

Welcome to the 2024 Golden Kettle Trail Series!

It's a pleasure to have you racing with us at the FIRST race of the 2024 Series. We are thrilled to be celebrating our fifth year racing the beautiful trails of the Northern & Southern Kettles.

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!

I look forward to seeing you in a few days. I'll be at packet pick up and you might even see me on course and/or at the finish line.

If you have any feedback on how we can do better or have any other feedback, shoot me a [note](#)!

Carri Marlow | Golden Kettle Trail Series | Owner | Race Director

csmeventsllc@gmail.com

Follow us on [Facebook](#) & [Instagram](#)!

RACE ESSENTIALS

START TIME: OPEN START

Start anytime Saturday 7:00am – 11:00am

*You should plan to be off the course by noon as we begin to pick up the course.

LOCATION:

The address for McMiller is:

S104 W38755 County Rd NN

Eagle, WI 53199

*Please note, this address may not work in GPS. This [link](#) may be more helpful.



PACKET PICKUP & RACE DAY REGISTRATION:

Race day packet pick up only, 7am to 11am.

Race day registration is available. Please plan to bring cash as the internet is spotty at the trailhead.

RACE CHANGES:

Please [email](#) us BEFORE the race to make any changes to your registration. Race day changes can be made, please let us know when you pick up your packet if you plan to run a different distance.

GOLDEN KETTLE VILLAGE:

- Synchrony PT Recovery Zone!

Carrie and Kathy of Synchrony PT will be onsite for runner support, questions, and high fives per usual. In addition, Golden Kettle runners can sign up to receive a complimentary mini recovery session. The Synchrony PT pros will get you all set up to lounge in the NormaTec compression system after your race! This system helps to decrease tissue inflammation, clear metabolites, and improve range of motion. Look for the Synchrony PT table when you check-in on race day and sign up for a quick post-race session.

- Beer provided by [Hubbleton Brewery](#) will be available to participants age 21 and older.
- Live music by [Kevin Wypiszinski Music](#) from 8:30am to 10am.

COURSE DETAILS:

Choose from any of our three courses - Short, Middle or Long. The courses will be marked with our flags.

[McMiller Trail Map](#)

- Short Course - 3.1ish miles

The short course is one green loop and follows our red course flags.

- Mid Course – 4.97ish miles

The middle course is one purple loop and follows our green-yellow course flags.

- Long Course – 11.8ish miles

The long course is one blue loop, followed by one purple loop and follows our blue course flags.



PARKING:

Parking is available at the trailhead; however, we encourage you to carpool if possible.

The event is held inside the Kettle Moraine State Forest. Therefore, all vehicles entering the park must either have an annual WI State Park sticker or purchase a day pass and display on the front windshield. Please note, if you're carpooling with your team, only one pass would be required. Please visit the [WI DNR Website](#) to purchase a pass or for more information.

RESTROOMS:

There are restrooms at the trailhead, inside the shelter.

AID STATIONS:

There will be one aid station with electrolytes and snacks at the trailhead for those doing the long course.

EVENT SPONSORS

SUPPORT THOSE WHO SUPPORT RACES!

