



Unleash.

LUNATICS TRAIL SERIES . 50K . 26.2 . 13.1 . 13K

Race Information

Saturday, July 21

5:30 am Packet Pick Up at Sunburst Ski Hill

7:00 am 50K start

7:20 am Marathon start

7:40 am Half Marathon start

8:00 am 13K start

10:30 am Lunch begins - No charge for race participants; spectators may purchase a lunch for \$5 (purchased at the time of racer registration online)

5:00 pm cutoff time for all races

Registration

Registration is online only at Ultra Signup.

Registration:

50K - \$80

Marathon - \$70

Half Marathon - \$55

13K - \$40

Notes:

*Trail Dog Swag is only guaranteed for those who register on or before July 6.

*Shirts are locally created by Promotionpros.com

Directions to the Start, Parking & Logistics

Distance from:

Milwaukee: 45.5 miles

Madison: 81.6 miles

Green Bay: 78.4

Chicago: 132.8

Janesville: 106.6

Stevens Point: 131.3

All races will start on time (with the exception of extreme weather delay...it has happened, so it has to be in here - but evening lightning strikes only delayed things by 30 minutes...)

Here is a link to the start line at Sunburst Ski Area:

<https://www.google.com/maps/place/Sunburst+Winter+Sports+Park/@43.493936,-88.224007,15z/data=!4m5!3m4!1s0x0:0xc06e067b71648783!8m2!3d43.493936!4d-88.224007>

The start/finish is at the base of the ski hill, near the parking lot and lodge.

If spectators have their dogs, just be aware that it can be pretty hot out! Please be sure to clean up after them as well.

Restrooms are available inside the lodge; there are no restrooms along the trail, with the exception of Mauthe Lake (for marathoners and 50K'ers)

Detailed 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 approximately 1/2 mile 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 continue past the aid station approximately 1/2 mile 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.

Race		50K	Marathon	Half	13K
Start		Sunburst Ski Resort	Sunburst Ski Resort	Sunburst Ski Resort	Sunburst Ski Resort
Turn		Crooked Lake	.50 mile past the Mauthe Lake aid station	.50 mile 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: TDR flags are on your RIGHT

. 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.

Leg 1: The Otten Preserve 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 will continue .50 miles past Hwy 28 to their turnaround. 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 killer climb around mile 11.5. Finish this leg at the Mauthe Lake aid station. Marathon runners will continue .50 miles past the aid station to their turnaround. 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 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

Race Rules

1. All decisions of race personnel are final, including medical staff
2. There are no transfers or refunds allowed if you are not able to participate
3. The event will take place regardless of weather, but in the very unlikely chance we can't hold the event at all we'll do our best to provide as much of a refund as possible to participants who ask. Please check Facebook for updates leading up to race morning.
4. All participants must pick up their bibs at the start area before the race starts.
5. If you decide to drop from the race, make certain that proper procedures are followed. The runner or crew member for the runner must notify race personnel at once at the closest aid station. This policy is for your own safety. Transportation to the finish line will be available if needed.
6. Event changes should be communicated to a race director prior to the event. Runners who turn around early will be considered a DNF for their registered event.
7. Race bibs will be provided at the pick up the morning of the races. All runners must wear bibs so that they are clearly visible in the front.
8. The race takes place on a designated National Scenic Trail. Please respect the trails,

other runners, volunteers and traffic control personnel. As you are aware, some areas of the trail are wide, some is tight single track. If you choose to wear headphones, we encourage you to leave one ear open in the case that a runner wishes to pass or communicate with you.

9. Runners must follow the marked course at all times. If you get off course by mistake, find your way back to the main trail and keep moving...it is difficult to get off course, quite honestly, but crazier things have happened...

10. In the event of adverse weather, please take shelter immediately - participants must follow all directions from race personnel in severe weather conditions.

11. All finishers will receive an award. The top male and female finishers in each distance will receive awards (the overall male and female winners are not eligible for age group awards)