

Prairie State Collegiate Cup

Sponsored by the Clinton YMCA

Date: October 4, 2025

Location: Clinton Lake SRA

7251 Ranger Rd

DeWitt, Illinois 61735

(12 miles east of Clinton, Illinois)

NEW THIS YEAR IS THAT THE EVENT WILL BE 2 WAVES!

Event:

The Collegiate Cup Race is open to NCAA Collegiate Women from across the country. This is a Draft-Legal Sprint Collegiate Club Race. 750-meter swim, 12 mile bike, 3.2-mile run. No lap out rule. This event will be completed in 2 waves. The split of the 2 waves will be decided after receiving entries, but the current intent is to offer up either a NCAA D1 and D2 wave and then a NCAA D3 Wave OR a NCAA D1, D2, & 85% or higher ranking Wave and then a NCAA D3 and 85% or lower wave. The WAVES will be decided with the coaches, organizer, and officials and communicated closer to the event. The first wave will start at 9:15 AM and the second wave will start immediately after the completion of the first wave. We will be opening up the main road in the park at 12:00PM, but will continue to have volunteers stationed around the running course for safety.

Cost:

The entry fee for the event is \$90 per athlete with a **DEADLINE of September 24, 2025.**

Demographics:

DeWitt County makes up 405 square miles of Central Illinois. The county is home to over 15,500 residents. DeWitt County residents celebrate rural life, taking pride in the County's rich agricultural land and natural landscapes. While maintaining its small-town charm, the County also offers exceptional regional mobility given its proximity to nearby metropolitan areas and access to major roadways. The largest town in Dewitt County is Clinton, IL and has a population of around 6800 people.

Race Venue:

Clinton Lake is one of the largest lakes in the state of Illinois! It's a wonderful place to go camping, fishing, boating, swimming and enjoy many other water sporting activities within its 5,000-acre boundaries. The Clinton Lake SRA is managed by the Illinois Department of Natural Resources. Clinton Lake is a rustic, full facility center for aquatic recreation and camping. It is a haven for sailing enthusiasts and a "hot spot" for fishermen as well as swimmers and beach bathers.

Clinton Lake has a 5-year average water temperature of 77-80 degrees at the swimming location for the first week of October. The running course is a flat hiking/ bike path that has compacted rock chips as a surface and will be an out and back. The bike course is also an out and back but will utilize the hard roads of the park in 4 loops. The bike course will be a closed course with the help from our local law enforcement agency, park staff, and volunteers. The entire park will be closed to ALL traffic FROM 9:30 to 12:00PM. If 2 waves are needed, this time will be adjusted. Last year 99% of all athletes finished the race under 2hrs.

Weather:

The Average air temperature in Clinton, IL has a range of 64-67 degrees over the last 5 years. Weather is relatively mild during this time of year, often chilly in the morning and warm/hot in the afternoon and evenings.

Timing:

MSE Racing will be the official timing company of this event.

Transportation and General Location of Event:

The site is conveniently located in the center of Illinois:

40 miles from Willard Airport in Champaign, IL
30 miles from Central Illinois Regional Airport in Bloomington, IL
60 miles from Abraham Lincoln Capital Airport in Springfield, IL
30 miles from the Decatur, IL airport
80 miles from Peoria International Airport in Peoria, IL
175 miles from Lambert International Airport in St. Louis, MO
180 miles from O'Hare International Airport in Chicago, IL
169 miles from Indianapolis International Airport in Indianapolis, IN



The Location of the Cup race is conveniently located in the center of Illinois and very assessable to/from Interstate 74, 57, 72, and Route 51.

Support and community involvement:

Local TV and sports outlets will be notified of this event.

Parking:

This is a public state recreation area, so there are parking lots throughout the park. Signage will be posted for the spectators and athlete designated parking areas. Park staff is already planning to provide more parking options for 2025.

MEDICAL, WATER AND EMERGENCY PLAN:

There will be paramedics, ambulances, law enforcement and water safety individuals present. Volunteers and lifeguards will be sought to surround the swim course with kayaks, paddle boards and pontoon boats. The Conservation Police and Clinton FD will be maintaining water closure around the swimming area and provide a safety boat as well.

Hotel:

Hampton Inn – Forsyth, IL (Decatur, IL <30 miles from site) - ~\$120 plus tax/night

Holiday Inn – Forsyth, IL (Decatur, IL <30 miles from site) - ~\$170 plus tax/night

Hampton Inn – Bloomington, IL - ~\$140 plus tax/night

Holiday Inn – Bloomington, IL - ~\$185 plus tax/night

Hampton Inn – Champaign/Urbana - ~\$245 plus tax/night

Holiday Inn – Champaign/Urbana, IL - ~\$270 plus tax/night

There are additional Airbnb and VRBO rentals within 30 minute drive of site as well that range from \$150- \$500 per night.

Campsites can also be reserved at the Clinton Lake State Recreation Area. For more information on that, please visit <https://dnr.illinois.gov/parks/park.clintonlake.html>


Maps of the course on next 2 pages:

2024 Prairie State Collegiate Cup Event Pictures



BIKE
4 LOOPS
12 Miles





RUN
2 LOOPS
3.2 miles

SWIM
1 LOOP
750 Meters



THE SWIM PORTION WILL BE MORE OF A RECTANGLE RATHER THAN A TRAPAZOID

