



24-HOUR RUN FOR DREAMS

2018 Runners Manual

Shelbyville, Kentucky

August 4-5, 2018

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1. Welcome and Introduction

Welcome to the 24-Hour Run For Dreams! We are super excited for our fifth annual event and that you've decided to join us on August 4-5, 2018. The purpose of this document is to help walkers, runners and crews become familiar with our event and help answer any questions you might have. Please be sure to read this entire runners manual.

2. The Dream Factory, Inc.

What's the best part about our event? It's that 100-percent of the proceeds go directly to the Dream Factory! Created in 1980, the Dream Factory's mission is to grant dreams to critically and chronically ill children from the ages of three through eighteen. Our National Headquarters is located in Louisville, KY with 31 chapters spread across the country. The Dream Factory is the largest children's wish-granting organization that does not limit its mission to children who have life-threatening conditions, and because the Dream Factory is all-volunteer at the chapter level, 90-percent of all donations go directly to the mission! Thank you for not only supporting this event, but in helping to make more dreams become reality for deserving children. The Dream Factory's national website is www.dreamfactoryinc.org.

3. Race Location

Our event is located at Red Orchard Park in Shelbyville, KY. The address is 704 Kentucky Street, Shelbyville, KY 40065. The start/finish area is located in the back of the park, as is the majority of the course. To get to the start/finish area, follow the gravel driveway and keep left to proceed down the hill. There will be a large Dream Factory tent to indicate the start/finish area and space for parking and tents.

4. Course Description

The course is a two-mile loop that includes mowed grass and dirt trails. The course was altered in 2017 to include more shaded areas and also less hills, but there are a few challenging inclines on each loop. In past years, a majority of our runners choose to walk the hills and run the flats and downhill – if that helps with your approach. There are no aid stations on the course, other than what's at the start/finish area. For the first wave of the 12-hour participants, there will be a half-mile loop to switch to between 6-8 PM on Saturday. Likewise, the 24-hour and the second wave of 12-hour participants can switch to the half-mile loop between 6 AM and 8 AM on Sunday. Besides those timeframes, participants must continue on the two-mile course. There will also be 0.2 mile out-and-back section for those who want to complete a marathon. If you run 13 laps plus the 0.2 section

then you will be counted as completing 26.2 miles in the results. All The loops will be marked well with rope, spray paint and ribbons.

5. Headlamps

If you plan to be on the course during the night, then it's very important to have headlamps. This course would be too difficult to navigate without one. Sections of the course follow through narrow paths with trees on both sides and there are some tight turns. We highly recommend headlamps.

6. Weather

Temperatures in August for this region can be hard to predict but it is normally very hot and humid. The average high in Kentucky in August is 86 degrees with an average low of 60 degrees. Participants should be fully prepared for the heat. The first three years were very hot, while in 2017 we had a mild year, considering, and the results showed as three of our course records were broken. PREPARE FOR THE HEAT.

7. Schedule of Events

On Friday, August 3, the race site will be open for participants to view the course, pick up race shirts and set up your own personal space, including a tent. On Saturday, August 4, the first wave of the 12-hour and the 24-hour start at 8 AM. The first wave of 12h will switch to the half-mile loop at 6 PM. The first wave of 12h will finish at 8 PM. The second wave of 12h starts at 8 PM. On Sunday, August 5, all participants on the course will switch to the half-mile loop at 6 AM. The second wave of 12h and the 24h finish at 8 AM. All awards will be presented at 8 AM.

8. 24-Hour Race

The 24-hour race starts at 8 AM on Saturday and finishes at 8 AM on Sunday. All participants must continue on the two-mile loop until 6 AM on Sunday, when they can switch to the half-mile loop. This is optional. You must have completed a loop at or before 8 AM on Sunday for it to count toward your results. When starting a loop later in the race (either the 2-mile or the half-mile), use your own judgement on if you will finish by 8 AM.

9. 12-Hour Race

There will be two separate timeframes to compete in our 12-hour event, but they will be combined for overall results. The first wave is on Saturday between 8 AM and 8 PM, while the second wave starts on Saturday at 8 PM and finishes on Sunday at 8 AM. Participants

can switch to the half-mile loop during the last two hours. You must have completed a loop to count in your results. You must select either the first wave or the second wave – these will not overlap. If your goal is to complete a marathon, then the suggestion is to sign up for the 12-hour event (either one) and run 13 laps plus complete an additional 0.2-mile section. If a participant wants to complete two marathons in this single event, then they can sign up for two 12-hour entries and start one at 8 AM and the other at 8 PM and be counted twice in the results. THIS HAS HAPPENED BEFORE. You must pay for two entry fees to complete two marathons.

10. Team Competition

New in 2018 is the Team Competition. Individuals can sign up as part of a four-person team for an additional \$10 off registration cost. There can be teams of less than four persons but the \$10 discount will be void. Participants can compete as individuals AND as part of a team. The miles for each team member will be added up for a total score. In case of a tie, the total miles of the top participant from each team will be the tie breaker. If the top participants are a tie, then it will go to the second runner, third runner, and fourth runner, etc.

11. Counting Laps

There will be a lap counter at the start/finish area who will record each time a person crosses the line. The scorecard will be visible for all participants to see during the duration of the event. Make certain the lap counter sees you each lap and that your number is worn visible on the front of your outfit. If there are any errors in your laps, please notify the lap counter immediately.

12. Awards

Trophies will be presented to the winner in the 24-Hour Male, 24-Hour Female, 12-Hour Male and 12-Hour Female divisions. Also, medals will be presented to the top team with four medals available. These will be presented following the conclusion of the event on Sunday at 8 AM.

13. Drinks/Snacks

There will be water, a sports drink and coke available at the start/finish area. There will also be snacks that might include peanut butter, chips, pretzels, etc. If you prefer more specific snacks then you are more than welcome to bring your own, which you can consume at the start/finish area or anywhere on the course. There is no regulation with this.

14. Additional Accommodations

In addition to what's at the start/finish area, there will be a Port-A-John located along the course less than 100 meters from the start. This will be easily accessible during the event. The park's bathroom is located toward the front of the park, about a quarter-mile toward the main road. That will be available for use, as well. You are more than welcome to drive, or catch a ride, to that bathroom during the event.

15. Pacers

Pacers are allowed on the course at all times at no additional cost, as long as they are walking and/or running close to a registered runner. We ask that pacers avoid eating the snacks, or drinking the sports drinks or coke, but they are more than welcome to the water.

16. Camping

Camping is available at selected areas, which are near the start/finish area, on Friday and Saturday nights at no additional cost. You can also sleep onsite following the event during Sunday, if needed. If you plan to arrive on Friday, please call or text 502-216-0378 prior to arrival on Friday for more information.

17. Volunteers

If friends or family want to volunteer at our event, we are always looking for help with counting laps and making sure the drinks/snacks are well stocked during the event. We create a fun atmosphere for all of our participants and their family/friends and want as many people as possible to join the fun!

18. Course Records

Male 24 hours: Migual Perez, 109 miles (2017)

Female 24 hours: Cynthia Heady, 76 miles (2014)

Male 12 hours: Jason Denton, 56.5 miles (2017)

Female 12 hours: Kristy Denton, 55 miles (2017)

Most Accumulated Miles: Cynthia Heady, 214 miles (2014-2017)

19. Contact Information

The Race Director is Tommie Kendall. He can be reached by email at tommie.kendall@dreamfactoryinc.org or by call/text at 502-216-0378.

20. Final Word

Whether this is your first 24-hour event or hundredth, we thank you for joining us for the 24-Hour Run For Dreams in our fifth year. We will do everything we can to make this a fun, memorable experience. We look forward to seeing you on August 4-5!

Also, while this is a competitive event for some, we try our best to make it as enjoyable as possible. We welcome family, friends and even pets to join us. The best part about a 24-hour event is you can run as much or as little as you want and there won't be a DNF! Feel free to leave the site and come back to complete more laps later in the day. We welcome runners, walkers, hikers and anyone who wants to participate.

If you have any questions or concerns before, during or after the event, please reach out to Tommie Kendall at 502-216-0378.

And there's still time to SHARE, SHARE, SHARE. Invite everyone you know who might be interested. Online registrations last until Aug. 1 at midnight, and we will have onsite registration, too! If signing up the day of, it's \$75 for the 24-hour or \$60 for the 12-hour, plus an additional \$10 off if signed up as part of a four-person team.

SEE EVERYONE ON AUG. 4!!!