24-HOUR RUN FOR DREAMS

2020 Runners Manual

Shelbyville, Kentucky
August 1-2, 2020
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COVID-19 Guidelines – for the 2020 race only

We are super excited about hosting the 24-Hour Run For Dreams in 2020 – more so than ever! However, due to the COVID-19 situation, following are the guidelines for the 2020 event only. These precautions were put into place based on recommendations from local officials and also the Shelbyville Parks/Red Orchard Park. If you have any questions related to any of these, please contact Tommie Kendall by email at tommie.kendall@dreamfactoryinc.org. The event is at Red Orchard Park in Shelbyville, KY on Aug. 1-2.

- **Everyone at the event should have a face mask.** Face masks do not need to be worn if you are in your designated area or when completing laps.
- **Each participant will have a designated area for their own use.** These will be marked by spray paint on the grass near the start/finish area. If you have anyone at the event with you, they should remain in your designated area, as well.
- **The start/finish area will be roped off.** You are only allowed in this area if you are a participant or official volunteer. Masks should be worn in this area if you are not completing laps.
- **We were excited to partner with a local cross-country team in 2019 and had plans to include more in 2020, but this year there will be no youth teams onsite.**
- **We eliminated the relays.**
- **We eliminated two new events we were offering for the first time: 3-hour and 6-hour divisions. We plan to add these events in 2021.**
- **The only events offered in 2020 will be the 24-hour individual, the 12-hour individual day run (8 AM to 8 PM) and the 12-hour individual night run (8 PM to 8 AM).**
- **We are limiting the participants so that no more than 50 are competing at a time.**
- **No pacers are allowed on the course this year.** The course remains the two-mile loop within the park and we’ll use a smaller loop during the last hour.
- **This is a self-supported event this year!** Bring your own food and drinks. We will only have water for participants – the details for this will be worked out prior to the event.
1. Welcome and Introduction

Welcome to the 24-Hour Run For Dreams! We are super excited for our seventh annual event and that you’ve decided to join us on August 1-2, 2020. 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 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 38 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 downhills – 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 7-8 PM on Saturday. Likewise, the 24-hour and the second wave of 12-hour participants can switch to the half-mile loop between 7 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 1, the race site will be open for participants to view the course and set up your own personal space, including a tent. Please make certain to follow social distancing if you arrive on Friday. This includes staying six-feet away from others and wearing a mask when you are unable to do so. On Saturday, August 1, the first wave of the 12-hour and the 24-hour start at 8 AM. The first wave of 12h will finish at 8 PM. The second wave of 12h starts at 8 PM. The second wave of 12h and the 24h finish at 8 AM on Sunday, Aug. 2.

8. **24-Hour Race**

The 24-hour race starts at 8 AM on Saturday and finishes at 8 AM on Sunday. 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, 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

We will have no team competitions this year.

11. Counting Laps

Started last year, we’ll use chips again!

12. Awards

Awards will be presented to overall winners. These will be presented following the conclusion of the event on Sunday at 8 AM.

13. Drinks/Snacks

Unfortunately, this event is completely self-supported this year. (Everyone LOVES Cynthia’s food but we will have to wait a year for that to return.) We will provide water to participants as needed, but nothing else. Please be prepared with your own food/drinks, which can be consumed in your designated area.

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

Unfortunately, pacers are not allowed on the course this year. If you want someone to help pace you then they must be a registered participant. Also, all crew members should remain in your designated area when onsite.
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, call or text 502-216-0378 prior to arrival on Friday for more information. Please follow social distancing if you are camping onsite before or after the event, including the six-feet rule and wearing masks if you are unable to do so.

17. Volunteers

We normally have allowed, and encouraged all the volunteers possible. This year, however, we are attempting to keep the numbers as low as possible so do not need many volunteers. If you know of anyone who would want to volunteer, then please have them call or text 502-216-0378.

18. Course Records

Male 24 hours: Migual Perez, 109 miles (2017)
Female 24 hours: Cynthia Heady, 76 miles (2014)
Male 12 hours: Jerry Scrogham, 56.6 miles (2019)
Female 12 hours: Kristy Denton, 55 miles (2017)
Most Accumulated Miles: Cynthia Heady, 284 miles (2014-2018)

19. Contact Information

Started in 2020: The Race Director is Todd Head of Headfirst Performance! Visit www.headfirstperformance.com for information about Headfirst and a list of other events. Todd can be reached at 502-550-9553 or todd@headfirstperformance.com.

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 seventh year. This is going to be a very unique year but we’re so happy we’re able to continue with our event and will do everything we can to make this a fun, memorable experience. We look forward to seeing you on August 1-2!

SEE EVERYONE ON AUGUST 1 !!!