

## Welcome to the 2024 Golden Kettle Trail Series!

It's a pleasure to have you racing with us at the SECOND 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 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](mailto:csmeventsllc@gmail.com)

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

## RACE ESSENTIALS

### START TIME:

#### OPEN START

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

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.***



## **RACE LOCATION:**

\*\*PLEASE NOTE: We are asking participants NOT to park at the trailhead. You may either get dropped off at the PELC or use the free shuttle service from St. Mary's Church. There is NO parking at the trailhead, 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 and an increased number of participants, 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 [email](#) 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.



**GOLDEN KETTLE VILLAGE:**

- Synchrony PT Recovery Zone!

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 8:00am 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, Mid or Long. The courses will be marked with our flags. All courses are out and back.

- [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 are pit toilets at the trailhead. There are no restrooms on the course.

**AID STATIONS:**

There is one unmanned aid station at Young Rd, approx. 5 miles & on the way back at approx. 9 miles, 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.



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