

Welcome!

Thank you for taking the time out of your busy schedules to come join us! On Sunday November 9th we will honor our Veterans in an active way. With 3 distances to choose from, this out-and-back style of event has opportunity for some miles for everyone.

All courses are on the White River State Trail starting and ending at a trailhead of sorts on the corner of Railroad St. and Mills St. We'll use the restaurant "Bonnie's & Betty's Bar" for a specific address located at **6069 S. Railroad St. in Lyons, WI.**

At 10am the half and quarter marathon entrants start. At 10:15 for our 5k group will be sent out.

- Cutoffs are 4 hours for the half, 2 hours for the quarter and one hour for the 5k athletes.

This "rails to trails" crushed limestone trail is a very friendly path with almost no vertical gain or technicality to it. It's flat and could be FAST!!

Fuel in the tank is a desired way to approach these miles as the coal fueled the trains way before us. Getting to their destination and back home carefully is our goal for you too.

AWARDS will be presented to the top 3 women and men and each distance. A finishers award will be handed to everyone that completes their intended course. No formal ceremony will be had, just distribution upon arrival.

Our purpose on this morning is a proud one. As hosts we pay tribute to our nation's veterans. Beyond race day a portion of our profits will be donated to a group called "Band of Runners". It provides our soldiers with a place to connect, rebuild and thrive through this sport of running that we value so much.

Read more about their mission here;

<https://www.bandofrunners.org>

Would you like to honor a Veteran in your life? Please send us an email to tydish1150@yahoo.com. Include their first name, branch of service and a bit of info if you'd like to share any. We will have a way of showcasing your dedications on social media leading up to the event and during the event.

Course Information

All distances are out, half way to your distance then turning around and coming back to where you started.

The Half Marathon

- Hosts 202ft of total ascent and 221ft of total descent in the 6.55 mile out and back.
- Water and an electrolyte drink will be provided at miles 3.25, 5.7, 7.4 and 9.85.
- Light snacks will be at the turn around point for quick calories if needed.
- You will have 6 road crossings (12 total) to manage yourself. We will NOT be STOPPING traffic for you to cross. Please proceed with caution and respect.
- A porta potty is available at the start/finish and possibly one on the route that belongs to the trail for you to use.

Quarter Marathon

- Hosts 60ft of total ascent and 68ft of descent in the 3.25 mile out and back.
- Water and an electrolyte drink will be available to you at mile
- 5k has 28ft of ascent and 29 of descent.
- Light snacks at turnaround if calories are needed.
- You will have 3 road crossings (6 total). We will NOT be stopping traffic for you to cross. You must be alert and manage these intersections independently and safely.
- A porta potty will be available at the start/finish for you to use and maybe one on course.

5k route

- Hosts almost no elevation changes.
- No water, electrolytes or snacks will be available to you on the route.
- 2 road crossings (4 total) will have to be SELF MANAGED. If we have volunteers at these intersections we will advise you on traffic, but CANNOT stop or direct it.
- A porta potty will be only be available for you at the start/finish.

Recommend Gear

- Watch the weather the day before. Layers are always recommended that can be easily removed off and back on if needed.

- It's pretty exposed with minimal total shade. If we get a usually hot day, sunblock is recommended. The bugs aren't an issue here, so spray for them is not necessary.
- **SHOE GAITERS** are highly recommended. The crushed limestone is easy to kick up and get into loose socks and shoe spaces. These can significantly help that issue.

Logistics

- Race day check in begins at 9am. Here you'll pick up your bib, have an opportunity to honor someone and buy merch available.
- Race day registration is NOT available. When registration closes Friday November 7th at 8am, that's it for the signup window.
- Pacers are not allowed in any events. However if someone wants to run the last little bit into the finish line with you that is highly encouraged.
- Come prepared with what you need to complete your distance. Light snacks will be available after and we will have water and an electrolyte out on the course for you (not 5k-ers).
- **CUPLESS EVENT**. This means we will not have prefilled individual single use disposable cups for you to grab and go. We will however assist you in refilling your hydration vessel of choice. If you don't want to stop long enough for that we recommend carrying all you need.
- Medical support will not be on stand by for this event. We are in a city with emergency responders readily within distance.

Rules and policies

- "No No's" by the RD are; No cowbells. No alcohol is provided by us. No single use drinking cups at aid stations for quick hydration.
- Of course be respectful, enjoy the moment and remember your "why".

Community extras

- We may be able to offer a collaboration with a local restaurant to provide eats and drinks from. The owner of Bonnie & Betty's has offered a coffee truck for athletes and guests to purchase from along with specials available inside as well.

Can't run but want to help?

- Reach out to Nicole at tydish1150@yahoo.com for volunteer opportunities or as an interest in partnering/sponsorship. We always need extra helpful helpers and are always looking to expand on reciprocal benefitting terms in our community.

Social Media

- Facebook friends can find us at Tydish & Wildera Collective
<https://www.facebook.com/profile.php?id=100090653325423>
- Then on Instagram at TYDISH Running
- Our website can be found here TYDISH Running | Community Group for Animal Lovers & Wisconsin Runners
- Email- tydish1150@yahoo.com

Don't hesitate to reach out with any questions.

Nicole Diedrick, owner/race director.