

# Welcome to the 2024 Golden Kettle Trail Series!

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

We look forward to seeing you in a few days. Please read over the information below in preparation for race day. If you have any questions, please [email](#) me.

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 – 11:00pm

\*You should plan to be done racing by 12:30pm as we will start picking up the course markers at that time

### RACE LOCATION:

Scuppernong Trailhead  
S58 W35820 County Rd ZZ  
Dousman, WI 53118

There is plenty of parking at the trailhead, but please note Scuppernong is a fee area and you will need a state park sticker or daily pass. Click [here](#) to visit the DNR website for more info.



## PACKET PICKUP & RACE DAY REGISTRATION:

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

Race day registration is available.

## 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 from 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 in partnership with 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, sweatshirts 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. Refer to the trail map [here](#).

- Short Course: Red loop + observation loop to S9, follow green loop in - 3.1ish miles  
The short course follows our red course flags.
- Mid Course: One green loop + observation loop – 5.4ish miles  
The middle course follows our yellow course flags.
- Long Course: Two green loops + observation loop both times– 10.8ish 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 the trailhead, which is the halfway point on the long course. Water, Heed and sweet/salty snacks will be available.

# EVENT SPONSORS

SUPPORT THOSE WHO SUPPORT RACES!

