



Course Description

All races will start at [Sunburst Ski Resort](#) in Kewaskum. All runners will head south and west along the Otten Preserve section of the Ice Age Trail following the YELLOW trail and return North and East on the WHITE trail back to Sunburst and connect with the Milwaukee River section of the IAT. All runners will continue on to the Hwy H trailhead.

13K runners will turn around at Hwy H and cover the Milwaukee River IAT section and finish their race at Sunburst.

Half Marathon runners will continue north past Hwy H into the Kettle Moraine State Forest. The half marathon turn is .35 miles past the Hwy 28 trailhead and aid station. Half Marathon runners will make the turn on the trail and return back to Sunburst to finish.

Marathon runners will continue north past Hwy 28 and head towards Mauthe Lake. Runners will find the Mauthe Lake aid station near the park entrance and stock up before making the turn back south to the finish at Sunburst.

50K runners will follow the IAT beyond Mauthe Lake to the [Crooked Lake trailhead and aid station](#). After refueling, 50K runners will head back south through the forest and back to Sunburst for the finish.

****We have added an unmanned Aid Station at the [Hwy Dd road crossing](#) between Hwy 28 and Mauthe Lake for the Full and 50K runners. You will find a 5 gallon jug of water and Hammer gels. Please consider refilling the jug for the next runners.****

Runners are encouraged to join us at the finish line for a post race meal catered by Sunburst Ski Resort.

Race		50K	Marathon	Half	13K
Start		Sunburst Ski Resort	Sunburst Ski Resort	Sunburst Ski Resort	Sunburst Ski Resort
Turn		Crooked Lake	Mauthe Lake aid station	.30 m past the Hwy 28 trailhead & aid station	Hwy H

Aid 1	Sandy Ridge Rd	Mile 4.5 Mile 29.2	Mile 4.5 Mile 24.5	Mile 4.5 Mile 11.74	Mile 4.5 Mile 6.74
Aid 2	Hwy H	Mile 5.62 Mile 28.08	Mile 5.62 Mile 23.38	Mile 5.62 Mile 10.62	Mile 5.62
Aid 3	Hwy 28	Mile 7.62 Mile 26.08	Mile 7.62 Mile 21.38	Mile 7.62 Mile 8.62	
Aid 4	Mauthe Lk S. Trailhead	Mile 14 Mile 19.7	Mile 14 Mile 15		
Aid 5	Crooked Lake	Mile 16.85			

LTS Races- Leg Descriptions

Course markings: Look for the **yellow blaze** of the **IAT** on trees and posts. High grass areas will be marked with **orange tape in/on the trees**. **Blue TDR flags** are on your **RIGHT**.

Leg 1: The Bellatrix Loop - Start at Sunburst Ski Resort, run south and connect with the IAT. Follow the YELLOW trail west through the Otten preserve and connect with the WHITE trail to head east back towards Sunburst. Finish the leg at Prospect Drive. 2.8 miles

Leg 1A: Connector Road – Run south on Prospect Dr and cross the road at the IAT trailhead. This connects you to the Milwaukee River section of the IAT. .20 miles

Leg 2: Milwaukee River IAT - This newly created section of the IAT will cover open prairie, marshland, farm field, and wooded forest. Run east along the trail following the IAT yellow blaze and brown posts. Expect rolling terrain, wooden bridges, and a couple of short steep climbs. Some double track sections. Finish the leg at the Hwy H aid station, parking, and trailhead. 2.62 miles *13K runners turn here.*

Leg 3: H to 28 – This technical section is completely covered by dense forest. Expect steep climbs and drops, roots, rocks, gravel and turns. The trail is what we term one and a half track trail; not quite single but not double track. Finish the leg across Hwy 28 at the aid station. *Half marathon runners turn on the trail.* 1.98 miles

Leg 4: Kettle Moraine Forest - The longest leg in this race, the IAT in the KM forest covers a wide range of terrain but is mostly covered by dense forest and is marked by a constant series of climbs and descents throughout the leg. Mainly single track trail. Keep moving so the deer flies and mosquitoes don't carry you away. Expect tall grass in the New Fane area, soft swamp near Mauthe Lake, and a tricky climb around mile 11.5. Finish this leg at the Mauthe Lake aid station. *Marathon runners will turn here.* 6.38 miles

Leg 5: Lake to Lake – Leave the Mauthe Lake aid station and run north and east to Crooked Lake. You will cross Hwy GGG and Hwy SS and will be in your third county for the day (Washington, Fond Du Lac, and Sheboygan). This section is almost entirely wooded singletrack trail with a short open prairie section. Find the aid station at Crooked lake, refuel and return back south on the trail to Sunburst. 2.85 miles

