

2024 Quarryman Challenge

Participant Guide



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Preparing for the Challenge! May 11, 2024

There are a lot of running races in Chicagoland, but nothing that is as unique and inspiring as the Quarryman Challenge 10 Mile and 5K in Lemont, Illinois. Whether you're an elite athlete or a novice runner, this exciting race offers runners of all skill sets an experience to remember through Lemont's unique, picturesque, and small-town setting. Visit our community and run one of the most challenging and scenic road races in the Chicagoland area.

Registration

Quarryman Challenge Registration opens on January 1st at www.quarrymanchallenge.com.

Pricing is as follows:

10 Mile

\$60 (January 1-March 23)

\$70 (March 23 - May 1)

\$80 (May 7 & 8 at packet pickup)

\$90 (May 11, Race Day)

5K

\$40 (January 1-March 23)

\$50 (March 23-May 1)

\$60 (May 7 & 8 at packet pickup)

\$70 (May 11, Race Day)

Packet Pick-Up

To pick up your race packet, will need a state issued ID & your Bib number. If you're picking up for someone else, *they* must request it.

Location

CORE Fitness & Aquatic Complex
16050 127th St, Lemont, IL 60439

Tuesday, May 7th, 4pm-9pm

Wednesday, May 8th 8am-12pm AND 4pm-9pm

RACE DAY at Race Headquarters

Saturday, May 11th 6 a.m. - 7 a.m.



Race Day Information, May 11, 2024

Race Day Headquarters

Large tent located in the Village of Lemont parking lot
418 Main St, Lemont

Event Schedule

The 10-Mile and 5K races start and finish in historic downtown Lemont with each course winding through unique, scenic, and hilly historic neighborhoods. Please review the Course Information and Map section for detailed information of each course.

Runner Start Times

Please arrive on time, **there will be no late starts**. If you need to warm up, do not use the event area.

10-Mile

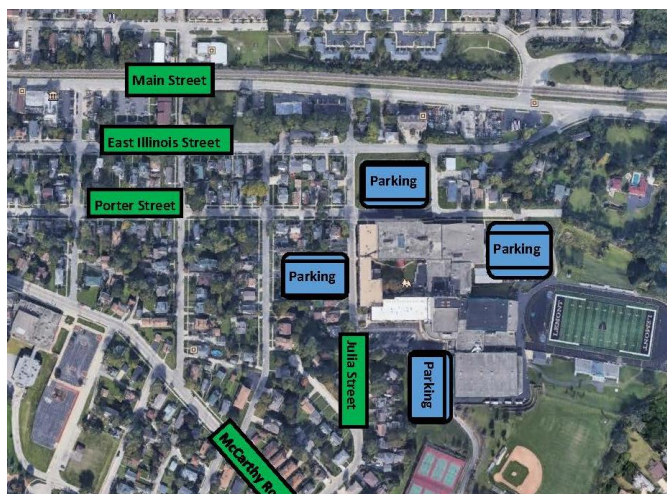
7:30 a.m.

5K

7:35 a.m.

Parking

Parking will be available in the Metra Parking lot in downtown Lemont and at Lemont High School.



Spectators

Runners can be viewed along the course and at the start and finish lines.

Restrooms

Portable Restrooms are located at Race Headquarters and there are two stations along the course.

Race Bibs

It is very important that your bib is in full view at all times so the tag can be read properly. Bibs are race specific and color-coded according to each race.

Lost & Found

Lost and Found is located at the information table at Race Headquarters.

Prohibited Items On Course

For the safety of our participants, the following list of prohibitions will be enforced on the course:

- NO strollers
- NO in-line skates
- NO skateboards
- NO dogs or pets of any kind

First Aid

Emergency Personnel will be on sight for any First Aid Emergencies. For general First Aid needs (band aids, ice packs, etc.), Aid stations are available. See Map.

Volunteers

The Quarryman Challenge would not be made possible without the many local volunteers! Volunteers are required to participate in a brief online training session one to two weeks prior to the race event. For more information regarding volunteering, visit www.quarrymanchallenge.com.

Q-Man Text Notifications

To receive text notifications, open a new text message on your phone and enter the phone number 331-200-5285 and type QMANRACE in the message and press send.




Weather

The Quarryman Challenge Race will take place rain or shine unless severe weather conditions arise. Only lightning, tornadoes, a tornado watch, dangerously high winds or extreme hot weather may cause race delays or cancellation. Delays or cancellations will be announced at Race Headquarters. You can also receive notifications via text. Safety Flags will be displayed at Race Headquarters communicating the current race conditions as outlined in the Alert Level Diagram.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW OFFICIAL INSTRUCTIONS/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT

Pace Group Flags

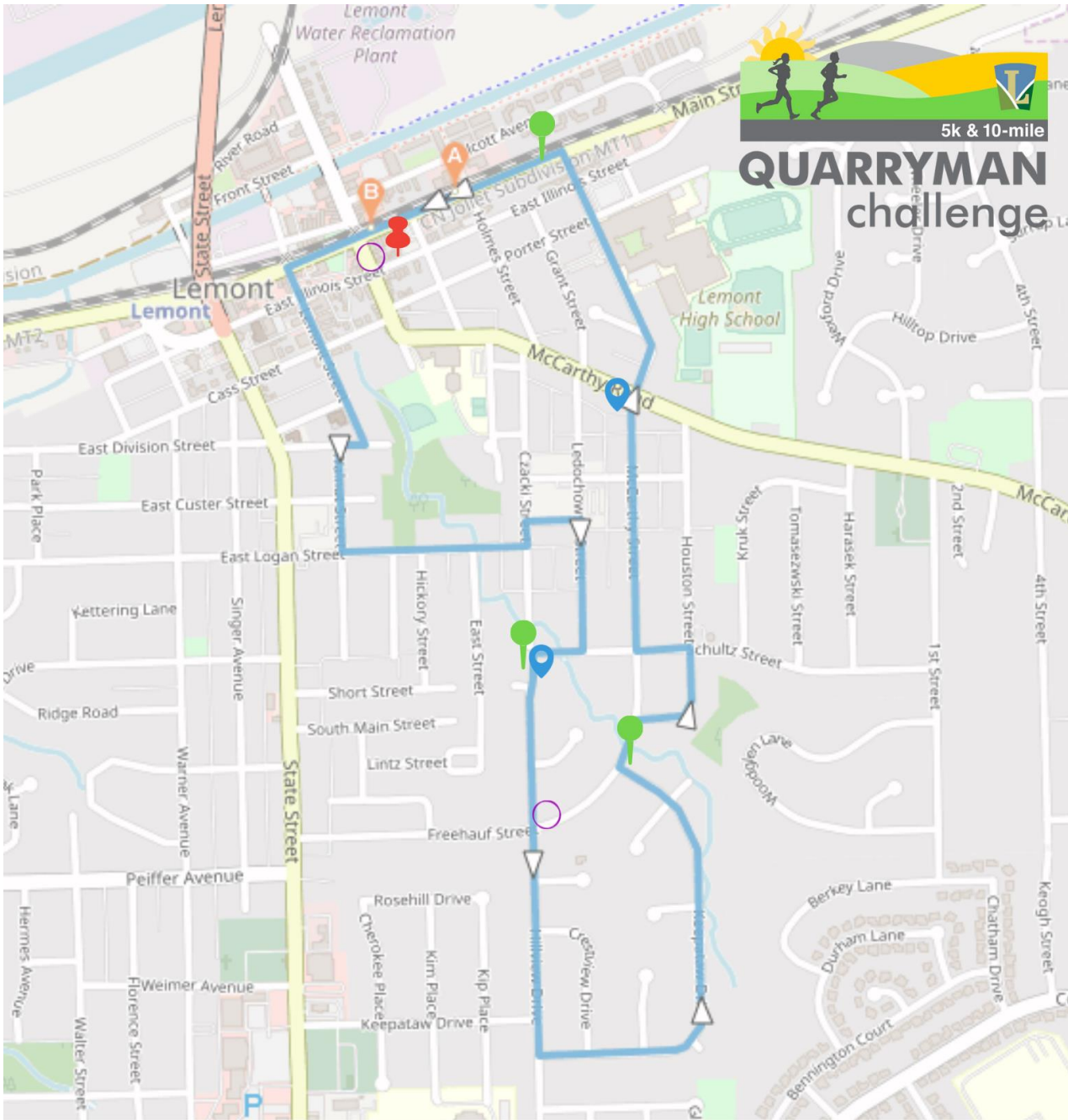


QUARRYMAN CHALLENGE
PACE GROUPS

PACE Group Flag	Minutes Per Mile
A	<5 - 6:00
B	7 - 8:00
C	9 - 10:00
D	11 - 12:00
E	13 - 14:00
F	>15

At the start of the race, please line up by the flag letter that best coordinates with your average pace timeframe.

Do the Q! – Participant Guide



5K Course





10-Mile Course

-  Mile Markers
-  Restrooms
-  Water Station
-  Aid Station



Post-Race

Once you cross the finish line, make your way to Race Headquarters for sponsor tables, pizza & beer! All finishing runners (within the 3 hour time frame) receive a 2024 Finishers Medal.

Coupons for local businesses will be located in your race bags. Please be sure you go through your race bags prior to the day of the race...bring those coupons with you, they will have a short window of redemption time! Drink tickets from Pollyanna Brewing and Hughie McClafferty's good for One (1) Beer from each vendor at the after party, will be on your race bib valid only on race day.



Race Results and Awards

The one-of-a-kind Quarryman Challenge handmade quarry rock awards are offered to 1st through 3rd male and female overall and all standard five-year age groups for both genders. We also award 1st overall male and female Masters (age 40+). Additionally, cash prizes are offered to 10-Mile Race Overall winners for both genders 1st through 3rd as well as the overall Masters (40+) winner. Awards will be announced post-race on race day in the Race Headquarters Tent. Additionally, results will be posted on:

<https://www.lakeshoreathleticservices.com/results> and on www.quarrymanchallenge.com

All awards can then be picked up, in person at the CORE Fitness & Aquatic Complex, 16050 127th St, Lemont, IL 60439, Monday thru Friday, 5:00 a.m.- 8:00 p.m. The last day to pick up your award is Sunday, May 26, 2024.

10 Mile Cash* Prizes & Quarry Rock Award

Overall Male	Prize
1st	\$200
2nd	\$100
3rd	\$50
Overall Female	Prize
1st	\$200
2nd	\$100
3rd	\$50
Overall Masters (40+)	Prize
Male	\$50 + Award
Female	\$50 + Award

King of the Hill 10-Mile	Award
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5K (Quarry Rock Award)

Overall Male	Prize
1st	Award
2nd	Award
3rd	Award
Overall Female	Prize
1st	Award
2nd	Award
3rd	Award
Overall Masters (40+)	Prize
Male	\$50 + Award
Female	\$50 + Award

King of the Hill 5K	Award
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Both Races Quarry Rock Award 1st, 2nd, 3rd

Male Age Groups	Female Age Groups	Male Age Groups	Female Age Groups
Under 10	Under 10	70-74	70-74
10-14	10-14	75-79	75-79
15-19	15-19	80-84	80-84
20-24	20-24	85 & up	85 & up
25-29	25-29		
30-34	30-34		
35-39	35-39		
40-44	40-44		
45-49	45-49		
50-54	50-54		
55-59	55-59		
60-64	60-64		
65-69	65-69		



Sponsors

THANK YOU to the 2024 Quarryman Sponsors! This race would not be possible without your support and generous contributions!

CITGO Lemont Refinery
Pollyanna Brewery
Lemont Lions Club
Doyle Caffery- Realtor
Eich's Sports
Lemont Bank & Trust
Solana Aesthetics & Wellness
LemonTriClub
Running for Kicks

