



...thanKs sAndy Runners Manual

Greetings from Kohler-Andrae State Park located in Sheboygan, Wisconsin. The area hosts pure vibes sure to sweep you away, plus or minus a cute set of swimming floaties. With panoramic views of Lake Michigan to hug you to the east while as some of the last natural preserves exist to your west. You will be completely consumed in beauty and will shorely track some of it back home with you.

Take the opportunity for a weekend getaway with over 130 campsites or just a day trip for there are endless ways to make it exactly how you'd like.

Find all sorts of information here;

[Kohler-Andrae State Park | Wisconsin DNR](#)

[Kohler-Andrae State Park | Travel Wisconsin](#)

On Friday August 14th, we have created something exactly how we'd like it. If sunset is your favorite color, then this is for you too! This 9-ish mile trail run consists of campground paths, beach, a bit of road to connect you to and from the Black River Trail system, sand dune cord walks, back to the beach and to the finish where you also start at the indoor shelter area. A unique offering starting at 6:45pm, your start and finish line will be located at the indoor shelter. This is easily accessed from lot P7.

https://maps.app.goo.gl/oUr2kjMBwVpe8aNg7?g_st=ic.

With only 282 feet of elevation gain and 279 feet of elevation loss, it's not a highly technical event, but we will guarantee some highs. Plus, those pics on the beach....like why are you sooooo pretty????

Here's some information about it all;

While running

- When on the beach, we ask that you run close to the shoreline. This way we are mostly out of the way of other beach goers and where the sand is saturated and impacted is the easiest to traverse on. Please follow the blue traffic cones placed along the way.
- We will utilize the same side of the road(s) going in and out to the Black River Trail unit. Normal rules are to run into traffic, but for half of that and other safety reasons you'll be running with traffic. We will have ample safety measures in effect to keep you safe and luckily the road sections are very short.
- Please announce yourself respectfully when passing on the cord walk. We placed this section further into the course to limit the amount of our participants on it at the same time as other park visitors.

Bib pick up

- Packet pickup will be available starting at 5:30pm. We'll be there setting up by 3, so if you're there before that and see us, HOLLA!!!!
- There is no race day registration available, and pack pick up ends at 6:30.
- Make sure your race bib number is forward facing and visible for our manual timers to see at the finish line. This is IMPORTANT. If we can't see it.....you don't get recorded.

NO NO's by the RD

- No alcohol will be served by us.
- No cowbells or incessant noise makers are allowed by anyone involved.
- No single use cups will be provided for athlete's thirst quenching. Event is "cupless".

Offerings

- On course around mile 5.25 while in the Black River Trail section we will provide ice water and an electrolyte drink. Remember that "cupless" thing again.
- After you have completed the course, we will have prepared a summer fixings dinner for you. Eats off the grill, cold pasta salads, fruit, salty things and sweets. You bring something comfy cozy to change into after, a chair and maybe a blanket to keep warm from those lush lake evening winds. Stay with us all the way up until 10:30p. We will start to break down our stuff to vacate the park before the 11pm closing time.
- This park is extremely family friendly!! Feel free to invite others to join you for the day as there is so much for them to do while you do that running thing.

Awards

- The event is timed and results will be recorded on UltraSignUp.
- Awards will be given to the top 3 overall women and men finishers.
- All athletes who complete the course will receive a cheeky little semi useful-ish finishers award. It will not be a medal of any kind.

PARKING

- Our event starts and finishes at the indoor shelter area. This is across from the “P7” lot. Please plan accordingly timing wise and be aware a Wisconsin State Parks pass for your vehicle is needed upon park entrance.

Potties

- Indoor restrooms at the start/finish area.
- Pit toilets around mile 3 where you exit the beach by the dog exercising area, then you’ll pass by this again around mile 6.45 before entering onto the cord walk.

Policies and ‘ish

- There will be no refunds granted, unless...
- The event can be cancelled at any time for any reason. If it is cancelled due to inclement weather, each registered participant will get a 50% code for the 2026 event. If this happens, I profusely apologize in advance. The DNR is the boss, applesauce.
- Transfers are allowed by athletes through their login on UltraSignUp until August 12th. It’s up to you to handle that, but we are here to help if needed.

Etiquette

- You know what to do and what not to do.

History

- While spending time at High Cliff State Park doing recon work for Twisted Roots, I enjoyed the water. Driving there seeing lake Winnebago in the distance, then running above on the Escarpment and of course on shore. I knew I wanted more of it. Enter Kohler-Andrae, a total gem which also hasn’t held a trail running event yet. Kinda perfect!
- What’s in a name, Thanks Sandy? A while back I dug deep into buying a screen-printing company. One liner T-shirt’s, quirky bags, fun merch, things like that. I planned to name that company “Thanks Sandy”. Sandy is my mother-in-law and sincerely the most caring woman in my life. More hilariously, she’s a bit of a

“Captain Obvious” as they say...overstating what is already pretty damn clear. We joke and tease so much that a joke in our home is to say “thanks Sandy” when someone just says something so dumb. It’s silly and full of love.

- The capital “K” and “A” in the title are a nod to the park itself and the cord walk of Kohler-Andrae obviously had to be included. It takes a country village, but we promise buckets of fun. We hope you enjoy the unique offering we’ve thoughtfully put together for you.

Please reach out with any questions, comments, concerns to me at tydish1150@yahoo.com .

-Nicole Diedrick