



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.

40M runners will continue north on the IAT past Crooked Lake. Follow the **yellow blaze** of the **IAT** on trees and posts to Butler Lake. Fuel up, rest if you need to, and turn around and head back south on the trail to the finish.

****We have added an unmanned Aid Station at the [Hwy Dd road crossing](#) between Hwy 28 and Mauthe Lake for the Full, 50K and 40 M 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.

This chart represents the distances in your race that you will find aid stations. The top number is your mileage going out, the second number is the mileage coming in. Distances are pretty close, but this is a trail race and all distances are approximate.

Race	40M	50K	Marathon	Half	13K
Start	Sunburst Ski Resort	Sunburst Ski Resort	Sunburst Ski Resort	Sunburst Ski Resort	Sunburst Ski Resort
Turn	Butler Lake	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 38.2 2.0 to finish	Mile 4.5 Mile 29.2 2.0 to finish	Mile 4.5 Mile 24.5 2.0 to finish	Mile 4.5 Mile 11.74 2.0 to finish	Mile 4.5 Mile 6.74 2.0 to finish
Aid 2 Hwy H	Mile 5.62 Mile 37.08	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 35.08	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 28.70	Mile 14 Mile 19.7	Mile 14 Mile 15		
Aid 5 Crooked Lake	Mile 16.85 Mile 25.85	Mile 16.85			
Aid 6 Butler Lake	Mile 21.35				

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 fields, 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, *50K runners refuel and TURN back south here.* 40 M runners continue on. 2.85 miles

Leg 6: Crooked Lake to Butler Lake (4.5 M)

We've saved the most challenging segment for our 40 mile runners. This is 9 total miles (out and back) of up and down. After stocking up at the Crooked Lake Aid Station at HWY SS, runners continue north on the IAT winding along a ridge that rises and falls as it twists and turns. You'll see lakes and kettles on both sides. The first 1.2 miles from Crooked Lake are mainly wide, pine covered trail with easy, gradual, rolling terrain.

Cross Division Road, (it's literally a dirt access road) stay on the IAT...marked with brown posts and yellow signs....and head towards HWY F. This 2.0 mile segment is single and double track with rocks, roots, twists and turns. All the fun trail runners look for. 3-4 steep climbs (BTW you have to cover them again on the way back). You will see a segment we call the Valley of the Fallen Giants.... Look left and right to see massive oak, poplar, and ash trees pushed over, snapped off, and uprooted from a storm in 2018.

Cross HWY F, look both ways, and find the IAT marker for your final 1.3 mile segment of this 9 mile leg. This segment is a combination of single track, double track, and eventually wide, grass covered trail. Take the steps down to the aid station, refuel, rest as long as you need, and head back south to finish your amazing race. You are on your way to completing your 40 mile race. Every step forward is one closer to home!

Leg 6 RECAP

1.2 miles - Crooked Lake Aid to Division. Rolling, wide, pine covered trail

2.0 miles - Division to HWY F. Steep up and down, winding, single/double track, rocks, roots

1.3 miles - HWY F to Butler Lake. Somewhere between segment 1 and 2