

2026 CMAR TRAIL RACES HANDBOOK

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INTRODUCTION

The CMAR Trail Races have taken place in Peoria for over 10 years. The CMAR course has been in use for Boy Scouts and the public for even longer. The course is about 95% trail with a sprinkle of road and gravel.

Camp Wokanda started as a Boy Scout camp in 1937, purchased by the W.D. Boyce Council, and was renamed Camp Wokanda in 1941 before the Peoria Park District acquired it in 1975/1994, transforming it into a public woodland park for environmental education, recreation, events, and rustic camping. The camp still operates as a boy scout camp today and as a participant in the CMAR races, part of your race fee goes to support the work our scouts do on the trail each year.

Runners will be well supported on their journey with full aid stations every 6-8 miles. You will be timed from the starting line to the moment you cross the finish line.

REGISTRATION

You can register at UltraSignup:
<https://ultrasignup.com/register.aspx?did=133689>

If you want all of the amazing swag you must register by **June 1, 2026**. No race swag guaranteed if registered after this date.

Refund/Deferral/ Transfer Policy

1. There are **NO REFUNDS**. If you regret your decision, RUN ANYWAY. However, if you cannot run, you may cancel your registration within 14 days for a full refund via your registration email or UltraSignup profile.
2. You can defer your entry anytime at any point **prior to June 17, 2026**, to next year's race. Deferrals are only valid for 1 year. The following year we will send you a new link. You will need to re-register via UltraSignup. UltraSignup fees may apply.
3. No Transfers of registrations allowed.

RACE INFORMATION

Need to know!

READ THIS BOOK: It has what you need to know, but if you still have a question, we are here to help at beradicle0709@gmail.com.

HEADLAMPS: For those participants that will be running through the night, be sure to bring a headlamp and a backup headlamp and batteries

COMMENTS/SUGGESTIONS: Send us any comments or suggestions to beradicle0709@gmail.com. We are here to support your journey so if we can improve, we want to know!

CAMP WOKANDA LODGE: This is Race HQ. It's located at 620 E Boy Scout Road, Chillicothe, Illinois 61523. This is where you will pick up registration packets, camp, cheer on runners after the race, relax, eat, drink and cross the finish line.

FINISH LINE: Post race meal will be provided!

DROP BAGS: Are your responsibility. We promise to get them back to the park at or around the end of the race. You can go get them yourself early. We take care of runners and our community so any abandoned drop bags will be donated or disposed of.

AID STATION LOCATIONS: For those that are interested:

"The Lodge S/F": 620 East Boy Scout Rd, Chillicothe, IL 61523- Race HQ and Start Finish Location, Hot Food, snacks, water, and hydration beverage available.

"Our Spot": **CREW ONLY ACCESS** Location @ Robinson Park 400 W Mossville Rd, Peoria, IL 61615. No guaranteed aid but there may be special treat stashed in the bushes nearby.

"Green Valley": **NO CREW ACCESS**- Limited Hot Food and typical snacks, water and hydration beverage available.

"Moose Shelter": **CREW ACCESS** - 8327 N. Galena Rd. Peoria, IL 61604. Hot food, snacks, water and hydration beverages are available.

RACE MARKINGS AND SIGNAGE

Official Course Markings

“THE BLAZE” Clothespin “Blaze” with a combo pink and green ribbon

Orange Arrows

Orange Pin Flag



Bright reflective tapes will be added for nighttime visibility.

Markers could be hanging from trees, bushes, posts etc. Basically, wherever we can find a place to attach them along the course. Our commitment is to mark the course well.

Pay attention to the signage. There are out and back sections that some race distances do and other race distances that **do not**. There will also be directional arrows to help runners along the way.

You are responsible for knowing the course. Please make sure to review your specific race distance information listed below in each race distance informational section.

Follow the signage and **download the GPX** file from the CalTopo Maps or Strava route maps provided for each race. It's a good backup plan!

CMAR 100 mile

PACKET PICK UP

Friday, July 17th, 2026, from 12:00 p.m.- 4:00 p.m. at race HQ Camp Wokanda

Pre-Race Briefing: 10 Minutes prior to race start time. It is **Mandatory** for all runners to attend and hear some last-minute instructions and safety briefings before starting the race. Please arrive 15 minutes prior to the race start so you don't miss anything important.

START - WHEN: Friday July 17th, 2026 @ 5P.M. at race HQ Camp Wokanda “The Lodge S/F” 620 E, Boy Scout Rd. Chillicothe, IL 61523.

FINISH/ CUTOFF: 100 Mile runners must start the last (4th) loop by 10p.m. on Saturday July 18th, 2026. All racers must finish by 5 a.m on Sunday July 19th, 2026.

Total time allowed is 36 hours.

DISTANCE: Four 25-mile loops with amazing views of the Illinois river, shark bite hills, a trippy tunnel, and a historical Boy Scout camp.

PACERS: 100 mile runners may use a pacer after their second loop (50 miles) for the rest of the race. Pacers can't carry you or your stuff. Pacers are only allowed to enter on the course with their runner at "The Lodge S/F". You can drop your pacer at any Aid Station except Green Valley.

Choose your pacers wisely; they must stay with their runner at all times. We are generously offering that you may drop your pacer if needed at any time. However, once being dropped the pacer must exit the course and find their own transportation back. Dropped pacers may not join another runner or wait for their runner to come back by; they must exit the course promptly.

CREW: There are 3 crew locations: The Lodge S/F, Our Spot, and Moose Shelter. Please limit your crew at these locations. **If your crew, friends, spectators go to a non-crew Aid Station you may be disqualified at the discretion of the RD. DO NOT ACCEPT AID ANYWHERE BUT IN AN OFFICIAL AID STATION OR RISK DISQUALIFICATION.**

POLES: Allowed.

AWARDS: All finishers get an awesome custom belt buckle. Special custom 1st- 3rd place awards will be given to gender and non-binary categories. Awards are awarded to runners based on the category they signed up for on Ultrasignup. Finishers who have completed 500 miles at CMAR will receive a personalized jacket and our infinite admiration.

CMAR Trail Races 100 Aid Station Chart

100 MILE					
Aid Station	Mileage	Distance	Crew Access	Drop Bag	Full Aid
The Lodge S/F	0	0	X	X	X
"Our Spot"	4.47	4.47	X		
Green Valley	8.24	3.77			X
Moose Shelter	14.77	6.53	X	X	X
Green Valley	18.9	4.13			X
"Our Spot"	22.58	3.68	X		
The Lodge S/F	25.05	2.47	X	X	X

"Our Spot"	29.52	4.47	X		
Green Valley	33.29	3.77			X
Moose Shelter	39.82	6.53	X	X	X
Green Valley	43.95	4.13			X
"Our Spot"	47.63	3.68	X		
The Lodge S/F	50.1	2.47	X	X	X
"Our Spot"	54.57	4.47	X		
Green Valley	58.34	3.77			X
Moose Shelter	64.87	6.53	X	X	X
Green Valley	69	4.13			X
"Our Spot"	72.68	3.68	X		
The Lodge S/F	75.15	2.47	X	X	X
"Our Spot"	79.62	4.47	X		
Green Valley	83.39	3.77			X
Moose Shelter	89.92	6.53	X	X	X
Green Valley	94.05	4.13			X
"Our Spot"	97.73	3.68	X		
The Lodge S/F	100.2	2.47	X	X	X

CMAR Trail Races 100 Course GPX Map

CMAR 100/50 M Course

CMAR 100/50 M Course- STRAVA

Aid Station Food

Aid stations will have typical Aid Station foods, such as cookies, PB & J, soda, chips, and candy. Each aid station may add to the general fair with their own special touch and hot food options.

Note: if you rely on a special supplement like gels, waffles, powders, bring it. If your diet has special needs (vegan, NSNG, gluten free, fruitarian, carnivore, etc.), please bring your own special treats. We will try our best to have at least one vegan or vegetarian option at each aid station. Aid stations may run low or out of your favorite food.

CMAR 50 MILE

PACKET PICK UP

Friday, July 17th, 2026, from 12:00 p.m.- 8:00 p.m. or Saturday July 18th from 5:30 a.m. to 6:30 a.m. at race HQ Camp Wokanda

Pre-Race Briefing: 10 Minutes prior to race start time. It is Mandatory for all runners to attend and hear some last-minute instructions and safety briefings before starting the race. Please arrive 15 minutes prior to the race start so you don't miss anything important.

START - WHEN: Saturday July 18th, 2026 @ 7a.m. @ race HQ Camp Wokanda "The Lodge S/F" 620 E, Boy Scout Rd. Chillicothe, IL 61523

FINISH/ CUTOFF: 50 mile runners must finish by 5 a.m. on Sunday July 19th, 2026. Total time allowed is 22 hours.

DISTANCE: Two 25-mile loops with amazing views of the Illinois river, shark bite hills, a trippy tunnel, and a historical Boy Scout camp.

PACERS: 50 mile runners may use a pacer after their first loop (25 miles). Pacers can't carry you or your stuff. Pacers are only allowed to enter on the course at The Lodge S/F. You can drop your pacer at any Aid Station except Green Valley.

Choose your pacers wisely; they must stay with their runner at all times. We are generously offering that you may drop your pacer if needed at any time. However, once being dropped the pacer must exit the course and find their own transportation back. Dropped pacers may not join another runner or wait for their runner to come back by; they must exit the course promptly.

CREW: There are 3 crew locations: The Lodge S/F, Our Spot, and Moose Shelter. Please limit your crew to these locations. **If your crew, friends, and spectators go to a non-crew Aid Station you may be disqualified at the discretion of the RD. DO NOT ACCEPT AID ANYWHERE BUT IN AN OFFICIAL AID STATION OR RISK DISQUALIFICATION.**

POLES: Allowed.

AWARDS: All finishers get a custom medallion. Special custom 1st- 3rd place awards will be given to gender and non-binary categories. Awards are awarded to runners based on the category they signed up for on Ultrasignup. Finishers who have completed 500 miles at CMAR will receive a personalized jacket and our infinite admiration.

CMAR Trail Races 50 Aid Station Chart

50 Mile					
Aid Station	Mileage	Distance	Crew Access	Drop Bag	Full Aid
The Lodge S/F	0	0	X	X	X
"Our Spot"	4.47	4.47	X		

Green Valley	8.24	3.77			X
Moose Shelter	14.77	6.53	X	X	X
Green Valley	18.9	4.13			X
"Our Spot"	22.58	3.68	X		
The Lodge S/F	25.05	2.47	X	X	X
"Our Spot"	29.52	4.47	X		
Green Valley	33.29	3.77			X
Moose Shelter	39.82	6.53	X	X	X
Green Valley	43.95	4.13			X
"Our Spot"	47.63	3.68	X		
The Lodge S/F	50.1	2.47	X	X	X

CMAR Trail Races 50 Course GPX Map

CMAR 100/50 M Course

CMAR 100/50 M Course-STRAVA

Aid Station Food

Aid stations will have typical Aid Station foods, such as cookies, PB & J, soda, chips, and candy. Each aid station may add to the general fare with their own special touch and hot food options.

Note: if you rely on a special supplement like gels, waffles, powders, bring it. If your diet has special needs (vegan, NSNG, gluten free, fruitarian, carnivore, etc.), please bring your own special treats. We will try our best to have at least one vegan or vegetarian option at each aid station. Aid stations may run low or out of your favorite food.

CMAR 50 KM

PACKET PICK UP

Friday, July 17th, 2026, for 12:00 p.m.- 8:00 p.m. or Saturday from 3:00 a.m. to 4:00 a.m. at race HQ Camp Wokanda

Pre-Race Briefing: 10 Minutes prior to race start time. It is Mandatory for all runners to attend and hear some last-minute instructions and safety briefings before starting the race. Please arrive 15 minutes prior to the race start so you don't miss anything important.

START - WHEN: Saturday July 18th, 2026 @ 5 a.m. at race HQ Camp Wokanda “The Lodge S/F” 620 E, Boy Scout Rd. Chillicothe, IL 61523

FINISH/ CUTOFF: 50 KM runners must finish by 8 p.m. on Saturday July 18th, 2026. Total time allowed is 15 hours.

DISTANCE: A unique out and back course with amazing views of the Illinois river, shark bite hills, a trippy tunnel, and a historical Boy Scout camp.

PACERS: Not allowed for this distance unless pre-approved by RD. Make request via email beradicle0709@gmail.com

CREW: There are 3 crew locations: The Lodge S/F, Our Spot, and Moose Shelter. Please limit your crew to these locations. **If your crew, friends, and spectators go to a non-crew Aid Station you may be disqualified at the discretion of the RD. DO NOT ACCEPT AID ANYWHERE BUT IN AN OFFICIAL AID STATION OR RISK DISQUALIFICATION.**

POLES: Allowed.

AWARDS: All finishers get a sweet finisher medal. Special custom 1st- 3rd place awards will be given to gender and non-binary categories. Awards are awarded to runners based on the category they signed up for on Ultrasignup. Finishers who have completed 500 miles at CMAR will receive a personalized jacket and our infinite admiration.

CMAR Trail Races 50 KM Aid Station Chart

50K				
Aid Station	Mileage	Distance	Crew Access	Full Aid
The Lodge S/F	0	0	X	X
"Our Spot"	4.47	4.47	X	
Green Valley	8.24	3.77		X
Moose Shelter	11.43	3.19	X	X
Green Valley	14.55	3.12		X
"Our Spot"	18.22	3.67	X	
The Lodge S/F	20.83	2.61	X	X
"Our Spot"	23.44	2.61	X	
Green Valley	27.13	3.69		X
"Our Spot"	30.85	3.72	X	
The Lodge S/F	33.51	2.66	X	X

CMAR Trail Races 50 KM Course GPX Map

CMAR 50K Course

CMAR 50K Course- STRAVA

Aid Station Food

Aid stations will have typical Aid Station foods, such as cookies, PB & J, soda, chips, and candy. Each aid station may add to the general fare with their own special touch and hot food options.

Note: if you rely on a special supplement like gels, waffles, powders, bring it. If your diet has special needs (vegan, NSNG, gluten free, fruitarian, carnivore, etc.), please bring your own special treats. We will try our best to have at least one vegan or vegetarian option at each aid station. Aid stations may run low or out of your favorite food.

CMAR Half Marathon

PACKET PICK UP

Friday, July 17th, 2026, from 12:00 p.m.- 8:00 p.m. or Saturday from 3:00 a.m. to 4:00 a.m. at race HQ Camp Wokanda

Pre-Race Briefing: 10 Minutes prior to race start time. It is Mandatory for all runners to attend and hear some last-minute instructions and safety briefings before starting the race. Please arrive 15 minutes prior to the race start so you don't miss anything important.

START - WHEN: Saturday July 18th, 2026 @ 6:45 a.m. at race HQ Camp Wokanda "The Lodge S/F" 620 E, Boy Scout Rd. Chillicothe, IL 61523

FINISH/ CUTOFF: Half Marathon runners must finish by 5 p.m. on Saturday July 18th, 2026. Total time allowed is 10 hours-ish.

DISTANCE: 13.1-ish miles with amazing views of the Illinois river. shark bite hills, a trippy tunnel, and a historical Boy Scout camp.

PACERS: not permitted for this distance

CREW: There are 3 crew locations: The Lodge S/F, and Our Spot,. Please limit your crew to these locations if you have crew joining you. **If your crew, friends, and spectators go to a non-crew Aid Station you may be disqualified at the discretion**

of the RD. DO NOT ACCEPT AID ANYWHERE BUT IN AN OFFICIAL AID STATION OR RISK DISQUALIFICATION.

POLES: Allowed.

AWARDS: All finishers get an awesome finisher medal. Special custom 1st- 3rd place awards will be given to gender and non-binary categories. Awards are awarded to runners based on the category they signed up for on Ultrasignup. Finishers who have completed 500 miles at CMAR will receive a personalized jacket and our infinite admiration.

CMAR Trail Races Half M. Aid Station Chart

CMAR Half M				
Aid Station	Mileage	Distance	Crew Access	Full Aid
The Lodge S/F	0	0	X	X
"Our Spot"	4.47	4.47	X	
Green Valley	8.24	3.77		X
"Our Spot"	11.91	3.67	X	
The Lodge S/F	14.52	2.61	X	X

CMAR Trail Races Half Marathon Course GPX Map

CMAR Half M. Course

CMAR Half M Course-STRAVA

Aid Station Food

Aid stations will have typical aid station foods, such as cookies, PB & J, soda, chips, and candy. Each aid station may add to the general fare with their own special touch and hot food options.

Note: if you rely on a special supplement like gels, waffles, powders, bring it. If your diet has special needs (vegan, NSNG, gluten free, fruitarian, carnivore, etc.), please bring your own special treats. We will try our best to have at least one vegan or vegetarian option at each aid station. Aid stations may run low or out of your favorite food.

DROP BAGS

100 mile, and 50 mile, runners are permitted 2 drop bags: 1 at Moose Shelter and 1 at "The Lodge S/F". Half marathon and 50K runners are allowed one drop bag at "The Lodge S/F".

Runners will visit each of these locations multiple times depending on race distance. Review your race information and aid station chart for specific information. Please keep in mind that drop bags are managed by volunteers for transport and movement. So, they must be no larger than a small duffle bag (15L wet bag). **Absolutely No totes.** Runners are welcome to keep additional gear with their crew or at their campsite or in vehicles. We will try our best to keep them dry, but rain is likely in Illinois July, so waterproof bags are recommended. **Drop Bags must be clearly marked with the runners name, bib number and the aid station to which it is to be delivered.** We will do our best to return all drop bags back to S/F by 5:00 AM on Sunday July 19th for runner pick up.

TIMING AND RESULTS

Timing will be conducted by Mayhem racing. IF you plan to set a record you must have a secondary data source to backup results (Strava/Garmin/Coros etc.).

RACE RULES

BE NICE! DON'T LITTER! HAVE FUN! But also...

These are the rules - PLEASE READ.

1. Runner bib must be worn on the outer layer of clothing you are wearing at all times during the race.
2. You **MUST** write the name of an emergency contact on the back of your bib. You cannot start the race without this.
3. **ABSOLUTELY NO LITTERING!** You will be disqualified if you, your crew or your pacers are caught littering. Out of respect for the park district and community we are all responsible for the cleanliness of the course to ensure that the race can be permitted in future years. **AND** yes, even the top of your gel packet is litter.
4. No aid is allowed from a moving bike/vehicle.
5. No aid is allowed outside of an aid station.
6. Runners must always follow the marked course. If you should inadvertently depart from the course, you must return to the point where you left the course and continue from there (i.e., no bushwacking and joining up with the course at a different location).
7. Runners/crew may not stash supplies along the trail.
8. Aid station captains are experienced in the sport. If they feel it is unsafe for you to continue and instruct you to stop you must adhere to the request. All

decisions of the aid station captain are final. If you require medical emergency services to be called, your race is over.

9. Pacers are allowed for the 100 Mile and 50 Mile races.
10. 100 Mile pacer may join their runner at The Lodge S/F at mile 50
11. 50 Mile pacer may join their runner at mile 25 at The Lodge S/F
12. Pacers must be on foot.
13. Runners are allowed one pacer at a time but may use as many total pacers as they wish. Pacers may only join a runner at The Lodge S/F.
14. No muling. Runners must carry their own supplies and not use their pacer as a pack mule.
15. All parking signs must be followed. Please use common sense when parking and do not block anyone in. Parking is limited so please review the enclosed parking information.
16. If you decide to drop from the race, make certain that proper procedures are followed: THE RUNNER OR CREW MUST NOTIFY THE AID STATION CAPTAIN AT THE CLOSEST AID STATION. This policy is for your safety. We want to keep track of our runners along the course. Failure to notify race management of your drop will disqualify you from future editions. Please confirm that the RD has been notified before leaving the premises.
17. Supplies used for drop bags must be in a durable bag, clearly marked with the runners name, bib number and the station to which it is to be delivered. Please keep the size of drop bags reasonably sized. Most drop bags will be returned to the finish line by 5am on Sunday. WE ARE NOT RESPONSIBLE FOR LOST, STOLEN OR FORGOTTEN ARTICLES. All items left behind all be donated.
18. Verbal or physical abuse of volunteers, crews, or anyone associated with the race there to assist you in completing this race will not be tolerated. Please be nice to everyone and make sure to thank them.
19. Cut off times are strictly enforced.
20. All rules and the interpretation of the rules are subject to the sole discretion of the Race Directors. Any violation of any rule may, in the sole discretion of the Race Directors, result in a time penalty or disqualification.
21. You may not change races during the race. You cannot upgrade or downgrade. If you fail to finish the race you signed up for it is a "DNF" or "Did Not Finish."
22. KNOW THE COURSE. Read the maps. UPLOAD THE GPX to your watches! Know where your turns and turnaround location is. It is your responsibility to know where the course is, where it turns, where you turn around, etc.
23. Flags- while we offer signs and flags and well-intentioned people on the course to help, it is your responsibility to know where you are going. The park is publicly used, and markers could potentially get moved during the events. Be prepared.
24. We want to create a welcoming positive experience for children, your pets, and our runners. For that reason, unaccompanied minors and unaccompanied pets are not permitted at aid stations, checkpoints, and start/finish. A responsible adult must accompany the minor or pet throughout the entire race experience taking full responsibility for their safety and well-being. No pets on the course. Dogs must always be on leash.

25. You may not park in any NO parking area at The Lodge S/F or Moose Shelter Aid Stations. Not even for a minute. If you do, your runner could be penalized or disqualified.
26. You must cooperate with race management/RDs regarding vehicle or tent locations. We may need you to move.
27. No Performance enhancing Drugs are allowed.
28. No Alcohol is allowed in the park.
29. If any of these rules are violated it could result in disqualification and is up to the RD's discretion/interpretation.

CAMPING LODGING, PETS & PARKING

Hotels:

Holiday Inn Grand Prairie

7601 N Orange Prairie Rd, Peoria, IL 61615 • (309) 683-3399

https://www.ihg.com/holidayinn/hotels/us/en/peoria/piahi/hoteldetail?cm_mmc=GoogleMaps_-_Hl-US-PIAHI

Hampton Inn and Suites Grand Prairie

7806 IL-91, Peoria, IL 61615 • (309) 589-0001

https://www.hilton.com/en/hotels/piewehx-hampton-suites-peoria-at-grand-prairie-il/?SEO_id=GM-B-AMER-HX-PIEWEHX&y_source=1_MjA4NTAwNy03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D

AmerInn by Wyndham Peoria

9106 Lindbergh Dr. Peoria IL 61615 (309) 692-9200

<https://www.wyndhamhotels.com/americinn/peoria-illinois/americinn-peoria/overview?CID=LC:div7epuxsaire17:51926&iata=00093796>

FREE CAMPING

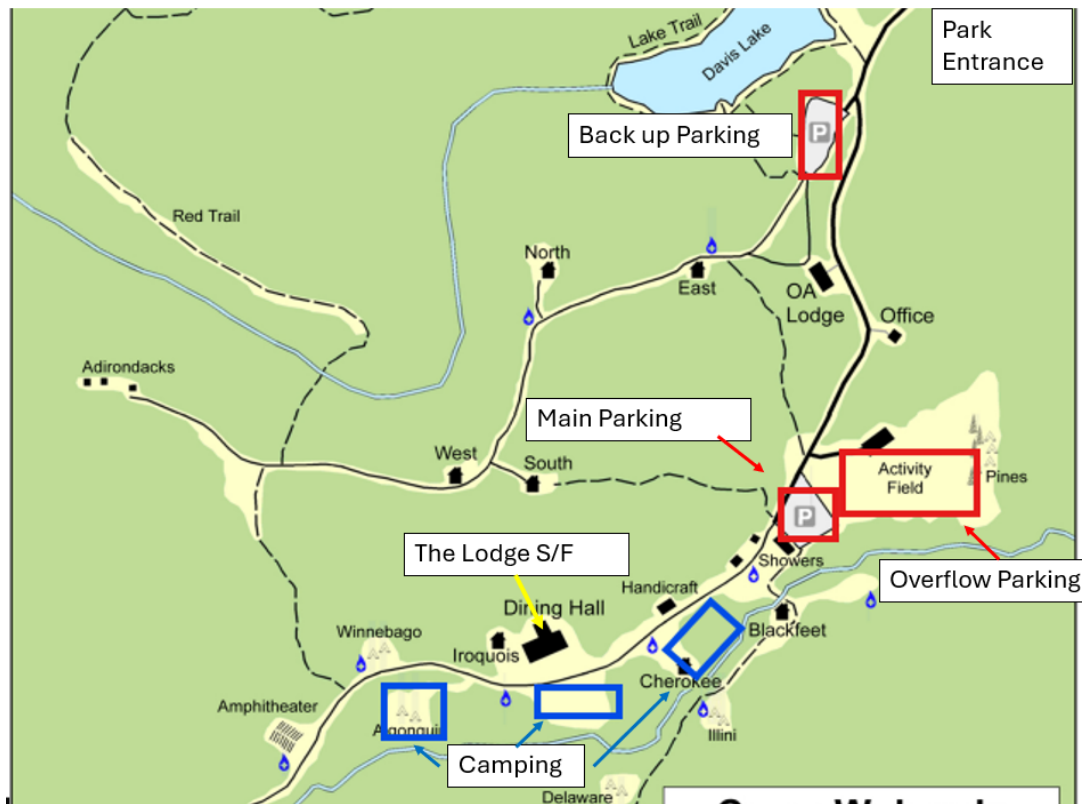
Lower Valley Park Camp Wokanda. Shower house and available restrooms on site.

All parking signs must be followed. Please use common sense when parking and do not block anyone in. Only Park in approved areas from the parking map

Large RVs/Small pull behind Trailers/Campers are **NOT** permitted to park in the Camp Wokanda lots. Small Camper vans are OK. No hook-ups are available on site.

Free Tent Camping: Lower Valley Park Camp Wokanda, with shower house and restrooms available. Please review the map below large RVs, small pull behind trailers, and campers are not permitted in Camp Wokanda lots. Small camper vans are allowed, but no hookups are available.

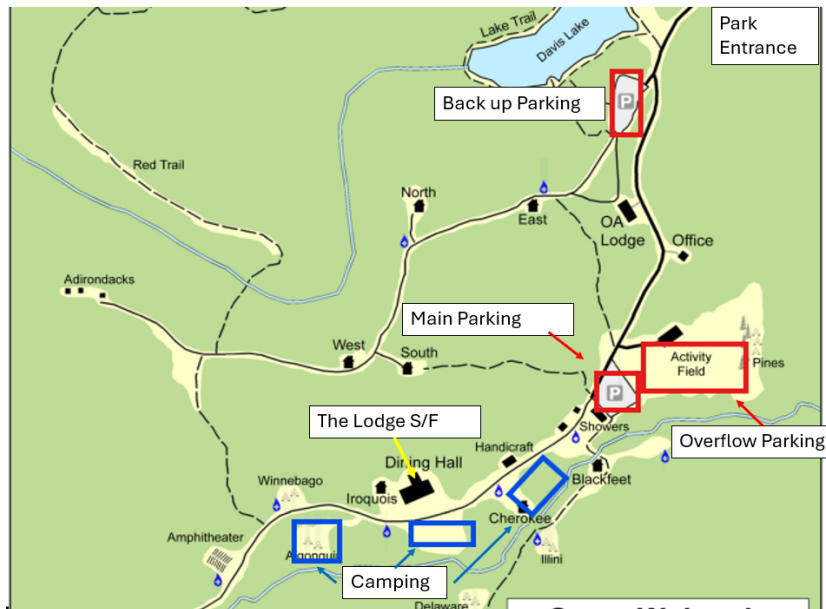
Camp Wakanda Camping and Parking Map



PARKING

Always obey parking signage and only park in approved areas. Parking is only permitted on the hard surface, or designated special use parking lots

Camp Wokanda Parking Map



“OUR SPOT” Crew Parking Map

Do not block others or park along the road at “Our Spot.” No parking is permitted on the road at Our Spot/Robinson Park as it obstructs runner and traffic views at the road crossing. This road crossing is very dangerous, use caution and remain alert !!



Moose Shelter Aid Station Parking Map



PETS

We love dogs! You will see our very own race dog, Murphy, enjoying the weekend in the woods with us. You are welcome to have your dog at the campsite to cheer you on or support your runner, but **dogs are not allowed on course**. Due to the number of runners and public use, and for the safety of our runners' ...dogs cannot join the race. All pets must always remain on leashes. All pet waste should be picked up and disposed of properly.

CONTACT, MEDICAL & EMERGENCY INFORMATION

Greater Peoria emergency services are aware of the event and standing by at the time of the races. However, if you have a real emergency call 911. For non-emergency needs or help reach out to the RDs at:

Brandi: 808-658-6279

Liz: 309-573-5330

CREWS/PACERS

We are glad to welcome crews and pacers, but please review race information carefully. Pacers may only join their runners at specific distances and only from The Lodge S/F . For the safety of all runners, crew may only park in designated parking areas at crew access zones. **DO NOT** park on the road or side of the road at "Our Spot"/Robinson Park. Please review the information for your specific race distance and note the maps in the parking section they have outlined designated parking areas.

WITHDRAWAL AND CUTOFFS

All distances:

If you decide to withdraw and drop from the race our recommendation is to take a break, sit on a log or nearest aid station, drink some electrolytes, have a snack then keep going! You can do this! Except where you are and adapt to move forward, we believe in you!

Withdraw/Drop Procedures

If you decide to drop from the race, and we can't talk you out of it make certain that proper procedures are followed: **THE RUNNER OR CREW MUST NOTIFY THE AID STATION CAPTAIN AT THE CLOSEST AID STATION OR CALL ONE OF THE RD'S.** This policy is for your safety. We want to keep track of our runners along the course. Failure to notify race management of your drop will disqualify you from future races. Please confirm that the RD has been notified before leaving the premises.

Race Cut off times

100 M- 1st cutoff - Saturday 10 p.m.- All runners must have started their 4th loop to continue participating in the race.

2nd cutoff – Sunday 5 a.m. – All runners must have finished their 4th loop to be considered an official race finisher.

50 M- Sunday 5 a.m.- All runners must have finished their 2nd loop to be considered an official race finisher.

50K – Saturday 8 p.m. - All runners must have finished the out and back course and crossed the finish line to be considered an official race finisher.

Half M – Saturday 5 p.m. - All runners must have finished the out and back course and crossed the finish line to be considered an official race finisher.

RACE SCHEDULE

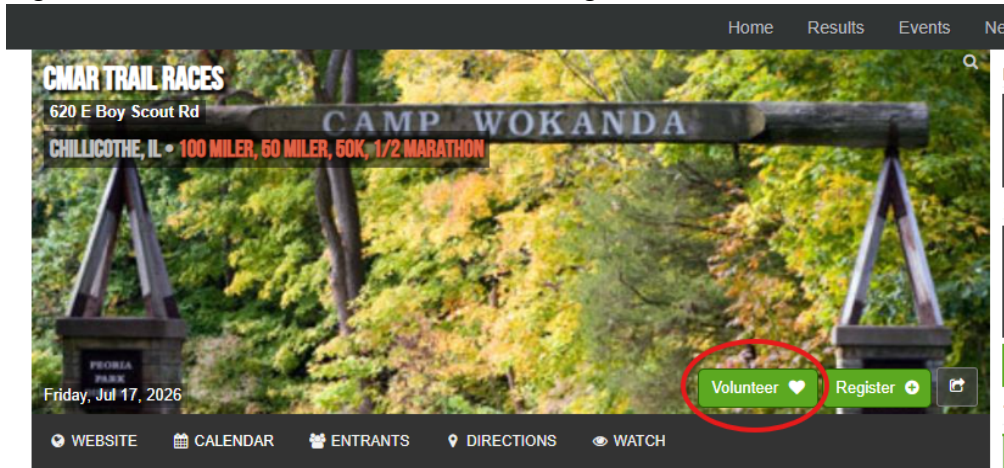
Please review the information for your specific race distance race

VOLUNTEERS

We love our volunteers!! All volunteer time slots will be available for signing up on UltraSignup via this link. <https://ultrasignup.com/volunteer.aspx?dtid=64636>

Volunteers will be required to sign a waiver of liability.

You can also find the Volunteer link located on the UltraSignup registration page. The registration link is located above in the registration section of the handbook.



BE Radicle Volunteer Policy

We want to reward those that give back to our community. For those special volunteers that spend a total of 24 hours of their time helping our race will be rewarded with a **free race entry** into any BE Radicle race the following year.

1. Volunteer hours never expire. You can accumulate them over several years.
2. Once you hit the 24-hour requirement. The following year we will send you a special entry invitation link allowing you to sign up for a race distance of your choice
3. All volunteers will also get some awesome race SWAG for helping out each year!

FAQs

The CMAR Runner Handbook is made to answer all your questions so if you read the handbook and still have a question, please review the FAQs and if your burning question is not answered, don't hesitate to reach out to Brandi and Liz at BERadicle0709@gmail.com

Can I swim and fish in Davis Lake at the camp? Unfortunately, no one is allowed to swim in the lake. However, catch and release fishing is allowed in the lake if you purchase the annual fishing pass from camp Wakonda online use this link to purchase. <https://webtrac.peoriaparks.org/webtrac/web/search.html?module=pss&keyword=camp-wokanda-annual-fishing-pass>

Are dogs allowed on the course? No. Please read the Pets section in the runner handbook.

Can I pick up my packet race day? Yes. Check your race distance information for specifics.

Is there water at the aid stations? Yes! All Aid Stations have water and electrolyte beverages.

What kind of supplies are at the Aid Stations: Water, Electrolyte drink, snacks, some light fare, basic supplies, and encouraging volunteers that will make your race experience ahh-maizeing! Remember to thank them.

Can I camp at the start line? Free camping is available in designated camping areas near S/F. Small camper vans and grills are ok. Open fire in Fire pits only. There is a whole section in the handbook to help you out.

Can I pick up my packet at a different time? No. Email RDs for extenuating circumstances.

Can my friend pick up my packet? Yes.

What's the trail like? 90% Wooded under canopy single track. Shark bite hills so prepare yourself for climbing. Slightly technical with rocks, roots and ruts. Muddy if it rains during the event.

Trail or Road Shoes? Trail shoes are recommended especially if we get any kind of rain during the event you will want the extra traction.

Are there bathrooms? YES. There are real flushing bathrooms with running water along the course. Open the Caltopo Maps linked in your specific race distance the bathrooms are marked along the route.

Will the event be canceled if it is hot? No! It's a race in July in Illinois. Plan for it to be hot. If it's extra hot, slow down and enjoy!

Will the event be canceled if it rains? No, not for rain. Runner safety is our top priority, if there is flash flooding during an event, the event could be paused or cancelled. This scenario is unlikely but possible.

Are there water crossings? Yes, but unless it rains heavily you should be able to step on the large cement blocks to keep your feet dry. However, if we get a heavy rain flooding can occur and the streams move really fast! Always use caution at any water crossing. RD's will cover more in your pre-race briefing.

Can I switch events? Yes. But we encourage you to do so prior to **July 15, 2026**, and only if there are slots available. If there is no spot, you can't switch. There will be no refunds. If you want a longer distance, you will pay the difference.

What are the Prizes? All 100-mile finishers will receive a custom belt buckle. 50 Mile finishers will receive a custom medallion. All other official finishers will receive a medal. First, Second and Third place finishers of each race category for each race will receive a special prize, in addition to their buckle/medal. Multiple year finishers with an accumulated 500 miles on the course will receive a custom jacket to award their accomplishment.

Can you Mail Me My Race Packet? No.

Are Bugs a Problem? They can be. Keep moving and use bug good spray.

Can I get a medal if I don't finish? No. Unfortunately, we only give finishers' awards to people that complete the entire course within the time allowed.

Can I defer my entry? Yes. BEradicle racing has a deferral policy. You can defer your entry for up to one year (365 days). You may use the entry for the same race/distance the following year or for any race we put on of an equal or lesser value within a years time .To exercise your deferral email the race director. Then you will need to re-register the following year. We will send you a special invite link (UltraSignup will apply your credits and UltraSignup fees may apply).

What is the deadline to defer? You must defer 30 days before race day. You cannot defer less than 30 days to race day.

Is there live tracking? Live results will be available on our social media page via Mayhem Race Management, link to be posted before the race starts so runners can be shared with friends and family.

How strict are the cutoffs? Strict. Observing the race cutoff time is for everyone's safety. Race management reserves the right to pull you from the course if you are behind cutoffs.

When will my drop bags be returned? By 5:00 a.m., Sunday. You may pick them up early from the AS yourself. We will do our best to make intermittent runs to bring short distance race bags back earlier. No guarantees.

What if I forgot my drop bag? You have three options. 1) Come back and get it. 2) Have a friend get it. 3) consider it a donation to the local homeless population. Forgotten drop bags will be donated following race tear down.

Can I run with my dog? No. Please read the Pet section of the Handbook.

Will there be food at the finish line? We plan to have a post-race meal of some sort for all runners and volunteers.

Is this Race Cupless? Yes. Please bring your cup. There are cups at the aid station for warm food only.

What kind of hydration drink do you offer at aid stations? Gatorade- We are going traditional on this one..There are so many nutrition drinks out there today. If you have a favorite, bring it along you will need something that works.

Are hydration packs allowed? Yes.

Are there any gels at the Aid Station? No. So, if you love gels, bring your own.

Can I start my race at a place other than the start/finish line? No.

What if I get lost? Download the GPX, follow the signs and know the course. Instructions on what to do if you get off course and how to get back on track are in your race specific details in the handbook.

What if I miss a section of the course? Talk to the race director. Unintentional, missed mileage can be potentially made up if within time limits.

Can I start late? Yes. But the clock starts for your race at the start time. So, if you start 2 hours late that time is **not** subtracted from your official finish time

Can my friend drop off my drop bags? Yes.

Do the aid stations have fluids? Yes!!! All aid stations have water, ice, and a hydration drink!!

Can Pacers use the aid stations? Yes!

Can my kiddos and doggos come cheer me on? Yes!! We love dogs and we love kids! But unaccompanied minors and unaccompanied pets are not permitted at aid stations, checkpoints, and start/finish areas. A responsible adult must accompany the minor/dog throughout the entire race experience. Dogs must be on a leash.

What is the difference between muleing and assisting?

Muleing is having someone else carry your gear.

Assisting is when someone helps you out or just happens to have something you need. For example, share a gel or extra batteries with another runner

Pacers can assist. But they cannot mule.

Is the trail lit? No. If you will be running at night you will need a headlamp.

Do pacers need to register? No. They only need to pace you.

Do Pacers Need a Bib? We will not have pacer bibs. They just jump on with you at S/F and away you go.