

SINCE 2021
**ALLEY TRAIL
MARATHON**
LANCASTER, OH

TINAR
RACE SERIES



PEAK
COCKTAILS

Runner's Guide - 2023 Alley Trail Marathon

Schedule of Events

Friday, November 17

4:00pm

[On Shoe Demo & Course Preview](#) at Alley Park

5:30pm-8:00pm

[Packet Pick-up and Registration](#) at The Well in downtown Lancaster
(The Well is located at 203 S Broad St, Lancaster, OH 43130)

Saturday, November 18

6:30am

Packet Pick-up and Registration opens at Alley Park

7:30am

Pre-race briefing

8:00am

RACE START for both distances (half and full)

4:00pm

Race ends and cut-off time for all distances

Sunrise: 7:18am | Sunset: 5:12pm

Race Location & Parking

Race HQ & Start/Finish

Charles Alley Nature Park
2805 Old Logan Rd SE, Lancaster, OH 43130

[Google Maps](#)

Race Parking

Official race parking is located across the street from Alley Park in the large grassy field. Signage will be posted. Please use caution when crossing the road to enter the park. The start/finish and Race HQ is approximately a five minute walk from this lot.

[Google Maps for Race Parking](#)

Course Information

The Alley Trail Marathon uses the park's Alley Trail, a 2 mile loop route that circumnavigates the park and features a mixture of technical single track, flowing double track, rocks, roots, sand, and grass. The course begins and ends at the iconic cabin just inside the park entrance where runners will have access to bathrooms, drop bags, crew, and an aid station.

The Charles Alley Nature Park is one of several parks in the Lancaster Parks system, and TINAR is grateful for the opportunity to host our race here year after year. Like past years, our beneficiary for the race is the [Friends of Lancaster Parks and Recreation](#).

For 2023 the course has been slightly modified. In prior years, after the start, runners ran towards the road and did a short loop around the hill behind the cabin before entering the Alley trail. This year, **runners will go straight up the hill next to the cabin**, and then run along the grass towards the pollinator habitat, cutting straight up the hill to a clearing. From there, runners will run along the woods and enter the true Alley trail. The rest of the course is identical. This change will allow for a cleaner and more streamlined start/finish area, and will allow crew and spectators to avoid crossing the course at the start as in past years.

Course length

Half-marathon: approx. 13.2 mi (21.2 km)*

Full marathon: approx. 26.4 mi (42.4 km)*

The half marathon is **6 loops** of the 2.2 mile course, and the full marathon is **12 loops**.

[Official Course Map](#) | [GPX file](#)

Elevation

Half-marathon: approx. 3,000' (914 m)*

Full marathon: approx 6,000' (1829 m)*

**We have kept the distance listed as 2.2 miles based on Gaia's assessment of the file. Other software has rendered the new loop as high as 2.25 miles, with elevation profiles ranging from 502' to 517'. Gaia's software consistently underestimates vertical ascent from imported GPX files. We feel confident that minimum course length, as measured by a variety of sources, is at least 2.2 miles and contains at least 500 feet of vertical ascent. As always, your device may read differently.*

Cut-off Times

These times apply to both distances, the half and full marathon.

Race start: 8:00am

Cut-off for final loop: 3:15pm

Final race cut-off: 4:00pm

All runners must start their final loop by 3:15pm, meaning you must cross the start/finish mat from your penultimate loop by 3:15pm.

Course Markings

The course will be well-marked with green barricade tape, green flags, and large plastic signs. The barricade tape will be used to guide runners through trail intersections and to mark long open stretches. At no time should runners go through or under barricade tape—it is there to “barricade” you!

Green marking flags will be placed often on the ground (on the left or right) to guide runners in the correct direction. Large plastic signs will be posted at all major intersections and turns, with arrows pointing in the correct direction. Many of these signs will say “WRONG WAY” on the backside: if you see this, you are going the wrong way!

The Start/Finish area has the sole road crossing of the race, which is an access road to the nature center. Volunteers will be staffed there all day, but please be mindful when crossing this road at any point during the race.

Aid Station, Drop Bags, and Crewing

The Alley Trail Marathon has one aid station, located just *after* the Start/Finish arch, next to the cabin. Runners may visit this aid station each loop. Drop bags may be placed next to the aid station in the designated tent.

Crewing: runners may have one crew person assist them between loops in the drop bag area. **No crewing is allowed outside this area or at *any* point on course.**

No pacing is allowed. No runner may have a pacer, i.e. another person who is not a registered runner, following them on course.

Our rules about pacing and crewing are *not* to discourage friends, family, and spectators from using public park trails to cheer on runners. We encourage this! Our policies exist to instill fairness among all runners, whether they are competing for first place or simply here to challenge themselves.

All TINAR events are cupless. This means we do not offer single-use cups for runners to fill with water or electrolyte solution at aid stations. We do this to minimize our footprint and

reduce overall event waste. Please plan accordingly by carrying a water bottle, hydration reservoir, soft flask, etc.

The aid station at Alley Trail will offer standard aid station fare, including: cookies, pretzels, some fruit items, candy, local Ohio maple syrup, pickled products, olives, Coke, Sprite, ginger ale, water, and Skratch electrolyte drink (non-caffeinated). We are working to improve our aid station offerings, year after year.

All aid-station food is 100% plant-based/vegan. Learn more about our choice to do that [here](#).

Restrooms will be located next to the aid station and drop bag area and will contain menstrual products along with trash receptacles.

Prizes, Awards & Results

Each race (half and full marathon) will have award ceremonies for the three overall male, female, and non-binary runners. Prize money will be distributed if at least four runners are registered in that gender, per race.

If you place 1st, 2nd, or 3rd in a race, we ask that you stick around so we can include you in our award ceremony. We will hold them as soon as possible after the 3rd place finisher crosses the finish line in that particular race. The top three runners of each race will be determined by the mass start time ("gun time") relative to each runner's finish time ("chip time").

Full marathon

1st: \$250 cash + prizes
2nd: \$150 cash + prizes
3rd: \$75 cash + prizes

Half marathon

1st: \$150 cash + prizes
2nd: \$75 cash + prizes
3rd: \$50 cash + prizes

We are thrilled to offer prizes from our sponsors On, Fleet Feet, and Peak Cocktails this year, as well!

Cash prizes may be awarded in the form of pre-loaded VISA debit cards. These can be used nearly anywhere debit cards are accepted, including online purchases, in the United States. Runners will be issued a physical card in the value of their winnings that requires activation; the funds on this card never expire.

Results will begin to post online shortly after the race starts as our timing software builds the lap times out. Live results can be viewed [here](#) or by visiting www.tinar.run/results. Please note that prior to race day only the 2022 results will show up. While we strive for accuracy with these results, they should be considered tentative until the race is completed and all results have been finalized.

Race Policies & Safety

Fairness

At TINAR Race Series, we assume that all runners who wish to participate in our events will support and encourage other runners to do their best on course. While we encourage fierce competition, it should never be at the expense of someone's safety, or via "unsportsmanlike" (unfair) behavior. If, in the event that race management is notified of unfair behavior from a runner, we will hold the runner at the start/finish or aid station with the race clock running while we determine the appropriate course of action.

We reserve the right to remove any runner from the race if we deem that they have engaged in unfair, demeaning, or unethical behavior towards another runner or race staff. All decisions made in this capacity by the race director are final. Put simply, please treat others with respect, kindness, and fairness while racing next to them. Race hard, and race with dignity.

Safety

The Alley Trail Marathon will have emergency medical services (EMS) on site for the entire duration of the race. We take runner safety extremely seriously, while acknowledging that you run at your own risk. Regardless, if you become injured on course, please take the following measures:

If you sustain a minor injury, move forward on course (in the direction of the race) to the nearest aid station and inform the aid station crew. Should you wish to drop from the race at that time, the aid station crew will assist you in getting to EMS quickly.

If you sustain a major injury that does not allow you to move, immediately inform the nearest runner with the following information: your name, your bib number, and your location. If a course sign is near you, the back may contain a "Safety Location" sticker with a code on it such as "A1" or B2." You can also reference any park trail signs or numbers posted nearby. We will use this information to get to you as quickly as possible.

If you arrive at the start/finish of your own will and stop to have EMS review your medical condition, you may rejoin the race. The clock will not stop, however. Should you decide to drop from the race, you MUST notify race staff (anyone with a "CREW" badge) immediately.

ALL RUNNERS WHO VOLUNTARILY DROP FROM THE RACE MUST NOTIFY RACE STAFF VERBALLY.

Do not simply walk to your car and leave—we will not know where you are and treat you as an “unaccounted for” runner. This will cause us to waste resources looking for you.

In the case that severe weather causes a delay of the race, we will notify runners via all available channels as soon as possible, including social media and email. In the case that severe weather occurs after the start of the race, TINAR reserves the right to change the overall race distance and modify the race in the interest of runner safety. In this situation, runners will be notified as soon as possible.

FAQ

If I sign-up for the full marathon, can I “drop” to the half marathon during the race?

No. Runners must complete the distance they signed up to be counted as a finisher. If you wish to switch the distance you are registered for, please [email the RD](#) immediately.

Will there be race photography?

Yes! We will have professional photography for both races all day. High resolution photos will be available 2-3 weeks after the event for free. We will email a link to all runners when the photos are ready. See photos from last year’s race [here](#).

This is my first trail race—what should I expect?

Expect to be challenged and to meet some amazing individuals on the trail. TINAR staff is here to help you succeed, so simply do your best and keep putting one foot in front of the other.

Is this park open to the public?

Yes. Friends, family, and spectators are welcome to use the park and its trails and cheer on runners. Signs are posted to inform park patrons to give runners the right of way and not vandalize course markings.

How do I wear my race bib?

We’re glad you asked! Please wear your race bib on the *front* of your body, uncovered by any fabric for the duration of the race. Do not bend, tear, or fold the bib in any way. Please see our [Bib Management Instagram post](#) for more information which we put up prior to our last race, the Pike Lake Ultramarathon. We do have a few bib belts left for runners who wish to use them—just ask us at check-in.

Is there food available?

Yes! After the race, all runners will receive a free complimentary meal from our caterer, Vida’s Plant-Based Butcher. Friends, family, and spectators can purchase additional meals.