Welcome to the 2025 Golden Kettle Trail Series!

It's a pleasure to have you racing with us at the SECOND race of the 2025 Series. We are thrilled to be celebrating our sixth year racing the beautiful trails of the Northern & Southern Kettles. This series is laid back by design – from our stress-free, open start to self-timing, we strive to make race day as stress free and fun as possible!

My team and I are pumped to have you join us. We believe in creating fun, encouraging, and uplifting race experiences for everyone who attends events with us. We cater to all types of runners: fast, slow, newbie, veteran, and everyone in between. The bottom line is, you are here to push yourself and have fun. So, do that!

We look forward to seeing you in a few days. Please read over the information below in preparation for race day. If you have any questions, please <u>email</u> me.

Carri Marlow

Chase the Sun Running Co. | Golden Kettle Trail Series | Owner | Race Director

Follow us on Facebook & Instagram!

RACE ESSENTIALS

START TIME:

OPEN START

Start anytime* Saturday 7:00am - 11:00am

*Gauntlet participants must start at 7am.

Please note – this event is self-timed.

*You should plan to be off the course by noon as we begin to pick up the course. This course is one of our more technical courses.



BLUE SPRINGS ATHLETE GUIDE

RACE LOCATION:

**PLEASE NOTE: There is no parking at the trailhead. You may either get dropped off at the PELC or use the free shuttle service from St. Mary's Church. Spectators may also use the shuttle.

Palmyra Educational Learning Center (PELC)

W687 Carlin Trail

Palmyra, WI 53156

PARKING/SHUTTLE:

Due to lack of available parking at Palmyra Educational Learning Center, we are offering a free shuttle service from St. Mary's Catholic Church about 1.4 miles away. We encourage you to carpool if possible and factor shuttle time in your race day plans. You should plan for the shuttle to take about 10-20 minutes with peak time likely being between 6:50am and 8am.

SHUTTLE INFO:

PICK UP: St. Mary's Church

TIME: 6:50am until noon (last shuttle departs Palmyra Educational Learning Center at approximately

12:00pm.)

ADDRESS: 919 W Main St Palmyra, WI 53156

PACKET PICKUP & RACE DAY REGISTRATION:

Race day packet pick up only, starting at 7am on Saturday.

Race day registration is available. Cash, Credit Card, Apple Pay & Venmo accepted.

RACE TRANSFERS:

Please <u>email</u> us BEFORE the race to make any changes to your registration if possible. Race day changes can be made, please let us know when you pick up your packet if you plan to run a different distance.



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GOLDEN KETTLE VILLAGE:

- •Beer provided by North Pillar Brewing Co. will be available to participants aged 21 and older.
- •Live music by Kevin Wypiszinski Music from 8:30am to 10am.
- •Merchandise will be available for purchase tshirts, long sleeve t's, BOCO hats and more

COURSE DETAILS:

Choose from any of our three courses - Short, Middle or Long, or challenge yourself and run them all! The courses will be well marked with our flags.

NEW THIS YEAR: The Golden Gauntlet option is all three courses - long, mid, then short. You must arrive at 7am if you choose this option and you will be required to check in after each loop/course. You must be off course by noon.

• Short Course - 4ish miles

The short course follows our red course flags.

• Mid Course – 6.3ish miles

The middle course follows our green course flags.

• Long Course – 13.5ish miles

The long course follows our blue course flags.

RESTROOMS:

There will be portable toilets at the trailhead. There are restrooms on the mid/long course @ Horseriders, at approximately mile 1.

AID STATIONS:

There is an unmanned aid station at Young Rd, at approx. mile 5 & on the way back at approx. mil 9, on the long course. Water, Hammer Endurance and sweet/salty snacks will be available. Post-race snacks will be available at the trailhead as well.



EVENT PARTNERS

SUPPORT THOSE WHO SUPPORT RACES!









