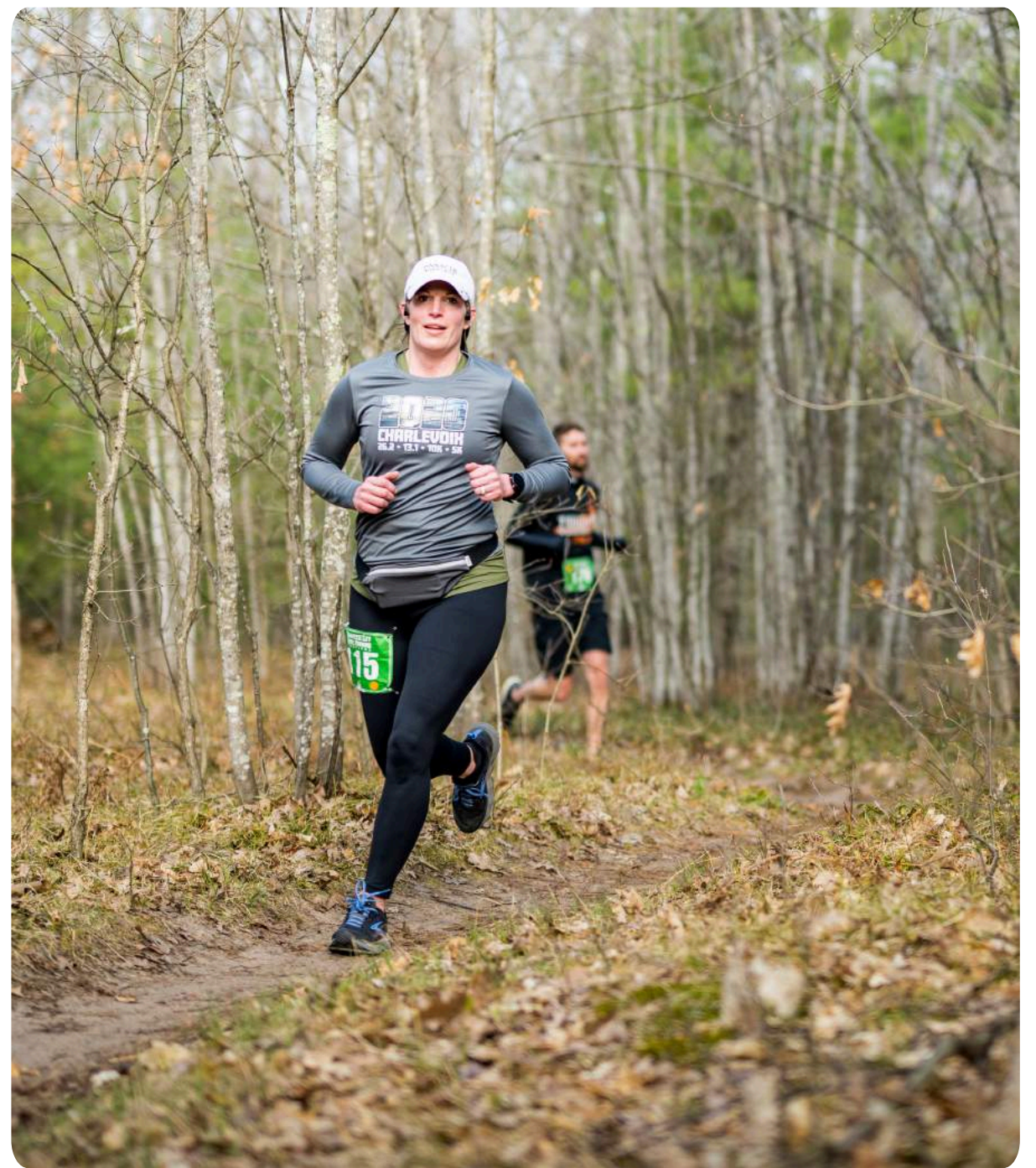
# RESTROOMS

Pooping in the woods or your pants is discouraged, so try to make it to one of the restroom locations below.

- Vault toilets are available at the Bartlett Road and Supply Road Aid Stations
- Portable restrooms at Supply Rd VASA Singletrack Trailhead (Aid Station #3/4)
- The Timber Ridge start/finish area and aid station will have portable restrooms

# COURSES

- 5K: One 5K loop
- 10K Relay: Two 5K loops (One per participant)
- 10K: Two 5K loops
- 25K: One 25K loop
- 50K: Two 25K loops
- 75K: Three 25K loops
- 100K: Four 25K loops
- 100K Relay: Four 25K loops (One - two per participant)



# COURSE MAP MY RUNS

- [5K COURSE LOOP](#)
- [25 COURSE LOOP](#)

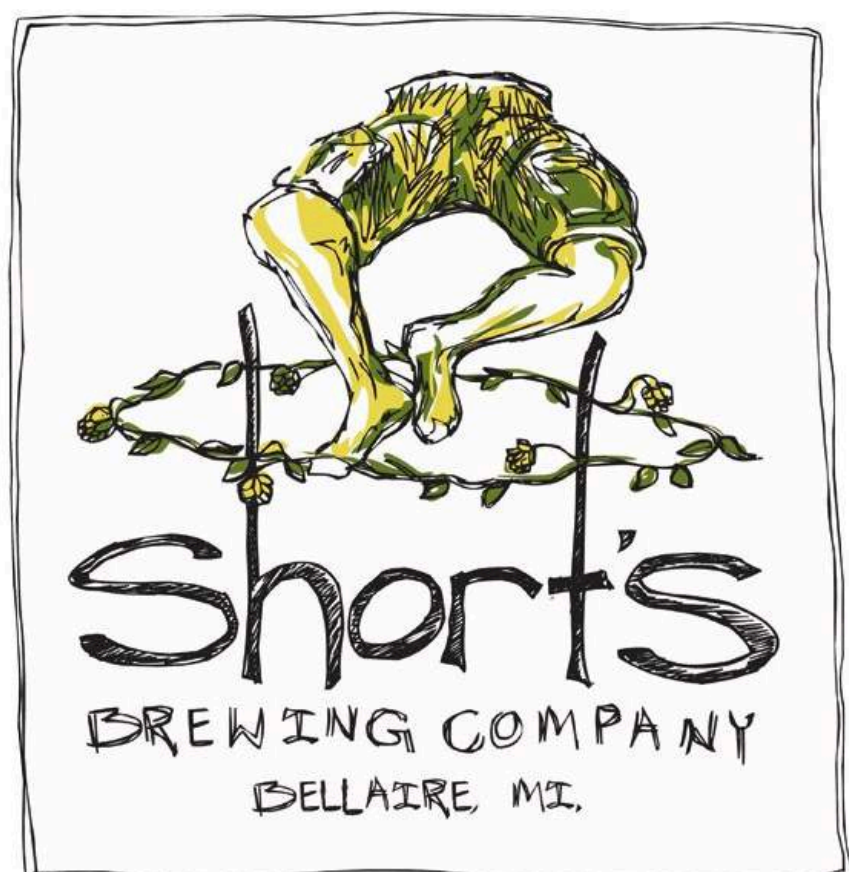
# BAIL OUT POINTS

- If at any point you are unable to continue on the 25K loop there are three bail out points where you can receive a ride back to the start/finish line:
- #1 Bartlett Road Trail Head Aid Station
- #2 Supply Road Trail Head Aid Station
- #3 Timber Ridge Aid Station (Loop Start/Finish)
- Aid Station 2 is not staffed but you can bail out at this point and follow the markings backwards towards Timber Ridge (1.2 miles)



# SPONSORS

OFFICIAL BEER PARTNER



FINISH LINE FOOD



## EVENT SPONSORS

