



## 2024 Whitewater Trail Challenge - 10K, Half Marathon, 50k

**Start/Finish:** Rice Lake Nature Trail, Whitewater, WI

**\*NOTE:** *There is no event parking at the Start/Finish. All racers must park at the off site shuttle pickup location at University of Wisconsin, Whitewater*

**Parking and Shuttle Location:** 221 North Prince St. Whitewater, WI 53190 Lots 1 & 2. [Google Maps](#)

**All times expressed on this guide are shown on local time zone - Central Time (CT)**

### Start Times, Saturday, June 22

50k: 7:00am

Half Marathon: 9:00am

10k: 11:00am

**Official Finish Time:** Saturday, June 22, 5:00pm

Welcome to the first edition of the Whitewater Trail Challenge! We are excited to have you racing with us and for you to see the stunning course we have for you this year.

Your safety is our first and highest priority. Please review this document in full to ensure your full understanding and compliance to the rules and policies as specified.

### Race Day Schedule

Saturday, June 22, 2024 5:45am-10:15am	<b><i>Shuttle Bus Runs to the Start Line Every 20-30 Minutes</i></b>	UWW Lot 2 21 North Prince St. Whitewater, WI 53190 Lot 1 & 2 <a href="#">Google Maps</a>
Saturday, June 22 7:00am - 5:00pm	<b><i>Whitewater Trail Challenge 50k - 7:00am Half Marathon - 9:00am 10k - 11:00am</i></b>	Rice Lake Nature Trail  *Note: there is only one heat per distance. Late starts are not allowed.
Saturday, June 22 5:00pm	<b><i>Course Closed, Last Shuttle Departs to the Off Site Parking Location</i></b>	



## Race Packet Pick-up & Registration

**Bib pickup is available at the start line prior to the race start. Racers are encouraged to board the shuttle early in order to leave time to pick up their bibs from the registration tent when they arrive at the start.**

*Requirements:*

- ID/ Passport, with name matching your registration
- Race packets must be picked up by the runner

Race packet includes:

- **Runner BIB** is mandatory for all race distances.
- **Chip Timing Tag and holding wristband** mandatory for all race distances.
- **Pacer BIB** – one pacer is allowed per runner. See Pacer section for more details.
- **Swag:** Sponsors discounts, product sample

If there are still spots available, on-site registration will be possible at the start line on Saturday morning.

## Parking and Shuttles

There will be a remote parking lot and shuttles to the start/finish area. All racers are required to use the shuttle to reach the start/finish area, or to arrange to be dropped off in a personal vehicle or taxi/Uber. The parking lot in which the start line is located will be closed to racer vehicles.

Parking location is at the University of Wisconsin, Whitewater, in Lot 2. The address is **221 North Prince St. Whitewater, WI 53190**. From there, it is a 15-20 minute shuttle ride to the start. Please allow ample time for parking, a short wait for a shuttle, and the ride to the start.

The first shuttle will depart at 5:45am, and the last shuttle will depart at 10:15am. Racers from all distances are welcome to ride any shuttle, as long as it gets them to the start with plenty of time to check in before the race. After the race, shuttles will drive from the finish area back to the parking lot on a rolling schedule.

## Course Information

You can navigate the interactive race maps at our official website [here](#), or at the following links:

[10k Course](#)

[Half Marathon Course](#)

[50k Course](#)

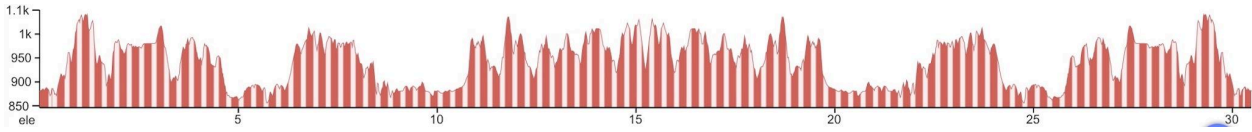
### TRAIL USE RULES:

It is important that you share the trail with your fellow racers in addition to the public and the many horse riders who use this trail. If you must wear headphones, please keep the volume low or consider leaving one ear clear. Allow faster runners to pass, and **IF YOU ENCOUNTER HORSES, PLEASE STOP AND ASK THE RIDER(S) FOR INSTRUCTIONS ON HOW THEY WOULD LIKE YOU TO PROCEED.** Be patient. Losing a few seconds is better than getting kicked by a horse.

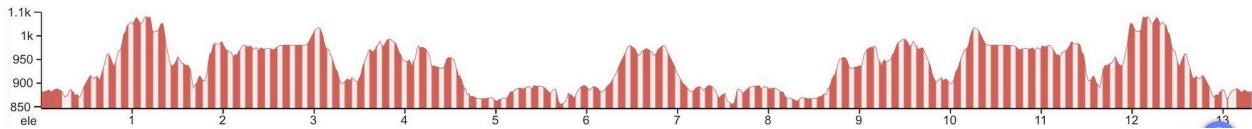


## Elevation Charts

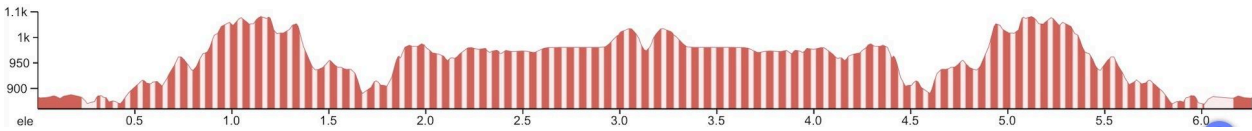
50K Gain/Loss: 2,474'



Half Marathon Gain/Loss: 1,072'



10k Gain/Loss: 482'



## Aid Stations and Cutoffs

Our goal with our intermediate cutoff times is to allow runners to stay on the course as long as possible. Note that the pace required to make it to the Golden Gate Bridge is faster than the pace required to beat the prior cutoffs. 50k runners will benefit from the longer cutoff times allowed for the 50-mile distance.

Aid	10k Distance	HM Distance	50k Distance	Cutoff	Crew
Start	0	0	0	N/A	YES
Esterly Road	2.6	2.6	2.6	-	NO
Oleson Cabin	-	-	9.4	-	YES
Bald Bluff	-	-	12.5	-	NO
Horserider	-	-	15.2	12:30pm	NO
Bald Bluff	-	-	17.9	-	NO
Oleson Cabin	-	-	21.1	2:30pm	YES
Esterly Road	3.7	10.7	27.8	4:30pm	NO
Finish	6.3	13.3	30.5	5:00pm	YES

## Cutoff Details

Cutoffs have been established for the 50k turnaround at Horserider, plus Oleson Cabin and Esterly Road aid stations. These intermediate cutoffs are intentionally generous to allow you to stay on course as long as possible – reaching these aid stations before the cutoff time does not mean you are on pace to finish before the final cutoff. Please respect the cutoff times. We have volunteers and hired services who have only agreed to stay at our race for a certain period of time, so we cannot have racers on course past the cutoff.



## Aid Station Offerings

Aid stations will provide a variety of nutrition options, including water, electrolyte drinks, sodas, GU energy gels and stroopwafels, salty snacks (chips), bars, fruit (bananas and oranges), nuts, and candy. Due to park regulations we will not be offering hot items.

We will provide more substantial snack items at the finish, but there will be no food truck or hot food available.

## Mandatory Equipment

- **Bib number** must be visible from the front during the entire race. Staff along the race course MUST be able to read the number clearly.
- **Chip timing tag** must be worn for the duration of the race.
- **50k Only: 500ml (17 oz) water carrying vessel AND 200 calories of nutrition**
- **50k Only: Waterproof jacket** - TBD on race week. If the forecast suggests inclement weather, you will receive an email that this item is mandatory.

## Recommended Equipment

Some additional gear to consider:

- Water bottle, waist pack, soft flask holder or backpack with hydration system. Participants must carry and dispose their trash at aid stations. ***Any runners caught littering will be subject to immediate disqualification.***
- Breathable warm jacket to protect you from low temperatures
- Running shoes with rugged traction
- Trekking poles are allowed.
- Short running gaiters to keep debris out is a great way to prevent blisters
- Multifunctional neck gaiter or buff which can double as a head cover during cooler temps
- Sunscreen
- Running hat and/or visor
- Eyewear: keep in mind that the race course goes through dark forest areas and sunny open lands so proper eyewear is recommended
- A spare change of clothing in your drop bags
- Warm and dry clothes at the start/finish bag check

## Drop Policy

If it turns out not to be your day and you are unable to complete the race, ***you may drop at the nearest aid station by surrendering your race bib to the aid station captain.*** Transportation will be provided to transfer you back to the finish line.

We have taken extensive measures to account for all runners that are on course and those dropped from the race. Course Marshals or any other staff/volunteer members are ***NOT*** authorized to record any dropped participants.

***\*\*\* DO NOT exit the course without notifying our staff if you decided to drop. Failure to do so may result in dispatching search and rescue personnel to locate you. You will be responsible for such expenses. \*\*\****



## Crew

**Crews and spectators are allowed only at specific locations.**

Crews and spectators are allowed to ride the shuttle from the offsite parking location to the race start/finish location.

On the 50k course, crew and spectators may drive to the Oleson Cabin aid station located on Duffin Road: [Google Maps Location](#). Once there, proceed through the gate and park on the mowed field.

Note: Crews and spectators who wish to go to the start/finish area as well as the Oleson Cabin aid station will need to leave time to shuttle to and from their cars at the offsite parking location. There is no crew/spectator parking available at the start/finish.

Crews and spectators are not allowed to park at other aid stations or road crossings.

Crews and spectators must obey all traffic laws and only park in legal, designated areas.

Crews and spectators accessing any part of the course must buy a parking pass from the Wisconsin Department of Natural Resources. Passes (daily and annual) are available on [their website](#).

No pacers are allowed.

## Bag Check

**There will be no drop bags on course.** There will be a bag check at the start/finish area where runners can leave items before the race to be picked up after the race.

## Clean Race Policy

Our race will take place in a scenic natural area that requires care and maintenance. One of the key factors for success is maintaining the magnificent scenery surrounding the race. Local residents, tourists and all users are responsible for preserving this place. For this reason, ***littering along the race course is grounds for immediate disqualification. NO EXCEPTIONS.*** It is our responsibility to have a clean race.

Trash and recycling receptacles are available at all aid stations.

## Contact Information

Our team is here to ensure you have the best race experience. If you have any questions or concerns, please use our website, <https://www.spartantrail.com/whitewater-trail-challenge/>, or contact us by email [trail@spartan.com](mailto:trail@spartan.com).