

Welcome to the 2024 Golden Kettle Trail Series!

It's a pleasure to have you racing with us at the THIRD 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

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 done racing by 12:00pm as we will start picking up the course markers at that time.

RACE LOCATION:

The address for Greenbush is:

N5854 Kettle Moraine Dr

Glenbeulah, WI 53023



PARKING:

There is plenty of parking available at the trail head, 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, only one pass would be required. Please visit the [WI DNR Website](#) to purchase a pass or for more information.

PACKET PICKUP & RACE DAY REGISTRATION:

Race day packet pick up only: 7am-11am

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

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!

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 [Kylar Kuzio](#) 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, Mid or Long. The courses will be marked with our flags, and we will give you info at packet pick up. The Greenbush trail map can be found [here](#).



- Short Course - 3.6ish miles

The short course follows our red course flags. On the trail map, it follows purple to red loop and back.

- Mid Course – 5.1ish miles

The mid course follows our green course flags and is the purple loop on the trail map.

- Long Course – 10.2ish miles

The long course follows our blue course flags and is two purple loops on the trail map.

RESTROOMS:

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

AID STATIONS:

There is one unmanned aid station at the midpoint of 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 SPONSORS

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