

Cold Coding Trail Run – Runner’s Manual

Event: 4 & 8 mile trail run (one loop or two).

Date: Sunday, December 14th 2025.

Start Time: 9:00 AM

Location: Lake Geneva Ziplines & Adventures

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Lake Geneva, WI.

Special Format: CaniCross & Dog-Friendly

- Required gear for dogs; canicross gear has a hands free belt, bungee line and a non-restrictive “Y” front harness. Dog friendly gear consists of “Y” front harness and handheld leash.
- ****NOT ALLOWED; shoulder restricting harness, face (gentle leaders) harnesses, metal prong collar, flexi or retractable leashes.
- If your dog requires extra space, please have them adorn a red bandanna. We will have some on site too to borrow if needed.

Welcome to Cold Coding!

Welcome to Cold Coding—a winter trail running experience built for runners and their four-legged teammates! This event celebrates endurance, cold-weather grit, and the unique bond between runner and dog. Whether you’re tackling the 4-mile or 8-mile course, we’re excited to have you join us for a fun, challenging, and community-driven race.

Event Schedule

- **7:45-8:45 AM** – Packet Pickup (no race day registration) Merch available for purchase.
- **8:50 AM** – Pre-Race Announcements.
- **9:00 AM** – Race Start (4 & 8 mass start).
- **10:00–11:30am** – finish window
- **Awards** – Immediately following final finishers

Please arrive early to allow time for parking, warming up, and leashing up your canine partner.

Course Information

- **Terrain:** Single-track trail, dirt, possible snow/ice, rolling elevation
- **Distances:**
 - 4 Mile – one loop.
 - 8 Mile – two loops.
- **Markings:** Course will be clearly marked with yellow utility flags with black and white checkered tape.
- **Weather:** December trail conditions may include snow, mud, ice, and sub-freezing temperatures—dress accordingly.

Trail Etiquette:

- Stay to the right unless passing
- Announce passes clearly.
- Yield when necessary.
- Respect all runners, dogs, and volunteers. These grounds are concurrently open to the public that hikes and mountain bikes here as well. Just stay courteous for ill manners by you or your crew will get you disqualified.

CaniCross & Dog Rules

Cold Coding is a **dog-welcoming event**. Safety is our top priority.

All dogs **MUST**:

- Be on a **non-retractable leash at all times**.
- Be friendly with people and other dogs.
- Have current vaccinations.
- Be physically capable of running their chosen distance.

Strongly Recommended:

- Hands-free waist belt.
- Bungee-style CaniCross leash.
- Well-fitting harness (no collar-only running).

 Aggressive dogs or dogs displaying unsafe behavior will be removed from the course for everyone's safety.

Aid Station & Hydration

- Aid station located at the start/finish area. Will have water and Gatorade provided.
- Dogs are welcome to drink from provided bowls on the ground
- We encourage runners to carry their own hydration if needed, especially for the 8-mile distance
- *** We are a CUPLESS event meaning single serve disposable cups will NOT be provided. Please bring your own hydration vessel to be refilled.

What to Bring

- Trail shoes with good traction.
- Weather-appropriate layers.
- Gloves, hat, and dry post-race clothing.
- Leash & harness (if running with a dog)
- Personal hydration (recommended for 8-mile runners)

Awards & Results

Awards will be presented for:

- Top 3 female and male for each distance.

Results will be posted within 48 hours online following the event at: *UltraSignUp.com*

Safety & Emergency Information

- Medical staff or first responders will NOT be on-site.
- If you or your dog need assistance, notify the nearest volunteer immediately.

⚠️ If your dog shows signs of distress (overheating, limping, refusal to run), please stop immediately.

Parking & Arrival

Please follow volunteer directions and be courteous to other participants.

Volunteer & Spectator Information

Spectators and volunteers are welcome! Dogs must remain leashed at all times in all event areas.

Weather Policy

Cold Coding will proceed rain, snow, or shine unless conditions become unsafe. Any race delays or cancellations will be communicated via:

- Email
- Social media
- Event website

Final Notes

Cold Coding invites every runner, every pace and every wagging tail. Whether this is your first or hundredth we are thrilled to have you there with us. Our goal is to provide enjoyable experiences to our community, look out for one another, cheer loudly, and enjoy the magic that only a cold weather run can deliver

Good luck, run warm, and thank you for choosing us too 🐾🐾🐾❄️.