

# ARKTOS



## 2026 ATHLETE GUIDE

# ARKTOS



On behalf of our entire Chase the Sun Crew, I'd like to welcome you to ARKTOS.

The idea for ARKTOS was born on a cold, snowy day on the very trails you'll be running. I was running with a friend and talking about how fun it would be to put on an ultra in the winter... freezing cold, snowy, icy, windy, all the things. We set a modest goal of 50 runners for year one (we weren't sure we would get more than 30). Little did we know, there were 100+ people who were willing to test their limits in the bitter cold and come out for the fun. We've sold out again in 2026 and get to watch 150 of you crazy ass people come freeze your butts off for 6, 12 or 20 hours. If you're reading this, you are a gnarly human being and we're all here for it.

These trails hold a very special place in my story. Scuppernong was the very first trail I ran when I started trail running years ago. It's a place where I've spent hundreds of hours, made many new friends and countless memories. If you allow it, this place will change your heart and let you push yourself harder and further than you ever thought possible. It's a simple trail system, nothing fancy, nothing too technical, no massive climbs and no scenic ridges. What I'm saying is, these trails don't require much brain power to run - you just run.

The weather can throw a curve ball into this thing for all of us. My advice, just go with it. You can't control what you can't control. What you can control is your attitude. If it gets cold, or things get hard and you let them get hard - guess what, it's going to get hard, and your race will suck. Read that again. If things get difficult and you focus on what's working, adjust as needed, work with the pain - not against it. Encourage those out there even when you feel like garbage and just keep moving forward, you'll look back and realize you had a good race. At the end of the day all we're doing is running, it's really not that important. What is important is building relationships with others, uplifting people and supporting those who decided to take on the same challenges you did.

We only have two rules at ARKTOS - don't quit on yourself and be kind to one another. Follow those two rules and you'll be just fine.

Reach out with any questions. It may be cold, it may be icy, it may be muddy; but it's going to be good.

See you all soon - until then, happy trails!

Carri & the ARKTOS crew.

## **RACE LOCATION**

### **Scuppernong Trailhead**

S58 W35820 County Rd. ZZ

Dousman, WI 53118

[Click here to view on Goggle Maps](#)

## **LOCAL BUSINESSES**

### **Performance Running Outfitters (local running store)**

2566 Sun Valley Dr. Unit E

Delafield, WI 53018

### **Walgreens**

1021 Summit Ave.

Oconomowoc, WI 53066

### **Fleet Farm (warm clothes, hand warmers, boots, snacks, etc...)**

1555 Pabst Farms Blvd.

Oconomowoc, WI 53066

## **LODGING**

### **Staybridge Suites**

1141 Blue Ribbon Dr

Oconomowoc, WI 53066

### **TownPlace Suites by Marriott**

1242 Corporate Center Dr

Oconomowoc, WI 53066

# **SCHEDULE OF EVENTS**

## **FRIDAY, February 27**

5:00pm-6:30pm | NEW this year - Early race check-in at the trail head

## **SATURDAY, February 28**

10:00am - 11:45am | Race check in at the trail head

11:45am | Call to start, fill your shot glass, pre race talk (mandatory for all athletes)

11:59am | ALL races start (20 hour / 12 hour / 6 hour)

2:00pm | Coffee, tea, hot cocoa served inside the cabin

2:00pm - 4:00pm Recovery Zone in the shelter w/Carrie from [TrueStride](#)

5:00pm - 7:00pm | Chili is served inside the cabin

5:30pm - 7:00pm | live local music by [Kevin Wypiszynski Music](#)

5:59pm | 6hr race is finished

11:59pm | 12hr race is finished

## **SUNDAY, March 1**

12:00am | Hot pizza is served inside the cabin (12 & 20hr racers)

7:59am | 20hr race is finished

8:45am | Cabin is closed, see you next year!

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# RACE FORMAT

The goal of this race is to complete as many miles as possible during your selected timeframe of 6, 12 or 20 hours. You may race as a solo ultra runner or as a relay team of up to 4 people. You must be back and through the start / finish at the trailhead before time runs out for your mileage to count.

You check in, gear up and grab your (small) shot of fireball (or hammer if you don't want alcohol). We all raise a glass to friendship and the challenge ahead and start the race by taking a shot together. You can choose to run any of our three courses at any time during the race.

TEAMS: only one member of your team may be on the course at a time. You may run in any order and do not have to run in the same order. Each runner can run as many loops as they like before "tagging out" to the next runner. Your order does not have to be the same each time. Runner exchange is at the timing station.

We have a short, middle- and long-distance loop that all start and finish at the main trail head. Check out the [course details](#) for more info on the routes.

There is a cabin at the trail head where you can warm up. The parking lot is large and also right by the trail head so you can keep dry / warm clothes and any extra gear / fuel nearby in your car. We also will have warming tent erected inside the village for a quick warm up before heading back onto the trail. All team exchanges happen next to the cabin at our designated runner exchange zone.

# TIMING / RESULTS

We keep it old school and low key by design for all of our races, including this one. There's no fancy chip timing system here and we like it that way. Each lap you will be directed to run to our timing station and give your race number (which is found on your athlete wristband) and what color loop you just completed to our volunteer timer. We have a simple system we use to track laps and calculate results. Our timer will confirm with you your number and color loop you just completed before you head out onto your next loop.

All race results will be available online @ [www.goldentrailseries.com/arktos](http://www.goldentrailseries.com/arktos) within 6 hours of the race finishing. Please check in with our timers to verify your results before leaving.

All finishers will be given a handmade wooden finishers medal made by a local runner here in Wisconsin. The top three overall male and female finishers in each division will also be awarded with an overall award upon finishing the event. The top team in each division will receive an award.

## **PARKING AT THE TRAILHEAD**

The parking lot at Scuppernong is large so you will not need to worry about finding a space to park upon arriving. However, the trails are still open to the public so we're asking for those who can to carpool in order to save space inside the parking lot for other users of the trail.

There is a large gravel parking area to the right of the main lot. As long as the snow is not too deep you may park in that area as well.

Please support our beautiful state parks by ensuring you have either a required annual or day pass to enter the park. If you have an annual sticker just display it per the Wisconsin DNR rules on your windshield. When you enter the park, there is a self-registration kiosk where you can purchase a day pass on race day, or purchase on line at <https://dnr.wisconsin.gov/topic/parks/admission>. The cost per vehicle is \$13.

## **BATHROOMS**

Gosh I just love pit toilets, don't you?!? Good, because that's what is available at the trail head! There's a men's and women's restroom with multiple toilets in each and sanitizer to wash your hands. We consistently check the bathrooms to make sure there's enough toilet paper in the stalls. However, if you see one running low please come find one of us in the cabin and let us know so we don't leave someone in a tough situation.

## **AID STATION/SHELTER**

Snacks are important, so we'll have lots of things for you to choose from at our aid station. The ONLY aid station at this race is located near the cabin - there are no aid stations out on course. Sweet and salty goodies, candy, soda, water, Hammer HEED electrolyte drink will be available. Our race is cup-less. Feel free to bring your own or use the one provided to you at race check-in.

You're more than welcome to come inside the cabin for a warm coffee, tea or hot cocoa anytime during the race. PLEASE, PLEASE make sure you do not enter the cabin with spikes or tracks on your shoes. If you have anything added onto your shoes from grip you need to remove them before entering the cabin. ALSO NOTE: per the DNR, no dogs are allowed inside the shelter and dogs must be leashed at all times.

## **RACE CHANGES & PACERS**

If you need to make changes to your registration, please do so by February 21st.

Pacers are allowed for 12 and 20-hour athletes after 8pm. Pacers must check-in with our timers and sign a waiver prior to starting.

# **REQUIRED GEAR**

- 1. Headlamp or white flashlight**
- 2. Hat**
- 3. Gloves**
- 4. Neck gaiter or Balaclava**

Running with a pack is HIGHLY ENCOURAGED for this race. Also adding in a down jacket or warm item you can throw on mid run may be a HUGE help during your race. We also recommend this due to the unlikely instance where you find yourself injured mid trail and are waiting for someone to make it to your location.

# **COURSE MARKINGS / SAFETY**

The Wisconsin DNR does a wonderful job marking their trails. Scuppernong is a popular trailhead with the local running / hiking community so you can expect the loops to be well marked at intersections with signs along the route to help you navigate where you are.

Along with the DNR markings, we will be adding marking tape along the course to help you navigate the routes correctly. During the evening hours, Glow-sticks, or Chem lights will light your path. Based on the loop you're running (red, orange/yellow or green) simply follow that color glow stick and you'll find your way back to the cabin completing your loop.

Please be aware of the trail conditions. Obviously running trails, especially during winter, can be tricky. Go slow on your first loop and get yourself comfortable with whatever conditions mother nature happens to throw at us on race day.

## **RACE CONTACT**



**Carri Marlow**  
*Race Director/Owner*

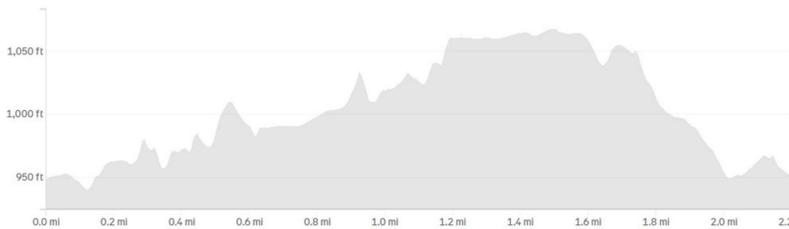
Email: [csmeventsllc@gmail.com](mailto:csmeventsllc@gmail.com)  
Phone: 414-467-7410

# THE TRAILS

You can choose to run any of our three courses at any time during the race. REMINDER: teams may only have one runner on course at a time. All courses start and finish at the main trailhead. Click the link to view the [DNR Trail Map](#)

## **SHORT LOOP COURSE (Red Loop)**

- 2.3 miles (kilometers)
- trail rating: Easy / Intermediate
- elevation: 167ft of ascent per loop (72ft per mile)



## **MID LOOP COURSE (Orange Loop)**

- 4.1 miles (6.6 kilometers)
- trail rating: Intermediate
- elevation: 331ft of ascent per loop (82ft per mile)



## **LONG LOOP COURSE (Green Loop)**

- 4.9 miles (7.8 kilometers)
- trail rating: Intermediate
- elevation: 371 of ascent per loop (75ft per mile)



# ARKTOS

**CHASE THE SUN**   
RUNNING CO.

[WWW.GOLDENKETTLETRAILSERIES.COM/ARKTOS](http://WWW.GOLDENKETTLETRAILSERIES.COM/ARKTOS)