

2025 Runners Manual

Friday, September 19 at 11:00am 48 Hour & 46 Minute Cut Off (22-minute mile)

> Start Line Located: N5854 Kettle Moraine Dr. Greenbush, WI

Welcome to our little tour on foot of the Kettle Moraine State Forest. All miles are those marked by yellow blazes notating you are on the Ice Age National Scenic Trail. This event took 4 years to get where we will be on September 19th, 2025. This area is sacred, cherished and highly protected. We can't wait to show you our favorite little slice that's so near and dear to us.

The 136 distance is the mileage from the start of the Northern Kettle Moraine State Forest to the end of the Southern Kettle Moraine State Forest. The run was inspired by a local trail running legend. Years ago, we emailed back and forth after he had completed this twice on his own. I was initially just planning to do this Soulo.....then a lightbulb went off. The beaming light in real life is now your start line. We are a bit short of the entire Northern Unit due to parking and space. Then with trail work since the original 136 the mileage will be closer to 132ish miles. Thank you, Robert for being the natural relentless OG that you are. Why does it say "125" they ask? Well, that's because 2025 will celebrate 125 years that Wisconsin State Parks have been established. The DNR asked if we would incorporate that into our title and I happily obliged.

"Fallinline", what's the meaning? Like everything we do here a lot of thought went into the name. In military context when exclaimed to "fall in" it means to physically arrange yourself in a line. Then all will move in a synchronized march. The blaze that denotes the Ice Age Trail is essentially a line, but when zoomed in it's a solid rectangle. We march and although will become separated along the way we are all still together following the line. A combined movement with purpose while synchronized-ish.

This manual lists details and specs one may want while preparing and traversing. Sections are arranged in order of information gathered between aid stations. 10 aid stations, 10 sections. It can be easier to digest if broken up into smaller parts. Your job is to move from the first AS to the last AS. It'll be fun......they said ...

Before that, we'll go through our terms and conditions. These are in cooperation with the Wisconsin Department of Natural Resources, the Ice Age Trail Alliance and us here at TYDISH Running.

No No's by the Race Director

• NO ALCOHOL, COWBELLS and we are CUPLESS. Please provide your own reusable cups, flasks, water bottles to be refilled at the aid stations. We do not serve alcohol at all anywhere. Then incessant noise makers are not

welcomed. Please clap, cheer, hoot and holler as you'd like. Also abide by "quiet time" between the hours of 10pm and 7am.

Athlete expectations

- You must have a FarOut/Gaia/something navigational App downloaded on your phone or a map of the Ice Age Trail on you. The course is "marked" by blazes but will not be further marked for the event. You are in charge of your own navigation.
- We have a coupon code for the full IAT on FarOut, use "FIL20" for 20% the \$29.99 fee.
- Entrants must be over the age of 18 years old.
- You will be assigned a volunteer to share your location with while on the course. This is for extra precaution and individualized attention given amongst the masses.

Safety

- Runner tracking will be done by cell phone location sharing. Each registered entrant will be assigned a volunteer for location management.
- Your bib number must be visible at all times with emergency contact information clearly written on the backside.
- Entrants are to vocally check in and out of each aid station. This will be simply announcing your bib number to a volunteer with a clipboard.
- If an emergency incident is reported to emergency responders, we will then give that information immediately to DNR personnel to complete a "Visitor Accident Report" form.

Traffic and Parking

- All motor vehicles stopping on DNR-owned land must have a current year admission pass on their windshield (state park pass link here).
- All motor vehicles must oblige to posted parking signage in lots and never on grass field areas. If not, vehicle is subject to be towed and at owner's expense.
- We will not have hired traffic controllers. Please cross roads and lots with extreme awareness.
- Entrants will receive ONE "crew pass" to display inside their vehicle. Only one crew car is allowed to support one entrant. Therefore, no more than 100 Fallinline event vehicles are allowed in the Greenbush Recreation area lot.
- Please have crew be prompt at aid stations. Support given then once you are back on the trail, they need to also leave that lot.

- Mauthe Lake needs special attention for crew. The aid station is near the entrance, but the parking lot is about 1/4 mile up. Crew will have to park, then walk with caution to the AS.
- If any of these are not observed and we at TYDISH are informed, I will immediately disqualify you.

Inclement Weather

- The DNR has the right to cancel or adjust the route if trail preservation is at risk, facilities need protecting or participant safety is a concern.
- Weather thresholds are rainfall of 2 inches or more within 24 hours of event start time.
- Soil conditions are considered saturated due to previous rainfall.
- Any severe weather information issued by the National Weather Service will be observed to our areas of use.

Trail Disburbance and Damage

- Just don't, please and thank you.
- No temporary structures are allowed to be placed by entrants along the route.
- Trail naps are allowed just as the athlete is and not obstructing the trail path.
- All areas you traverse are open to the public. We are not granted sole use of the trail. Please announce yourself as you approach another person and of course be polite as you pass them.

Etiquette

- Per DNR, see DNR Guidance
- Leave no Trace, with that you were never there.....please leave no sign you were. Garbage's will be available at each AS for you to dispose wrappers, blown out shoes, bad ideas, etc in.
- 7 Principles Leave No Trace

Cut off times and Did Not Finish procedures

 Upon arrival to an aid station, if you cannot continue to go on anymore, please alert a volunteer that you are "dropping". We will be recording athletes as they come in and leave stations so you will be properly noted as such.

- While at an aid station, please monitor posted closing/cutoff times. If you
 have not vacated an AS before the cutoff, you will be pulled from the event.
 Rules are rules and they will be enforced.
- If deciding to not go on outside of an aid station you must reach out to the Race Directors. Those phone numbers will be provided at a later time. If you need assistance off trail, we can also assist. IN THE EVENT OF AN EMERGENCY, CALL 911 FIRST!!! We will assist in extractions and aid the emergency responders in any/all ways possible. You will not be allowed to return to your registered event if emergency care is needed at any time.

Sleep Stations

At Aid Stations 6, 7, 8, and 9 will also host "sleep stations". These are basic
multi person tents with cots or mats with blankets inside. No other amenities
will be provided but your crew is allowed to assist. You may also rest and
seek aid at your crews' vehicles. Vehicles you are resting in must stay at aid
station location. If you leave the property, you are immediately disqualified.

Pacers

- Pacers are allowed at Aid Station #5/Emerald Dr. and every AS after. Pacer bibs will be available at packet pick up for athletes to distribute. You are allowed one pacer at a time, unless one is a minor, then you may have two. After AS #8 you may have two adults and one minor to assist you into triple digits and that finish line.
- Please exercise "quiet hours" after 10pm when your crew is parking/supporting.

Mandatory Gear

- FarOut App or another map (Gaia, etc) with the full Ice Age Trail downloaded for offline use. You must show us you know how to navigate it. If not the app, an actual physical map of the Ice Age Trail. No Map=No Run.
- Waterproof poncho.
- One pair of gloves with two hand warmers and a warm hat.
- Refillable water bottle, then +/- collapsible cup for AS drinks.

Drop Bags

- AS 3/ Paradise Drive, mile 38.8 (no crew is allowed at this aid station).
- AS #5/ Emerald Drive, mile 60.7.
- AS #8/ Scuppernong Trailhead, mile 99.5.

- Please have your last name AND bib number on each bag you leave.
- Drop bags will then need to be placed on a tarp that reads "DONE" when you
 are done with it. They will NOT be carried on to the next drop bag location,
 but taken to the finish line in groups.
- Sizes allowed are 16"x24"x14". Please use best durability judgement when choosing yours. Consider the trip they'll also take and set them up for success.
- We will NOT mail bags after the event has concluded.

Menu

• We will be aware of dietary indiscretions; vegan/vegetarian and gluten free when providing aid stations with food. Each one will have one predetermined main course along with your basic staple ultra running snacks and drinks.

Transportation

- Start line <u>Greenbush Recreation Area Google Maps</u>
- Finish line https://thefuzzypigwhitewater.com/home
- Shuttle transportation will be provided at \$10 cash day of per person. It's a two-hour drive from the finish line to the start line. Transportation will be via bus or multi passenger vans.
- Vehicles will leave The Fuzzy Pig promptly at 8am.

Start Line

- 11am sharp we start the journey. Please arrive early enough to do so. Packet pickup will close at 10:55am. The parking lot is a generous size and is still open to the public. With this only 1 car per runner is allowed there. Please carpool with friends and family who'd all like to see you off.
- Pit toilets are available here.
- We will have only water to offer athletes to fill bottles with. It's 16 miles to your first aid station. Please plan accordingly.
- Link to Greenbush Rec: Greenbush Rec

Finish Line

- Fuzzy Pig
- Due to the length of this event, your finish line experience may not be a very busy/exciting one. There's a chance a small group of people may be around, or no one just the barn lights in the distance.

- You will be able to grab breakfast items being served, change, and rest if needed. The building will remain open only for crew and spectators, not the general public.
- If you finish alone, I will say cheers, hoots and hollers are there for you loudly in spirit.
- It's time for sleeps and wow have you earned it!!!

Awards

- All finishers will get a custom medallion to commemorate the weekend with.
- Top 3 Women and Men will also receive a podium placement award. More details on those later.

Transfers/Refunds

- Transfers, distance changes or self-cancellations are allowed until 9/12/2025 through your UltraSignUp account.
- Full refunds will NOT be given, but if the event is cancelled by a way that's out of our control, I'll grant all entrants 50% to 2026's event.

Disqualifications

You know what to do and what not to do. If you or your crew does something
in the "what NOT to do" category I will pull your bib and DNF you right in front
of you. I take protecting my brand very seriously and will not allow anything to
blatantly jeopardize it.

Now, onto the course.....

Section 1. Greenbush start to Mauthe Lake AS 1

- AS 1: Mauthe Lake
- 15.98 miles all single-track trails. The Northern Kettles will be your most remote areas and technical miles of the course. With that they are immensely beautiful as well.
- Total elevation gain= 2,140 ft, loss= 2,213 ft.
- All single-track trails.
- FarOut mileage points 991.5-975.5

Major roads crossed: STH-67, CTH-U, Scenic Dr., CTH-V, CTH-F, Division Rd., CTH-SS, CTH-GGG.

Section 2. Mathe Lake to Sunbust Lot

- AS 2: Sunburst Ski Area
- 11.23 miles. Single track outside of a 300 ft road connector to the Milwaukee River segment.
- The beauty continues with technical terrain.
- Total elevation gain= 1,180ft., loss= 1291 ft.
- All single-track trails.
- FarOut mileage points 975.5-963.7

Major roads crossed: CTH-S, CTH-DD, Kettle Moraine Dr., E. Moraine Dr., STH-28, CTH-28, Sandy Ridge Road, UNDER US 45 to Sunburst Hill.

*****As you cross Prospect Dr. in front of Sunburst ski hill, please cross into the parking lot and head left/south to AS2.

Section 3. Sunburst Lot to Paradise Dr

- AS3: Paradise Drive
- AS 3 is a NO CREW lot. Drop bags only with food and liquid support
- 10.98 miles (2.25 road miles shortly after leaving Sunburst).
- Total elevation gain= 1,195 ft., loss= 1087 ft.
- FarOut mileage points 963.7-952.7

Major roads crossed: Traveling east on Ridge Rd, south on Town Hall Rd to Wildwood Road until Kewaskum trail head. Back on the IAT you'll reach Friendly Dr. then you'll cross CTH-DD, Beaver Dam Rd., Park Ave. As you reach Washington St (Culver's restaurant as a landmark) you'll go West on Washington St. until the next light CAREFULLY cross southbound back onto IAT. The West Bend section can be very confusing as there are also mountain bike trails intertwined.

Section 4. Paradise Dr., to Pike Lake (nature trail lot)

- AS 4: Nature Trail Parking Lot
- 10.56 miles (5.3 miles of road leaving Paradise Dr. AS) After the first mile the roads become narrow, hilly and completely lack a safe shoulder for pedestrian traffic. PLEASE USE EXTRA CAUTION!! This is luckily only less than a half mile to traverse, but again be careful.

Section 5. Pike Lake to Emerald Dr.

AS 5: Loew Lake

- 11.22 miles
- Total elevation gain=1,160 ft., Loss= 1,319 ft.
- FarOut mileage points 941.9-930.7
- 1.8 miles of trail (crossing Powder Hill Rd., Kettle Moraine Dr., before a small road section on Glassgo Rd. Then hopping back on to the IAT.
- Will cross CTH-E on trail until another small road section on Glassgo Dr.
- Single track trail until reaching Pleasant Hill Road connector. A half mile of road until returning to the IAT continuing on the Holy Hill section.
- Single track trail for 3.5 miles before reaching Donegal Dr. Roads crossed are Shannon Road, Holy Hill Road and Carmel Rd.,
- Road section on Donegal Road is 1.2 miles before reaching the trail entrance of the Loew Lake section.

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		1:40 AM	1:20 AM	1:00 AM	12:40 AM	12:20 AM	12:00 AM	11:40 PM	11:20 PM	11:00 PM	10:40 PM	10:20 PM	10:00 PM	9:40 PM	9:20 PM	9:00 PM	8:40 PM	8:20 PM	8:00 PM	7:40 PM	7:20 PM	7:00 PM	6:40 PM	Time	20 Minute Mile Pace: Starting at 11:00 AM (44 Hours & 20 Minutes)
		66	65	64	63	62	61	60	59	58	57	56	55	54	53	52	51	50	49	48	47	46	45	Mile	lile Pace:
		9:00 AM	8:40 AM	8:20 AM	8:00 AM	7:40 AM	7:20 AM	7:00 AM	6:40 AM	6:20 AM	6:00 AM	5:40 AM	5:20 AM	5:00 AM	4:40 AM	4:20 AM	4:00 AM	3:40 AM	3:20 AM	3:00 AM	2:40 AM	2:20 AM	2:00 AM	Time	Starting at
		88	87	86	85	84	83	82	81	80	79	78	77	76	75	74	73	72	71	70	69	68	67	Mile	11:00 AM (
		4:20 PM	4:00 PM	3:40 PM	3:20 PM	3:00 PM	2:40 PM	2:20 PM	2:00 PM	1:40 PM	1:20 PM	1:00 PM	12:40 PM	12:20 PM	12:00 PM	11:40 AM	11:20 AM	11:00 AM	10:40 AM	10:20 AM	10:00 AM	9:40 AM	9:20 AM	Time	44 Hours &
		110	109	108	107	106	105	104	103	102	101	100	99	98	97	96	95	94	93	92	91	90	89	Mile	20 Minute
		11:40 PM	11:20 PM	11:00 PM	10:40 PM	10:20 PM	10:00 PM	9:40 PM	9:20 PM	9:00 PM	8:40 PM	8:20 PM	8:00 PM	7:40 PM	7:20 PM	7:00 PM	6:40 PM	6:20 PM	6:00 PM	5:40 PM	5:20 PM	5:00 PM	4:40 PM	Time	s)
100	133	132	131	130	129	128	127	126	125	124	123	122	121	120	119	118	117	116	115	114	113	112	111	Mile	
	7:20 AM	7:00 AM	6:40 AM	6:20 AM	6:00 AM	5:40 AM	5:20 AM	5:00 AM	4:40 AM	4:20 AM	4:00 AM	3:40 AM	3:20 AM	3:00 AM	2:40 AM	2:20 AM	2:00 AM	1:40 AM	1:20 AM	1:00 AM	12:40 AM	12:20 AM	12:00 AM	Time	

Mile 1 2 2 3 7	Time 11:22 AM 11:44 AM 12:06 PM 12:28 PM 12:50 PM 12:50 PM 1:12 PM 1:34 PM		22 Minute Mile Pace: Starting at 11:00 AM (48 H) Time Mile Time Mile Til 7:26 PM 45 3:30 AM 67 11:3 7:48 PM 46 3:52 AM 68 11:5 8:10 PM 47 4:14 AM 69 12:1 8:32 PM 48 4:36 AM 70 12:4 8:54 PM 49 4:58 AM 71 1:0 9:16 PM 50 5:20 AM 72 1:2 9:38 PM 51 5:42 AM 73 1:4	### ##################################	Time 3:30 AM 3:52 AM 4:14 AM 4:36 AM 4:58 AM 5:42 AM	11:00 AM Mile 67 68 69 70 71 72 73	Time 11:34 AM 11:56 AM 12:18 PM 12:40 PM 1:02 PM 1:24 PM 1:46 PM	ours & 46 Minutes) me Mile 34 AM 89 36 AM 90 18 PM 91 10 PM 92 2 PM 93 4 PM 94 6 PM 95	
8 7	1:34 PM 1:56 PM	29	9:38 PM 10:00 PM	51	5:42 AM 6:04 AM	73	1:46 PM 2:08 PM	95	9:50 PM 10:12 PM
9	2:18 PM	31	10:22 PM	53	6:26 AM	75	2:30 PM	97	10:34 PM
10	2:40 PM	32	10:44 PM	54	6:48 AM	76	2:52 PM	98	10:56 PM
12	3:02 PM 3:24 PM	34	11:06 PM	56	7:32 AM	78	3:14 PM 3:36 PM	100	11:18 PM 11:40 PM
13	3:46 PM	35	11:50 PM	57	7:54 AM	79	3:58 PM	101	12:02 AM
14	4:08 PM	36	12:12 AM	58	8:16 AM	80	4:20 PM	102	12:24 AM
16	4:52 PM	38	12:56 AM	60	9:00 AM	82	5:04 PM	104	1:08 AM
17	5:14 PM	39	1:18 AM	61	9:22 AM	83	5:26 PM	105	1:30 AM
18	5:36 PM	40	1:40 AM	62	9:44 AM	84	5:48 PM	106	1:52 AM
19	5:58 PM	41	2:02 AM	63	10:06 AM	85	6:10 PM	107	2:14 AM
20	6:20 PM	42	2:24 AM	64	10:28 AM	86	6:32 PM	108	2:36 AM
21	6:42 PM	43	2:46 AM	65	10:50 AM	87	6:54 PM	109	2:58 AM
22	7:04 PM	44	3:02 AM	66	11:12 AM	88	7:16 PM	110	3:20 AM

Pack List (Page provided to help jot down your thoughts)

Random Notes

Fallinline 125

Crew Support Vehicle

Go Runners, GO!!!