

Tunnel Hill 100/50/26.2 Instructions for 2024

November 9 & 10, 2024

Welcome to the 11th running of the Tunnel Hill 100/50/Marathon!
We're thrilled you chose us and are doing all we can to give you a great race experience.

All times Central Standard Time
100 miles and 50 mile – 07:00 start Saturday
Finish Limit Nov 12 at 1pm (30 hours)
Marathon – 07:00 start Sunday
Finish Limit 1pm (6 hours)
Vienna City Park, 302 E Vine St, Vienna, IL, 62995

USATF SPECIAL NOTICE: No American, or World Record, including age group records, will be recognized for any athlete who: 1) receives aid outside of a designated Aid Station area, OR 2) uses a pacer who is not entered in the race. These rules fall under the “unfair advantage” rules. NOTE: Don't worry about these rules if you aren't going to set any records other than your own personal records.

USATF Sanctioned Event # 23-21-145528
USATF Certified 100 miles: #IL17003BW
Ratified in Dec. 2017.
USATF Certified 100miles:#IL23001DAH
10/27/2023
USATF Certified 50 miles: #IL17004BW
USATF Certified 50miles:#IL23002DAH
USATF Certified marathon: IL18001BW

WA Certified 100: USA-2023-304
WA Certified 50: USA-2023-305

NEW 50 MILE FINISH! We now have a certified finish line for the 50 miles. It is about 1/4th of a mile before the 100 mile finish, and will be adequately marked. Your official 50 mile finish will be that which you record when you cross that mat.

Timing services are provided by **Final Lap Racing**.
Timing mats will be located at every aid station and turnaround on the course. "Live" tracking of runners crossing these mats will be available,

Link to signup for live tracking will be given before the race

Schedule of Events – all times Central Standard Time

Friday – Vienna HS, 601 N 1st Street, Vienna, IL

4pm – 7pm	Packet Pick up in the "old" Gym.
4:00pm – 7pm	Pasta Dinner courtesy of Johnson County Egyptian Chapter 30; Order of the Eastern Star
6pm – 6:30pm	Greg Armstrong will be the guest speaker. He was a member of many USA teams. A great ultra runner with some great advice. He is even more a great humanitarian who has dedicated countless hours in helping to bring clean water to so many regions that did not have it.

Marathoners: You are welcome to attend any or all of the events. You can pick up your packets either Friday at packet pick up, Saturday by asking a volunteer at the food house, or Sunday 05:00 – 06:30.

Saturday – Vienna City Park; 302 E Vine Street, Vienna, IL

05:00 – 06:30	Parking – you will be directed; arrive early enough in case you need to park up to ½ mile away. Day of race Packet Pick up Drop Bags/boxes – leave in designated area in parking lot close to White Building
06:45	Final instructions
07:00	START of 100 mile run and 50 mile run.

Marathoners: You are welcome to attend any or all of the events. You can pick up your packets either Friday at packet pick up, Saturday by asking at the food house, or Sunday 05:00 – 06:30.

Sunday – Vienna City Park

5:30 – 6:30	Packet pick up Marathon
7am	START of the Tunnel Hill Marathon
1pm	FINISH of 100 & 50 mile runs & Marathon

In a nutshell, for those of you familiar with Tunnel Hill, the Schedule of

Events is about all you need.

Almost any information can be found on either the Ultrasignup Tunnel Hill site, or www.durbinracemanagement.com You will also receive a Runners/Crew booklet at Packet pick which contains lots of information about the race and the surrounding area.

If you need to know more, please keep reading.

Camping/staying at Vienna Park:

NOTE: Tent camping or car camping ONLY. This is on a first-come, first-served basis. We've always had plenty of room at the park for this type of camping, but there is no guarantee. Set up tents ONLY on the park side, and NOT on the state side. Signage will help you.

NOTE: Vienna Park, is not a Campground., but it does have a few shelters, one with a large fire pit, several picnic tables, bbq grills, and a playground. There are many sites with electricity.

RVs are encouraged to stay at Shawnee Forest Campground:

Shawnee Forest Campground has 60 Full Hook ups sites.

1800 State Route 146E, Vienna, IL.

Shawneeforestcampground.com

618-658-0619.

Located just off of I-24; About a mile from the start/finish.

Friday events at Vienna High School "old"

gymnasium: 601 N . 1st St. Vienna

Park around in the back, or wherever you find a spot, and follow signs to the appropriate doors.

Packet Pickup - Friday

Begins at 4pm.

50 milers will receive a lightweight hoodie, choice of cap or sock cap (while supplies last), and drawstring bag.

100 milers will receive the above, plus a race belt for bib#, and a 10 liter dry bag. 100 mile finishers receive a nice Finisher jacket. (Mailed to you after the race).

All runners receive a **Race Booklet** with race info, local attractions, list of runners (as of deadline for going to Press), and photos of previous years. Please patronize the local businesses.

The pre-race dinner

will be available beginning around 4:15pm. It is courtesy of the Johnson County Tourism, and provided by Vienna Masonic Lodge #150, and the Egyptian Chapter 30 Order of the Eastern Star; and will consist of pasta, meat and meatless sauce, salad, bread, drink, and dessert. Vegetarians should be able to find something, but I'm afraid there are no gluten free options.

FREE to runners.

Additional meals can be purchased for the low prices of : Adults - \$12, Kids 6-12 - \$6, and Kids under 6 Free. Cash only please for additional purchase.

Special Guest(s): Greg Armstrong. Ultrarunning superstar.

Tunnel Hill merchandise:

We will have a number of Fleece Jackets, hooded sweatshirts, and some long sleeve, and short sleeves shirts for sale at packet pick up. We will have some merchandise from previous Tunnel Hills for sale as well. We are working on being able to take credit cards, but know that there is special pricing for cash.

Parking - Saturday

Aside from the large parking lot at Vienna Park, there are additional paved lots in close proximity to the State trail property. If we fill these lots, then we will either use grass lots, or if it continues to stay wet, *we'll have to send overflow parking over to the Ranger Station on Hwy 45*, about a mile away. If you are directed there, you can park, and follow a foot path to the Park. This path is only about 1/3 mile in distance to the park.

It behooves you to get here early enough to be parked by 06:30 so you can be ready to go.

Drop bags/boxes – Drop these off on Saturday morning

You may use either a bag, or box. It should be a reasonable size. Perhaps the size of a large shoe box, and probably no bigger than around 12" x 12" x 18" (smaller or a little bigger is okay, use your own discretion). Just no big coolers.

Do NOT put your car keys in your drop bags. Carry those with you, or give to your crew.

Mark your bag/box with your Name, and Bib #, and place it in the corral designated for where you want it to be during the race. Either KARNAK (mm 10, 15, 60, 65), VIENNA (start/finish), or TUNNEL HILL (mm 36, 41, 86, 91).

Please place them in the designated areas at Vienna Park near the white State building and finish area on SATURDAY morning before the race.

When you are finished with your bag for the event, place it in the RETURN TO FINISH designated area at each location, and we will periodically return them to Vienna Park

Take your drop bags with you after you finish. No one is available to ship your forgotten drop bags to you.

Please don't whip in at the last minute and expect to park close enough to jump out, use the porta johns, and be at the start on time.

We will start the 100 miler and 50 miler on time at 07:00 Central. If you are late, you'll lose that much time.

A chart showing aid station locations can be found on durbiracemanagement.com > Race schedule > crew info, and will also be in the booklet. Please note that at the stations indicated as MINOR, there are no parking lots, just the side of the road. These can become very congested early on.

The first station, Heron Pond, will NOT be accessible until 09:30. It's too crowded, and you'll end up getting trapped in there.

They'll be much more accessible for the 100 mile crews the second time through.

NOTE: the southern turnaround is at the **Barkhausen Cache River Wetlands Center. 888t IL-37, Cypress, IL 62923.**

This is a very nice facility, and great for kids and adults alike. Lots to see. Huge lot, gift shop, etc. A really cool, informational walking path.

However, the Wetland Center is only open during daylight hours. This is why the chart shows access the first time down there, and No access the second.

Breeden Trestle is probably an unmanned WATER only location. It is in a remote area, and the IDNR won't allow us to drive there. They are gracious enough to drop off gallon jugs of water for your use. There will be NO cups here, so please have your own container, and DO NOT drink directly out of the jugs.

Aid station locations will be marked with signage; ENTERING aid station, and LEAVING aid station.

NOTE: USATF rules state that NO AID is to be provided by crew (including caching) outside of a designated aid station.

Aid station fare will include,

but not be limited to, a hydration drink, water, some soda, bananas, oranges, some Honey Stinger gels, salty foods, trail bars, and at different times of the day, things like egg on a bun, spinach/cheese wraps, bean/cheese wraps, bean wraps, ham/cheese wraps.

At Vienna Park you can also get a hamburger or cheeseburger, or hot dog. Station Captains always have additional food as well. You shouldn't be hungry.

NO CUPS. You will need to carry your own bottles/container for hydration.

Once it gets dark, the Vienna aid station will yield to the **heated tents** serviced by the Masonic Lodge of Johnson County.

Here you can find vegan potato soup, chicken soup, grilled cheese, and coffee.

If there is anything you can't do without, please carry it with you.

Pacers: As stated, you can have a pacer, if you need one, beginning at either dark (around 5pm), and/or for the last 24 miles for 100 milers. This will put you at the Vienna City Park, heading towards the tunnel. We are limited in how many runners can be on the trail by the IDNR, Pacers will push us over the limit unless we adhere to the above schedule.

Pacers need to sign a waiver, and pick up a special bib at the finish area.

NOTE: according to USATF and International rules, NO records (including age group records) will be recognized if you have a pacer. You are, however, allowed to run with someone that is an actual participant in the race.

No bikes, no strollers. NO DOGS. Please.

No trekking poles for the first 50 miles, and please be considerate of anyone around you.

Meeting runners on the out and back: Tunnel Hill is an out and back, or double out and back. When meeting runners coming from the other direction, please stay to the right of center and do not impede them.

Drop downs: Typically, we have a lot of people dropping down from the 100 to the 50 miles. Historically, less than half of the people entered in the 100 mile actually finish, even though it is proven to be an extremely fast course. (Historically, almost 50% of finishers finish in under 24 hours.)

Why the low finish rate? The race is run on the first weekend after we go off of Daylight Savings time, and people aren't acclimated to early darkness, your car is right there at the 50 mile mark. Plus we give you an official 50 mile finish, and buckle as long as you finish at least 50 miles.

We will encourage you to continue on after the 50 miles and get your 100 mile finish. Remember that by finishing the 100, you will qualify to enter the lottery for the **2026 Western States 100**. You'll also have an option to purchase a finisher's jacket if you so desire. You'll be sent a link after the race.

100 milers should prepare for the cold by having an extra jacket or tights in their drop bags.

Don't forget your light, and extra batteries as well.

You will be given a race bib belt at packet pick up to make changing a little easier.

We have a **"warming station"** available at Vienna Park in the big tent. The state building (the white one) is a good place to change out of wet clothes and into something dry for your overnight adventure. (We are NOT allowed to use it for overnight sleeping, or hanging around in there.) There are nice rest rooms at Vienna Park as well.

Cutoff times are listed in the booklet (and can be viewed in the durbinracemanagement.com website under Crew Info) for both the 100 mile and 50 mile runs.

NOTE: The Tunnel Hill State Trail is CLOSED during dark hours, except for those that are still actively in the race. If you miss the cut off on a section of the course during the dark, then you will have to leave the course. We'll pick you up, or you can get a ride with someone you know.

Keep moving, and you'll be fine.

Prize Money*:

\$7,500 – M/F for establishing a new World Record for 100 miles.

\$5,000 – to the Male who establishes a new course record in the 100 mile. This would also be the Fastest Known Time for 100 miles on trail. NOTE: a Woman setting the course record would also be setting a World Record, and instead would receive \$7,500.

Course record for 100 miles: Male 11:26:19; Female 12:42:40.

\$3,000 – Course record for the 50 miles, male (4:48:21), the brilliant new World Record set by Charlie Lawrence last year... so we'll make the record was \$4000. or female (5:54:14).

\$500 – Course record for the Marathon. Male (2:29:25) Female (3:02:21).

\$1,000 – bonus money to anyone running SUB 13 hours in the 100. Female SUB 14:45. This is in addition to any prize money (below) won.

Top 3 m/f in the 100 mile: 1st - \$1250*; 2nd - \$750; 3rd - \$500

Top 3 m/f in the 50 mile: 1st - \$750*; 2nd - \$500; 3rd - \$300

Top 3 m/f in the Marathon: 1st - \$500; 2nd \$300; 3rd \$150

In addition, top 3 m/f in each race earn free entry into 2025 race

- - Top 3 prize money will be added to any course record prize money.
- IRS requires us to send 1099 MISC to anyone winning \$600 or more. You'll need to fill out a W9 at the finish before we give out prize money.
- Drop downs after the race starts from the 100 mile to the 50 mile are NOT eligible for any prize money. However drop downs WILL receive an official 50 mile time, and be listed in 50 mi results.

Awards:

Top Ten M/F awards for both distances will be given as you finish.

All finishers receive a Belt Buckle.

100 milers receive a Belt Buckle.

There is a special Buckle for SUB 20 finishers, and SUB 24 finishers, and the NEW SUB 16.

If you've finished 500 or more lifetimes miles at Tunnel Hill, you'll also receive the 500 mile buckle.

Finisher Jacket – you'll have an option to purchase a finisher's jacket.

Information will be sent to you after the race.

Thank you to all the runners, volunteers, and staff that make this special event possible. We'll have some hot food for you at the finish. Soup, grilled cheese, burgers, etc.

Showers are available at Vienna High School. Entrance is toward the back side of the HS, and will be marked as such. Bring your own towels, and body wash.

Finish: The race is officially over at 1pm on Sunday. This is a hard finish time, with no leniency. You can do it. Remember that if you don't make the 100 mile time limit, you'll still receive a 50 mile finish time, and buckle.

Volunteers: We have some of the best volunteers you'll find anywhere. Thank you for always being so nice to them.

If you would like to volunteer, (especially those wishing to take photos), please send an email with your name, cell number, and hours available to me at durb417@gmail.com

Sponsors: Special thanks to our supporters:

So. IL Racing – thanks to Jason Claunch.

West Kentucky Runners

Colson Photography

Final Lap Racing

The Vienna Times

Vienna Masonic Lodge #150

Egyptian Chapter 30 of the Order of the Eastern Star

Headfirst Performance

Tunnel Hill State Trail and IDNR

Durbin Race Management

VFW of Johnson County

Vienna/Johnson County Tourism

Forman Depot

