

## Welcome to the 2024 Golden Kettle Trail Series!

It's a pleasure to have you racing with us at the FOURTH race of the 2024 Series. We are thrilled to be celebrating our fifth 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 challenge 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, please shoot me a [note](#)!

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

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

## RACE ESSENTIALS

### START TIME:

#### *OPEN START*

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

\*You should plan to be done racing by noon as we will start picking up the course markers at that time.

### LOCATION:

The address for NORDIC is: N9084 Co Rd H, Whitewater, WI



**PACKET PICKUP/RACE DAY REGISTRATION:**

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

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

**RACE TRANSFERS:**

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 course.

**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.
- Merchandise will be available for purchase – t-shirts, long sleeve t's, custom mugs and BOCO hats.

**COURSE DETAILS:**

Choose from any of our three courses - Short, Middle or Long. The courses will be marked with our flags and we will give you info at packet pick up.

[Nordic Trail Map](#)

- Short Course - 3.6 miles

The short course follows our red course flags and is one green loop on the trail map.

- Mid Course – 6 miles

The middle course follows our yellow/green course flags. It follows the green loop until the N7 intersection, then hops on the blue loop to finish.

- Long Course – 9 miles

The long course follows our blue course flags and is one blue loop



**PARKING:**

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

**RESTROOMS:**

There are restrooms at the trailhead. There are no restrooms on the course.

**AID STATIONS:**

There will not be any aid stations on the course since all courses are one loop – but we will have post-race snacks and water available.

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