

Sunday, September 20th
Half and Full Marathon Runners Manual
Marathon starts at 8:30am, Half Marathon at 9:00am

Registration via UltraSignUp
Twisted Roots Registration

Welcome to High Cliff State Park! Located at N7630 State Park Road in Sherwood, WI. Settled in on the northeast corner of Lake Winnebago that is Wisconsin's largest lake. The scenery of this park consists of prairies for horse riders and mountain bikers to the magnificent limestone cliff of the Niagara Escarpment that hikers can get directly immersed into. It's quite the escape for the day by boat, canoe or kayak or spend a week out there camping. It's a vast and lush offering to create a Soulo or family adventure while making lasting memories.

Being a State Park, a vehicle pass is needed upon entering. Purchase one here in advance (- Your Pass Now) or at the self-pay box at the main entrance.

We are thrilled to have you and honored you chose us to spend your day with. Below we will provide all the important details of what the day will look like in order to keep us all safe, on track, happy, fed and welcomed back.

Schedule of Events:

Packet Pickup will only be available morning of starting at 7:30am for both distances. Race start/finish/festivities area will be at the "Gathering Space"/observation tower lot located on a bluff overlooking the lake. There is ample available parking, but as a reminder the area is still open to the general public.

Indoor REAL restrooms are available here as well.

- 8:15am-pre race meeting for the full.
- 8:45am pre race meeting for the half.

- 8:30am Full Marathon starts.
- 9:00am Half Marathon starts.

A 16-minute mile pace will get you an official finishers time. That's a 7 hour finish for the Full and 3.5 hours for the Half. If you are unable to complete the course you registered for within this time frame, a DNF (did not finish) will be recorded in the final results.



High Cliff Trails

High Cliff trails offer different levels of challenge to hikers. All trails are looped and vary in length.

Use caution when on steep bluffs or near cliffs. Stay well away from cliffs that are not protected by a barricade or barrier. Stay on marked trails and behind barricades and barriers where they are provided. Watch small children closely. Trail surfaces can become slippery when wet, leaf covered, or where loose gravel may be encountered.

Butterfly Pond Trail (0.4-mile east loop and 0.7 mile west loop). The trail starts at the parking lot off Lower Cliff Road and goes around the Butterfly Pond. This interpretive trail is paved for accessibility and features wetland, prairie and forest ecosystems.

Forest Management Trail (0.9-mile short loop and 1.4-mile long loop). The trail starts at the parking lot east of the pavilion. This trail is marked with yellow dots and compares managed with unmanaged woodlots.

Horse/Bike Trail (7.5-mile). The parking lot for this trail system is located near the dump station (vehicles with trailers can park in the gravel horse parking lot). The horse/bike trail system is marked with orange dots and features grassland and hardwood forest ecosystems. Horse and bicycle rentals are not available.

Indian Mound Trail (0.6 mile). The trail starts at the Indian Mound lot off park road and near campsite #14 in the family campground. This self-guided, limestone-surfaced interpretive trail showcases effigy mounds built by Native Americans 1,500 years ago.

Lime Kiln Trail (0.9-mile short loop and 1.7-mile long loop). The trail starts at the paved parking lot near the lime kiln ruins and at the stairs near campsite #38. The trail is marked with blue dots and traverses part of the Niagara Escarpment State Natural Area. The lakeside segment of Lime Kiln Trail is generally level, while the escarpment segment involves steep climbs, descents and stairs.

Red Bird Trail (3.4-mile short loop and 3.8-mile long loop). The trail starts at the family campground, Indian Mounds trailhead and tower parking lot. This mostly level trail is marked with red dots and travels along the top of the Niagara Escarpment. It features panoramic views of Lake Winnebago, historical limestone quarries, the Chief Red Bird statue and the observation tower.

The **Overlook Trail** is maintained as a ski trail when there is a volunteer available to groom it.

The Course

Starting from the Gathering Space you'll head left out onto the wide, flat but technical trails of the "Forest Management Trail". At about a mile (stay to the left) you'll join the "North Trail System" for a bit before getting into the prairie section of the "Openfield Trail".

From there a left onto the "Woodland Trail" (AS1) until your next left which will take you around the entire loop of the "Overlook Trail".

After this loop, you'll come out to an un-ran section of the "Woodland Trail" for an out and back (AS2). This part is to make up mileage we can't use on the big Lime Kiln section so these what we call "spare change" miles.

From here you'll have some fast flat time on the "access trail" that will take you around the outside of the family campground, onto the "Indian Mound Trail" then out onto the "Red Bird Trail".

This straight-ish section of the Red Bird Trail will bring you back to the start/finish area.

As you run right up to the side of the Gathering Space (AS3) refill or refuel for the last few miles are the most difficult.

Leaving here you'll travel down an old access road, CAREFULLY cross a road and descend onto the magic of the "Lime Kiln Trail" for this greater out and back.

You will travel up to a big climb, followed by a staircase to "High Five Tree". Grab a trinket maybe???

Then it's right back to the start/finish area the same way you got here.

Half marathon runners complete this once, the full marathon does it all over again.

Congratulations, get your finishers gift, some snacks and chill with friends, family and some new company perhaps too.

Aid Stations and Support

This is definitely easier with help and we gotchu! With three aid stations listed as AS1, AS2 and AS3 will provide water, an electrolyte drink, ice and runner quick eats out on the course. Along with a first aid kit, bug spray and sunblock to reapply as needed.

****WE ARE CUPLESS***** no individual single serve disposable cups will be readily available.

You must provide your own source to keep and refill hydration in.

- AS1 and AS2 are a shared space at the miles 3.75 after prairie section and at 7.25 the “Spare Change out and back”.
- AS3 is at 10.25 miles (start/finish area before going down to Lime Kiln).

We will be mindful of the most common dietary choices offering choices that are meat eater, vegetarian, vegan and gluten free.

On the course then as well as your post race meal that’s FOR ATHLETES ONLY.

Others are welcomed and highly encouraged to spectate the day. Please encourage them to pack a picnic of sorts for themselves if needed.

Rules

No No’s by the Race Director

- No alcohol will be provided by us. If you’d like to bring your own and are 21 go ahead.
- No cowbells or incessant noise makers are allowed. Noise pollution is a thing and we want to focus on keeping nature wild not agitated.
- No single use mini cups will be provided at the aid stations. You are in charge of your own means of a hydration carrier/holder we are happy to fill it for you. This is in another effort to help keep it resourceful and green.
- Outside of those big 3 we all know how we should act and what we shouldn’t do. Let’s just go with that.
- Thank you in advance for your participation and bringing such enjoyment to the area and day!!!

Safety and Medical

We will NOT have EMS just available on standby. We will alert them to our event prior to as a courtesy and with good faith that we won't need them.

This particular park is not in a very remote area so cell service is plenty and response times are rapid.

Drop Bags

You are allowed to leave a bag of whatever's outside the Gathering Space. The half marathon runners visit this once at around mile 10.25. Then the full marathoners go by it twice, mile 10.25 and mile 23. We will have a designated area set aside for these.

Please label them with your name and phone number. If you forget it, it's mine now :).

Kinda kidding……we'll talk if you do.

Spectators

There are plenty of places to see runners come by. Your crew will have to do that research and then also stay respectful to others enjoying the day out there too.

Any news of unruly behavior by an athletes crew could be grounds for a race disqualification.

Weather Policy

We are at the mercy of the Wisconsin DNR and the National Weather Service. If inclement weather presents days before or day of they hold the right to cancel our event. This could be beyond an immediate safety concern and include the integrity of the trails maintained.

We will respectfully follow their guidelines and then offer a 50% off code to join us next year. In advance we thank you for understanding.

Awards/Results

The top 3 Women and Men overall will be given a podium award.

All finishers will receive a finishers gift. We do not award medals, but do put a lot of thought into a cheeky yet useful something to take home with you.

Merch is not a part of your takeaways either. We keep the upfront cost for you low then an option to buy swag if you'd like. For heaven's sake we all have enough of x,y, or z so you can choose to add to your collection or not.

Afterwards

When your miles have been completed we invite you to join us afterwards. Within the Gathering Space and the gorgeous patio area outside we will have a meal, snacks and refreshments available for our registered athletes to refuel again. When you register you'll be asked to pick from a dietary preference. From there we will plan and build our menus.

Do you wanna reeeeeally cool down?? Grab your towel and a swimsuit, something dry for afterwards and hit the beach! You can't get there directly from the start/finish, you'd have to walk back down part of the course or drive down to the beach lot.

Cancellation policy

We DO NOT give refunds. If you cannot make it you can log into your UltraSignUp account to remove yourself to avoid a "DNS", but no money back will be given.

We will offer a 50% code to rejoin us next year if the event is cancelled on us by the higher ups.

If something wild happens in your life and you can't make it, please reach out. I get things happen and we are happy to work with you somehow.

Any other questions, comments, concerns, you can find me at Tydish1150@yahoo.com.
Thanks everyone!!!

-Nicole and Team.