

COMPLETE RACE INSTRUCTIONS

LAND BETWEEN THE LAKES TRAIL RUNS

WELCOME! WELCOME, to the 20th running of Land Between the Lakes trail runs. We are so excited to see our friends returning, and to make new friends if this is your first LBL

Isaiah 40:31 - But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.

RACE INFORMATION

Saturday March 9, 2024

Grand Rivers, KY

Race Directors: Steve Durbin, John Durbin

Emergency contact number: Steve 270-556-1679

ALL TIMES ARE CENTRAL STANDARD TIME

BEFORE THE RUN

A couple of changes/reinforcements:

We are trying to reduce the number of cups used. Please bring a bottle(s) to use to fill your fluids from the aid stations. There will be a limited number of cups.

Energy gels must be consumed at an aid station, and packets placed in the trash containers. NO LITTERING, PLEASE! If anyone reports you as dropping trash, or littering on the course, you face possible disqualification.

Late Registration: You can still register at packet pick up. There will be a \$15 late fee. This late fee will be donated to Friends of LBL.

Packet Pickup:

Friday, March 8, 2024 3:00 p.m. - 7:30 pm central time

Grand Rivers Community Center located at 155 W. Cumberland St, Grand Rivers, KY 42045; behind 1st Kentucky Bank, across the street from Badgett Playhouse - turn east off of Hwy 453 onto Commerce St (across from Lighthouse Landing). GRCC is a half block on the right.

At packet pick up you will receive your bib, safety pins, a drawstring bag, choice of a couple different caps, or knit sock cap, and long sleeve shirt. (Shirts designed and printed by Cynthia and Todd Heady!) Caps and shirt choices are while supplies last. NOTE: there are enough so that everyone will receive one or the other.

SPECIAL NOTE: Thank you to everyone who donated to Friends of LBL.

Representatives of FoLBL will be on hand at packet pick up on Friday. They will have your donation gift. Please get it from them at packet pick up. It's expensive to mail items, and reduces the effect of the donation.

Day of Race packet pickup - Saturday, March 9 5:00 a.m. – 6:00 a.m. central time
Grand Rivers Community Center – 155 W. Cumberland St. Grand Rivers, KY 42045

DON'T BE LATE!!! PLEASE! RACE STARTS PROMPTLY AT 06:30 CST IF YOU ARE LATE YOU'LL HAVE TO RUN DOWN TO THE START AND THEN CATCH UP.

Directions to Grand Rivers:

Take exit 31 I-24, go 3.3 miles south on Hwy 453 to Grand Rivers. Commerce St is the first intersection you reach. Turn right for Lighthouse Landing, Left for the Community Center, Grand Rivers Inn, and Green Turtle Bay (follow signs to GTB).

Friday night PASTA DINNER featuring lazarus lake catered by The Olive Garden

laz will be around for the dinner, the start of the race, and throughout the race. Here's your chance to meet the world's most famous race director, and cool guy.

Will be held at the Community Center. (same site as packet pick up),

Served between around 4:30 – 7:00.

If you purchased your pasta dinner through the Runsignup registration, you'll be given a meal ticket at packet pick up. You can also purchase tickets at packet pickup. Join us for a great meal!

Parking - Race Day:

Volunteers will be on hand at the intersection of Hwy 453 & Commerce St; at Lighthouse Landing beginning at 04:45 to direct you to parking. Please don't wait until the last minute to show. Try to be here at least 45 minutes before start, and sooner, if you have to pick up your packet.

Drop Bags/Boxes: Drop Bags/boxes should be no bigger than you need. If you can limit them to the size no larger than what you need, that would be best. A waterproof/ water resistant bag is best since they will be out in the elements. Please clearly mark your bag with your bib # and name. IF YOU HAVE NUMBERS FROM PREVIOUS EVENTS STILL SHOWING THIS ONLY CONFUSES THINGS, PERHAPS YOU CAN COVER THOSE NUMBERS. Leave the bags/boxes at the Community Center. You will see signs indicating where to leave them. .

****IMPORTANT NOTE***on Drop Bags/Boxes: They will be taken to the North Welcome Station and sorted there next to the aid station. This means you can access them at Miles 7.6; 18.9; 30.2; and 41.5. Make sure you place your bag in the section entitled WHEN YOU ARE FINISHED WITH YOUR BAG FOR THE DAY, PLACE HERE. If you do this simple thing, you will have your bag taken back to the Community Center and it could be there by the time you finish. Otherwise we have no way of knowing when to take it. You can choose to go retrieve your bag if you wish. You don't have to wait for us to bring it.

Porta Johns: There are rest rooms inside the Community Center for use on race morning. These will become overwhelmed, so there will be additional porta johns located on the back side of the community center, and more at the start. NO NEED to wait in a long line inside the Community Center. There will be 2 portable toilets located

at each aid station. The North Welcome Station has indoor restrooms in addition to two outdoor toilets.

Race Start:

All distances begin at 6:30 a.m. central time on Saturday, March 9, 2024, past the sailboats at Lighthouse Landing down by the Kentucky Lake shoreline.

Please be at the starting line about 15 minutes early.

NOTE: You will NOT need your lights to see where you are going once the race starts.

PLEASE NOTE: You are NOT allowed to run with your dog. No one loves dogs more than we do, but LBL Trail runs is a USATF Sanctioned event. The USATF does not allow dogs to run with runner/walkers. IF you ignore this note, and bring your dog anyway, you will be stopped at the starting line. PLEASE!! Don't make us do this.

The pre-race instructions will be hard to hear. If you'll read through the rest of these instructions, you'll have it. Main things are to wear the bib # in sight. Don't tear up the timing chip on the back of the bib. Don't run in front of a car. Let faster runners pass you. Follow the signage and markings on the road and trail.

Enjoy the day! and for God's sake... **DON'T LITTER.** There will be ample containers for your trash. Unfortunately, there are those who think this doesn't apply to them, or think that they can say "whoops, I didn't realize I dropped that". You know who you are. Those who deliberately litter are subject to being removed from the course.

DON'T LITTER!!!!

DURING THE RUN

Bib No: Please keep your number visible on your front. The timing chip is attached to the back of the bib. Don't mutilate the chip, or you'll mess up your results. If you decide to move down from one race length to a shorter distance you must tell the official at the finish of the loop, and possibly allow them to mark your bib#; and tell us at the finish line that you changed distances. We will record an official finish time and give you the appropriate award for the distance you finish. If you stop before the finish line, say, at an aid station, or the North Welcome Station, you won't have a finishing time, and will be included in the official results as a DNF.

Position yourself: At the start, line up in accordance to the pace you think you're going to run. Faster people should be towards the front. You'll have almost two miles of road to move up, or allow others to pass you before you reach the trail.

Stay on course: There will be a police escort at the start, and a trail vehicle. Please stay on the right-hand side of the road on the way out. The first 1.9 miles is on paved roads, allowing separation before hitting the single-track Canal Loop trail in LBL. The Canal Loop is marked with **blue markers on trees**. We run in a clockwise direction. Additional signage will direct you. NOTE: Do not take any of the connector trails, labeled A, B, C, or D. (further marked with yellow markers on trees). When in doubt as to which direction, go left, unless marked. Once you've completed your time on the trail, you'll have about 1.7 miles to the finish, on the roads you ran in on. On the way back to Grand Rivers for the finish, stay on the left, (same side of the road you ran out on), ON THE

SHOULDER as much as possible until you reach the point of being directed to cross the road at the intersection of JH O'Bryan Ave. You finish in front of the Grand Rivers Tourism office. (NOT down by the lake where you started).

PLEASE DO NOT LITTER, USE THE WASTE CONTAINERS AT THE AID STATIONS

23k start at Lighthouse Landing, run the road to the trailhead on Kentucky Lake Scenic Drive, run one loop on the Canal Loop and then head back via road to finish at Grand Rivers in front of the GR Tourism Office.

Marathon – start at Lighthouse Landing, run the road to the trailhead on Kentucky Lake Scenic Drive, run two loops on the Canal Loop, and then back to Grand Rivers for the finish.

60k – start at Lighthouse Landing, run the road to the trailhead on Kentucky Lake Scenic Drive, run three loops on the Canal Loop, and then back to Grand Rivers for the finish

50 mile start at Lighthouse Landing, run the road to the trailhead on Kentucky Lake Scenic Drive, run four loops on the Canal Loop, then after the fourth loop, turn left on Kentucky Lake Scenic Drive, and run a .62mi out to the turnaround, and back by the aid station and on back to Grand Rivers for the finish. Note that you run this out and back ONLY after the fourth loop, not any of the other loops. Staff member will be at the end of the loop to assist you.

Cut Off Times: For the **60k**, you must start your final loop by **2:15pm**. For the **50 mile** you must start your final loop by **3 pm**. If you miss the cut off times you will be directed to run back to Grand Rivers for the finish; where you will receive your time and award for the distance you finished.

EMERGENCIES: If you need emergency assistance while on the run, call 270 556-1679. Please understand that in the unlikely event that you need to be extracted (never happened in the first 18 years), it could take hours before someone can get you out, as you would have to be hand carried.

NOTE: There are aid stations every 2-3 miles. If you seriously believe you shouldn't continue, please tell an aid station worker and they will assist you.

Cell phone service is not 100% dependable, but pretty good for the most part, so carry yours if you wish.

YOU MUST INFORM AN OFFICIAL IF YOU INTEND TO DROP OUT BEFORE YOU CROSS THE FINISH LINE.... AND SURRENDER YOUR BIB NUMBER.

You must run across the finish line to receive an official time and award. If you quit at the North Welcome Station, even if you've run more than a marathon, we won't have your official time.

IF YOU WISH TO DROP DOWN TO A SHORTER DISTANCE YOU MUST TELL THE OFFICIAL AT THE END OF THE LOOP.

Aid Stations: There are 4 located on the loop... ranging in distance from 2 – 3.3 miles apart. Water, SWORD hydration drink, and Coke products will be available, along with the usual trail food, such as chips, oranges, bananas, light snacks, PB&J, and beginning around 11 am, bean, cheese, or turkey wraps. Honey Stinger gel, and Electrolytes. If you require anything in particular, you should carry it with you, or leave it at the drop bag station.

We are trying to limit the amount of cups/waste. Please carry a water bottle with you if you can. If you wish to consume an energy gel, please do so while at an aid station, and dispose of the package in the waste container.

Porta johns: There will be at least two at each aid station. There are indoor facilities at the North Welcome Station as well.

Drop Bags: You will have access to your bag at the North Welcome Station (middle of the loop) next to the aid station. Bags will be sorted by distance and #. We will try to keep someone there to assist you. Remember to place your bag in the “To be returned to finish” area when you are finished with it for the day.

Photographers on the course: Chad and Micki Colson <https://www.colsonphoto.com/> will be at various locations on the course and at the finish. They do a wonderful job of capturing you at the race. Links to the photos will be given to you via email and posted on the LBL Trail Runs facebook page.

Race Finish:

Downtown Grand Rivers at the Grand Rivers Tourism Office, 1858 JH O'Bryan Avenue, just before the Badgett Playhouse.

Please make sure your bib # is visible as you run through the timing areas each loop at North Welcome Station, and for the finish. **TELL US AT THE FINISH IF YOU DROPPED DOWN IN DISTANCE.** You are welcome at the finish to watch others finish, but if you don't mind, after you finish, please put your bib # in your car or somewhere away from the finish line so that your chip isn't picked up repeatedly by the timing system.

Spectators: The best place to watch and meet your runner is around the finish area in Grand Rivers, or at the North Welcome Station, where there is a lot of parking. NWS is a couple of miles past the “Welcome to LBL” sign on 453. NOTE: There is only one road running through LBL. (The Woodlands Trace, aka 453). The Welcome Station is a great place to find information, maps, and gifts!

Special note: Spectators/crew will not be allowed onto Kentucky Lake Scenic Drive this year, to limit the congestion around the trail crossing/aid station, and for safety of your runners.

AFTER THE RACE

500 mile buckles: Please get yours at the finish line if you've run at least 500 miles at LBL events. If you should have received their buckle in a previous year. If you didn't, let us know, and we'll take care of you.

Awards: 50 mile and 60k finishers receive special custom-made buckles

Establish a new course record in the 50 mile or 60km and receive a Cash Award of \$1000*. *If lake levels warrant a detour of the course, then the winner will receive \$300 IF their time is faster than the regular course record.

Establish a new course record in the Marathon or 23km and receive a Cash Award of \$500*. *If lake levels warrant a detour of the course, then the winner will receive \$300 IF their time is faster than the regular course record.

Top 10 male and female in each distance receive awards.

1st, 2nd, and 3rd M/F each distance receive additional awards courtesy of Will and Maddie at Running Soles. <https://runningsoles.us/>

Marathoners and half marathon finishers receive a nice medallion.

Awards will be given at the finish line when you finish, so please don't run off without it.

Louisville Lovin' The Hills runners... if you ran any distance at LLTH, and finish any distance at LBL, tell us at the finish and get your special medal.

Post-Race snacks and food: are available at the Community Center. A special thanks to the ladies and gentlemen of Grand Rivers who volunteer to make some really good food, and to local restaurants who provide some of the dishes. Green Turtle Bay, and Patti's 1880s Settlement.

Muddy day shoes? please do the best you can at wiping your feet before entering the Community Center.

Results: Our awesome timer will again be Jason Claunch of SoiLL timing. We will have Live Tracking, with instant updates of finishes, via the raceresult link. Complete results will be posted on the LBL trail RunSignUp.com site as soon as feasible.

Showers:

are available at Lighthouse Landing (just up the hill from where we start). Follow signs or ask for directions at the finish line. Bring your own body wash and towel! Showers are very limited. Three m/f. If you can shower at your room, it would be better to do so, and save the facilities for others.

LBL info: Land Between the Lakes National Recreation area (www.lbl.org) is a magnificent place. If you get a chance, you should visit the North Welcome Station (just a couple of miles past the LBL welcome sign on 453). Cool gifts, and lots of info about LBL.

Return to Grand Rivers/LBL: we hope you'll return to the area for vacation time. Lots of activities and an awesome recreation wonderland.

Volunteering:

If you are interested in helping with this event on race day please contact Steve Durbin, Race Director, via e-mail: durb417@gmail.com OR at packet pickup OR on race day.

Photographers: If you can take some photos on the course please let me know, and we can arrange contact with the official race photographers for best locations for great shots!

Special Thanks: To all the runners, the Rangers at LBL, the people of Grand Rivers, and all the wonderful volunteers and sponsors.

SPONSORS

West Kentucky Runners Club

Paducah Bank

Headfirst Performance

Grand Rivers Tourism

Lighthouse Landing resort

Green Turtle Bay resort

Patti's Inn & Suites

Durbin Race Management

SoiLL racing

HVMN (Health Via Modern Nutrition)

SWORD hydration