



Quiet Silence Runners Manual (Both Distances)

RACE START:

- Friday, December 18th 2026 @ 6pm.

LOCATION:

Rotary Park

200 Water St
Lake Mills, WI US 53551

RACE CHECK-IN:

- Race day only check-in beginning at 5pm at the start/finish.
- Grab your bib, drop off your drop bag, ask questions, get swag and buy merch.

EVENT TRANSFER/CANCELLATIONS:

- UltraSignUp offers registration insurance. You can find more info on that during the registration process.
- In your UltraSignUp account you can transfer or cancel your own registration up until 12/16 for this 12/18 event. If you do not show up on race day, you'll be marked as a "DNS" (did not start) once results are posted.

COURSE DETAILS:

- This course takes residence on the Glacial Drumlin State Trail Glacial Drumlin State Trail | Wisconsin DNR
- For those not familiar with the GD, our section of the 53-mile path consists of crushed limestone/gravel and is flat. It's a multi-purpose trail open to bikers, pedestrians, cross county skiers and snowmobiles all weather dependent of course.
- The 17.5 mile turnaround is at Deerfield Park
 - Deerfield Park Link
- The 31 mile turn around is at the Western terminus of the Glacial Drumlin in Cottage Grove
 - Western Terminus Link

WEATHER/CONDITIONS:

- Our first year in 2024 were cold temps but not a single flake of snow to be found.
- Year two had substantial snow fall where some of the path was tended to and others athletes were "post holing" their way through mashed potato like conditions.
- The trail IS NOT managed by anyone regularly and can change conditions as you pass through more remote areas versus more traveled and kept ones by the local community.

AID STATIONS:

- 17.5 miler will have one at their turn around (mile 8.8ish). It's a quick grab kinda eats and drinks (hot ones too) to help you be refilled to turn and burn.
- It will be an open shelter, no warming or potty available.
- 31 miler will pass the above aid station twice (at miles 8.8 & 22.2), then have a larger one at their turnaround (mile 15.5ish). The aid station here will be under a shelter/tent and will have heat, chairs, drinks, easy grab food and warm simple eats.
- A porta potty will be available here.

DROP BAGS:

- *Have them labeled with your name, phone number and distance*
- 31 miler- ONE drop bag is allowed at your turnaround.
- 17.5 miler- ONE drop bag is allowed at your turnaround.

When you are done with your bag to be RETURNED to the start/finish please hand it to a volunteer. We will transport bags periodically back to the start/finish line as we can. We can't guarantee that you won't have to wait a bit for them. We are volunteer dependent here.

WHATS WITH THE NAME?

It's SHHHH out and INDOOR VOICES please on the way back. Obviously not total quiet or silence, just a gentle way for us to remember to be mindful of the sleeping communities we are traveling through late at night and into the early morning.

REQUIRED GEAR, per the DNR and us ;)

Every athlete is required to have:

- A headlamp or two (extra batteries are a good idea too).
- Reflective gear in the form of a safety vest or attachable extras to your gear.
- A red blinking light on your back side.

*** Due to the possibilities of snowmobiles on the trail, we need to be highly visible to them.

PARKING:

- There is plenty of parking available at the start/finish line (Rotary Park). You do not need a parking-pass/permit to park here.
- There is also plenty of parking available for spectators and/or crew at both turnaround points for each distance.

SPECTATORS/CREW:

- Are welcome anywhere along the course. You ARE NOT ALLOWED to receive aid from them of any kind outside of the designated aid stations.
- Please ask them to be respectful of all city ordinances where parking and maintain indoor voices while waiting or cheering for you.
- Rowdy/rude/disrespectful crew equals a disqualification for you.

RESTROOMS:

- Porta potty's will be available at the start/finish line and one at the turnaround for the 31 miler.

NO NO'S BY THE RD:

- We don't serve alcohol of any kind anywhere.
- Please provide your own hydration vessels for us to refill cold liquids with (water bottle, flask, etc.). We are CUPLESS, but will serve you hot fluids in disposable cups.
- No cowbells or incessant noise makers of any kind. This is not only because it's a night event, this rule applies to our day ones as well.

YOUR ROLE:

- Make good choices. You know what to do and what not to do.
- Violations of our rules and common sense jeopardize our relationships with the contributing communities and the Wisconsin Department of Natural Resources. Our permits depend on all that's asked to be respectfully obliged.

THANK YOU!

Thank you for trusting us with your time, experience and part in helping us grow. Your support means so much. We know very well that without you-there is no us.

Nicole Diedrick RD/TYDISH Running owner and the whole Deeds 'n Company.

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