

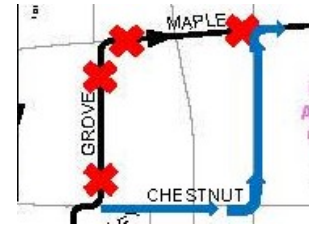
September 9, 2021



Tower Trot Participants:

Thank you for participating in the year's race!!! Below are few updates and reminders:

**There is a small change in both the 5K and 10K course.** Due to anticipated construction on Grove Avenue, starting at the intersection of Grove and Chestnut, runners will head east on Chestnut and then north on Woodland. This does not change the distance of the course, however this race is no longer a USATF certified course, due to the whole course having to be re-certified for this small change. Contact [abriedis@wsprings.com](mailto:abriedis@wsprings.com) if you have any questions. The updated race course is available for download at <https://wsprings.com/towertrot>

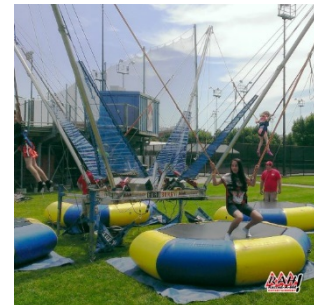


**Packet pick-up is on Friday, September 17<sup>th</sup>, from 8 AM-6 PM, at the Grand Avenue Community Center.** The Thursday pick-up was cancelled. The Grand Avenue Community Center is also the start/finish of the course, located at 4211 Grand Ave. Please note that masks are required inside of the Community Center.

**Race Day packet pick-up and registration starts at 7 AM, also at the Grand Avenue Community Center.**

**Lower participant numbers are expected.** Due to the date change and other activities/races on the same day as this year's Tower Trot, we are only expecting/planning for 500 racers. We are just happy to be able to host the Tower Trot again, no matter the participant numbers! We hope to move back to the regular Saturday of Memorial Day weekend date in 2022.

**Fun for the whole family!** We will be renting a Eurobungy Trampoline (<https://recordahit.com/product/eurobungy-trampoline/>) for the event! There is no cost, however a waiver form will need to be signed. We were planning on having this as a surprise for participants in 2019 and had already paid the deposit. Record-a-hit was very generous and allowed us to move the event date twice and still honored the deposit.



**We will be following the most recent COVID guidelines.** On September 3, 2021, the Governor signed Executive Order 21-22 which requires all individuals over the age of 2 and who can medically tolerate a face covering to wear a face covering when in indoor public places. The Illinois Department of Commerce & Economic Opportunity FAQ on Face Covering and Vaccination Requirements states the following:

**Who is required to wear a face covering indoors?** All individuals the age of 2 or over who can medically tolerate a face covering are required to wear a face covering over their nose and mouth when in an indoor public place

**Does this guidance apply to public outdoor places?** As recommended by the CDC, individuals are encouraged, but not required, to wear face coverings in crowded outdoor settings and for activities that involve close contact with others who are not fully vaccinated, especially in communities with higher numbers of COVID-19 cases.

**Railroad crossing closures.** These closures will not impact the race route, however it may on your route on the way to the race. The crossings at Gilbert, Lawn and Central (pedestrian crossing) will be closed starting Friday, September 17<sup>th</sup>, 7 PM through Saturday morning at 8 AM.

**Mark May 28<sup>th</sup>, 2022 on your calendar for the 45<sup>th</sup> Annual Tower Trot!**

**Thank you!** A big thank you to Healing Hearts for Ashley for partnering with us for this great event and furnishing volunteers to make it possible! Thank you to all of the sponsors of the race! Thank you to all of the Village Departments for helping with the set up! And thank you to all of the racers!

**Donate to Healing Hearts for Ashley!** Donations are accepted on-line at <https://runsignup.com/Race/Donate/IL/WesternSprings/WesternSpringsTowerTrot>

Feel free to contact me with any questions.

Thank you,

Aleks Briedis  
Director of Recreation  
Village of Western Springs  
[abriedis@wsprings.com](mailto:abriedis@wsprings.com)  
(708) 246-9070

