2027 Runners Manual

A 136-mile point to point trail run on the Ice Age Trail National scenic trail.

10am on 9/24-5pm 9/26

55 hours to complete.

9 full aid stations.

A lifetime of stories to be made.

Welcome to Echo 136.

Whether you're chasing a personal longest, or it's just another weekend you're answering the call of the trail-we're honored you've chosen to spend your weekend with us.

Echo 136 is a point-to-point trail running event that follows some of Wisconsin's most iconic natural resources—the Ice Age National Scenic Trail. Winding through forests, glacial landscapes, quiet communities, and countless miles of singletrack, the course is designed to challenge both body and mind while showcasing the beauty of the trail.

This event is built on a simple belief: remarkable accomplishments are earned through steady forward progress. There will be highs, lows, moments of confidence, and voices of self-doubt. Every runner will experience the course differently, but each will share the same trail, support from volunteers and the same opportunity to discover what lies beyond perceived limits.

As you prepare for race day this manual is designed to help you arrive informed and confident. Please take the time to read it thoroughly, familiarize yourself with the course and come prepared for the unique demands and one damn good sense of humor.

Thank you for placing your trust in our brand, volunteers, communities and our team. We are committed to providing a safe yet challenging experience from the first step to the finish line.

We'll see you at the start.

— The Echo 136 Race Team

Echo-manual

Race Weekend Information

Packet pickup is only available morning of the event starting at 8:45am at the start line.

- Sign another waiver.
- Confirm emergency contacts and pacer information.
- Receive bib.
- Final race updates.
- Event group meeting at 9:30am.

Parking At The Start

There is a good amount of parking at the boat launch, but it is a Friday and a well-loved area. Please carpool if able and abide to the rules of the lot.
Rice Lake Boat Launch

Please follow all volunteer directions and park only in designated areas. Respect neighboring businesses, residents, and trail users throughout the weekend.

Shuttle

We will offer a shuttle from the finish line down to the starting line. It's a two-hour commute and a van will pick you and your bags/gear up at 8am.
The fee for this is $25 and will be paid separately from your registration fee. We kept the option off signup to reduce platform fees UltraSignUp charges. You'll get a Venmo request from us to collect the dues.

Please email Tydish1150@yahoo.com with the subject line reading "SHUTTLE 136" to confirm and reserve your seat.

Before You Leave Home

Before traveling to Echo 136, confirm that you have:

- Required gear packed and ready
- FarOut route downloaded for offline use
- Phone fully charged
- Backup battery or charging solution
- Crew and pacer plans finalized if applicable

- Weather-appropriate clothing
- Money if needing to patron businesses along the way.
- Positive attitude…and yes, that sense of humor

Know Before You Go

- Arrive early—race morning moves quickly.
- Attend the mandatory runner briefing.
- Carry your required gear from the start.
- If you have questions, ask a volunteer. We're here to help.

What am I going to experience?

Course Overview

Echo 136 follows approximately 136 miles of the Ice Age National Scenic Trail through some of Wisconsin's most beautiful and diverse landscapes. This point-to-point course rewards patience, preparation, and respect for the trail.

Runners will encounter winding singletrack, rolling glacial terrain, prairie, wooded forests, open fields, and occasional road sections connecting trail segments. While there are runnable sections throughout the course, the terrain constantly changes and should never be underestimated.

This is not a course designed to be conquered quickly. It is designed to be experienced.

Course Highlights

- Approximately 136 miles
- Total elevation gain= 10,614ft, Loss= 11,047ft.
- Point-to-point course
- 9 fully supported aid stations

- Markings are only what the Ice Age Alliance has done-no additional markings are added by us.
- Primarily singletrack with intermittent road connectors
- Daytime and nighttime running
- Limited cellular service in the Northern Kettles, available everywhere else.

Terrain

Expect a variety of surfaces throughout the race, including:

- Natural dirt singletrack
- Grass trail
- Forest floor
- Gravel paths
- Pavement on connecting road sections
- Shared bike paths

Trail conditions may change rapidly depending on weather. Mud, standing water, exposed roots, loose rocks, and uneven footing should be expected.

Weather

Late September in Wisconsin can bring a wide range of conditions. Be prepared for warm afternoons, cool evenings, cold overnight temperatures, wind, rain, and changing trail conditions.

Dress in layers and have additional clothing available with your crew or in your drop bags.

Know Before You Go

- Run the trail you're given—not the pace you planned.
- Stay ahead on nutrition and hydration.
- Expect changing terrain throughout the course.
- Adapt to the conditions and enjoy the journey.

Navigation

Course Navigation

Navigation is part of the Echo 136 experience. While the course follows the Ice Age National Scenic Trail and is generally well marked by the Ice Age Trail Alliance, every runner is responsible for knowing the route and remaining on course.

Official Navigation

FarOut is the official navigation platform for Echo 136 and is required gear for every participant.
FarOut Guides

The official Echo 136 route is determined by the mile markers of that in the FarOut offline map. This (Ice Age Trail map) is to be downloaded for **offline use** BEFORE arriving at the start. Portions of the course have limited or no cellular service, and runners should never rely on a data connection for navigation.

Aid station mileages and course information throughout this manual are based on the official FarOut route. GPS watches and other mapping platforms may report different distances due to GPS drift and differences in mapping methodology. The gpx file created does not perfectly mirror the updates on the trail. This is why it's required gear to have. Use code FIL20 for 20% off the entire Ice Age Trail map.

Also know the trail is in constant work and flow. With that our mile makers may be off when compared back to the app's. Trust the app, not the human putting this together weeks before.

Trail Markings

We as a company WILL NOT place additional course markings. Follow the blazes as placed by the hardworking volunteers of the *Ice Age National Scenic Trail Wisconsin | Ice Age Alliance.*

These include the yellow vertical rectangle shaped "blazes", directional signs, and other official trail markers. It is your responsibility to pay attention to these markers and verify your location using FarOut when needed.

If you find yourself questioning your direction, stop and confirm your location before continuing.

If You Go Off Course

If you realize you are no longer on the course:

- Stop immediately.
- Open the FarOut app and identify your location.
- Retrace your steps to the point where you left the official route.
- Rejoin the course at that location before continuing.

Do **not** take shortcuts or attempt to regain the course farther ahead.

Respect the Trail

The Ice Age National Scenic Trail remains open to the public during the event.

Please be courteous to hikers, runners, cyclists where permitted, equestrians where permitted, volunteers, and nearby residents. Yield appropriately, keep noise to a minimum near residential areas, and help preserve a positive relationship with the communities that make Echo 136 possible.

Follow by these principles as well instructed by the Wisconsin Department of Natural Resources
7 Principles | Leave No Trace

Know Before You Go

- FarOut is mandatory equipment.
- Download the app before race day.
- Follow official Ice Age Trail markings.
- When in doubt, stop and verify your location.
- If you leave the course, return to where you exited before continuing.

Aid Station

Aid Station Overview

Echo 136 features nine fully supported aid stations strategically located throughout the course. Aid stations are staffed by incredible volunteers dedicated to helping you continue your journey safely.
While each aid station provides water and nutrition, services such as crew access, drop bags, and pacers are available only at designated locations. Please review the crew and pacer sections of this manual for complete details.

General Aid Station Services

Every aid station will provide:

- Water
- Electrolyte drink (Tailwind)
- Sweet and salty snacks
- Hot and cold food options
- Basic first aid
- Friendly volunteers
- Trash and recycling
- Charging ports (still bring your own just in case)

Select aid stations will also provide:

- Crew access
- Drop bags
- Pacer exchange
- Medical personnel

Aid Station Etiquette

Our volunteers are one of Echo 136's greatest assets. Please help us create a positive experience by:

- Thanking volunteers whenever you can.
- Dispose of trash only within the aid station.
- Move away from food tables after you've gathered your supplies.
- Notify volunteers if you are dropping from the race.
- Respect other runners by keeping gear organized and minimizing congestion.

Location	Mile	Miles to Next Aid	Gain (ft)	Loss (ft)	Closes	Drop Bag	Pacer Pick Up
Start	0.0	11.0	**1,263**	**1,217**			
AS1 Young Road	11.0	18.2	**1,440**	**1,437**	Fri 2:24pm		
AS2 Scuppernong Trailhead	29.2	14.9	**1,051**	**1,012**	Fri 9:36pm	**Y**	
AS3 Deeds Place	44.1	11.6	**568**	**630**	Sat 3:36am		
AS4 Centennial Park	55.7	12.2	**616**	**570**	Sat 8:00am	**Y**	**Y**
AS5 Emerald Drive Trailhead	67.9	11.3	**1,166**	**990**	Sat 1:12pm		**Y**
AS6 Pike Lake Nature Trail Lot	79.2	11.1	**565**	**670**	Sat 5:36pm	**Y**	**Y**
AS7 Paradise Dr Trailhead Lot	90.3	11.0	**898**	**945**	Sat 10:07pm		**Y**
AS8 Sunburst Ski Hill Trailhead	101.3	19.5	**1,658**	**1,585**	Sun 2:31am	**Y**	**Y**
AS9 Butler Lake	120.8	15.2	**1,447**	**1,554**	Sun 10:24am		**Y**
Finish	**~136**	—	—		Sun 5:00pm		

Know Before You Go

- Know the distance to the next aid station before you leave.
- Refill fluids before heading back onto the trail.
- Leave each aid station with enough nutrition for the next segment.
- Thank your volunteers—they're the heart of Echo 136.

Planning Tip

Before leaving each aid station, take a moment to review the next segment. Consider the distance, elevation gain and loss, expected weather, remaining daylight, and the nutrition and hydration you'll need to reach the next aid station safely. A few minutes of planning can save hours later in the race.

Echo 136 Aid Station Information

AS1-Young Road (11 miles from the start, 18 miles until AS2)

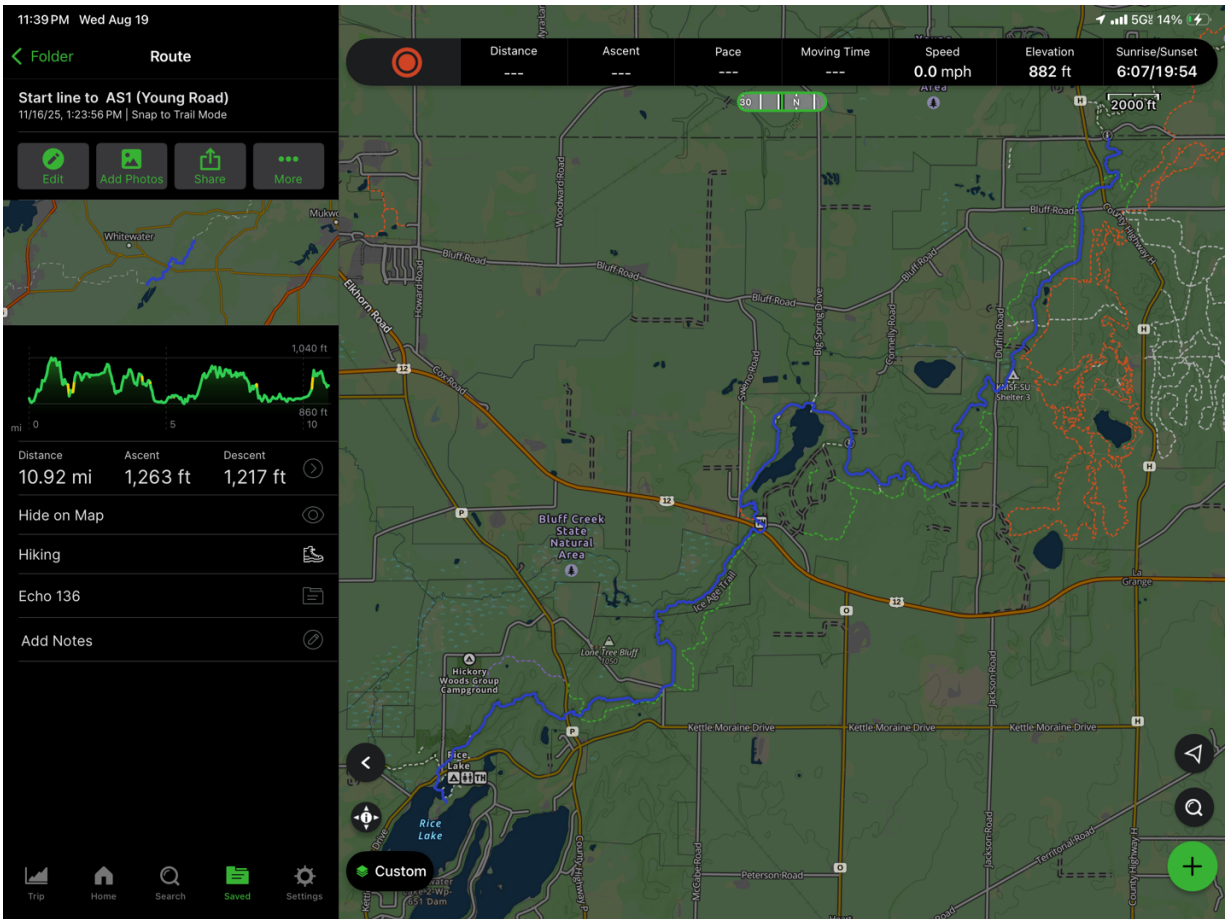
📍42.842617,-88.606468

📍Dropped pin to trail crossing
Trail Crossing

Mile 879.9 on FarOut map.
A small unofficial area where the IAT intersects the road (Young Road).
Have crew park carefully away from a blind hill.

Amenities;

- Tent/chairs/shade/smiles
- Full aid station offerings.



AS2-Scuppernong Trailhead (29 miles from the start, 14.9 miles to AS3)

📍 42.940636,-88.461296

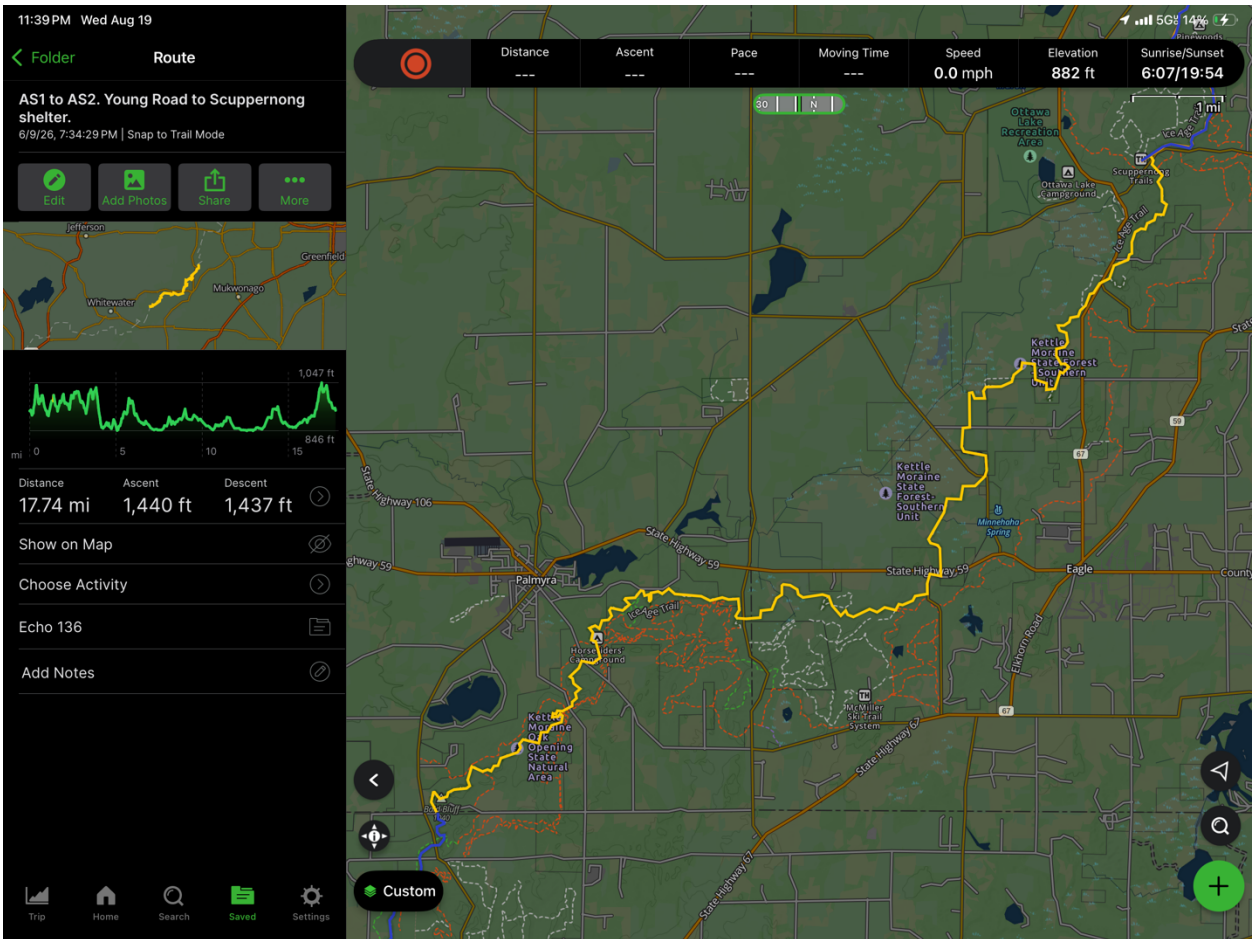
📍Scuppernong Trailhead
S58 W35820 County Road ZZ
Dousman.
Scuppernong Trailhead

Mile 898.1 on FarOut map.

***Follow course markings off the IAT, via a spur trail to the shelter.

Amenities;

- Full use of heated indoor shelter.
- Covered building with pit toilets.
- Full aid station offerings.



AS3-Deeds place (44 miles from the start, 11.6 miles to AS4)

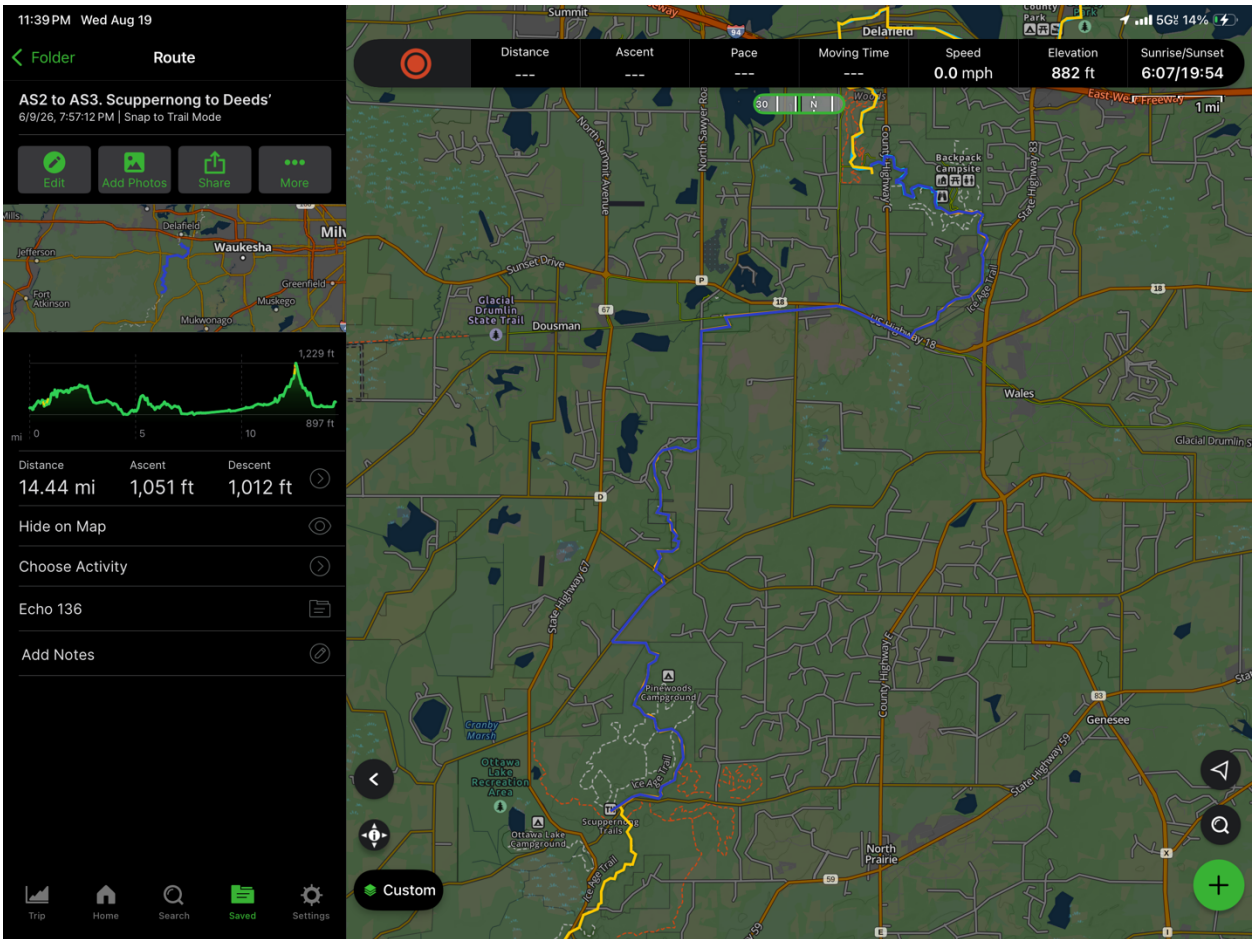
📍 (43.0354718, -88.4050521)

📍W330 N299 County Road C
Delafield.
Deeds Place

Mile 913 on FarOut map
***Follow course markings off the IAT to the actual house of the RD.

Amenities;

- A whole house at your full use.
- Eat/drink/nap and be on your way.
- Chairs/blankets/cots.



AS4-Centennial Park (55.7 miles from the start, 12.3 miles to AS5)

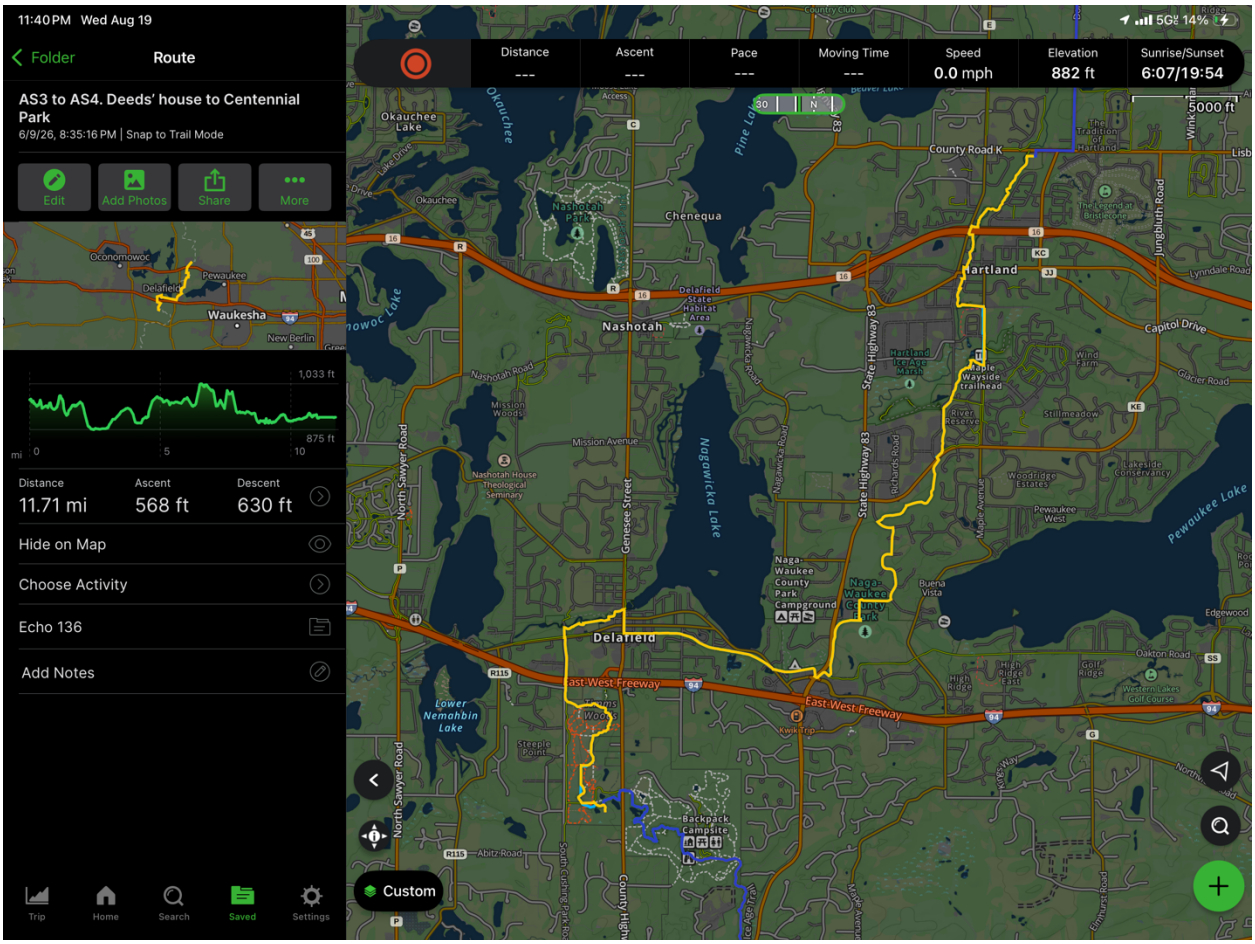
📍 43.119766,-88.334053

📍 Centennial Park
N55 W29505 County Trunk Hwy K
Hartland.
Centennial Park

Mile 924.6 on FarOut map.

Amenities;

- PACERS CAN START HERE.
- Large paved lot for parking.
- Semi covered pavilion with full aid.
- Indoor flushable restrooms
- Full aid station (food/drink/chairs/cots).
- Chairs/blankets/cots.



AS5-Emerald Drive trailhead (68 miles from the start, 11.2 miles to AS6)

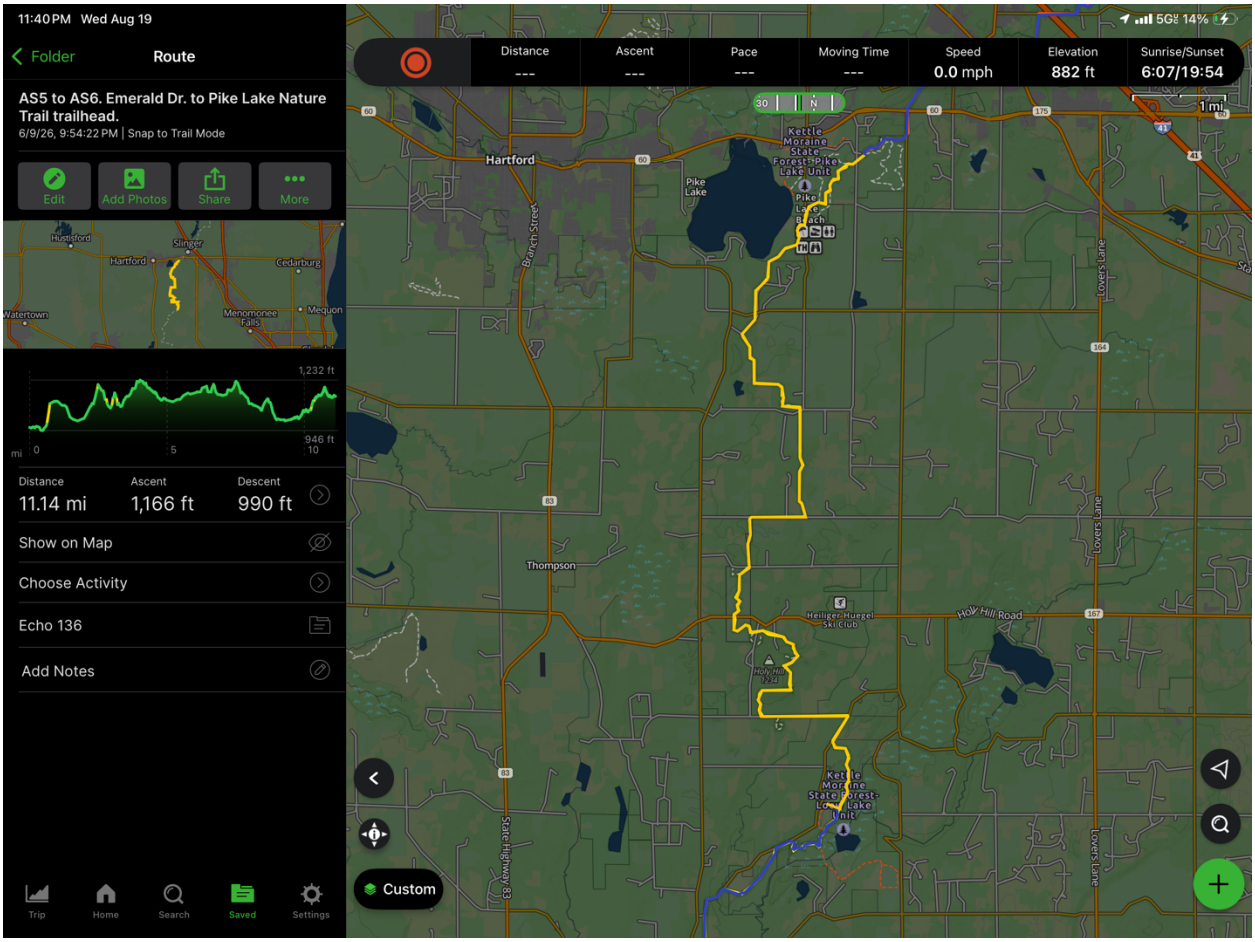
📍 43.223652,-88.315750

📍 Loew Lake Unit of Kettle Moraine State Forest
(262) 670-3400
Loew Lake Unit

Mile 936.9 on FarOut map.
***follow course markings off IAT to the lot.

Amenities;

- PACER PICKUP/EXCHANGE.
- Decent sized gravel parking lot with circle drive.
- Porta potty.
- Set up canopy tent with full aid station expectations.
- Chairs/blankets/cots.



AS6-Nature Trail lot at Pike Lake (79.2 miles from the start, 11.4 miles to AS7)

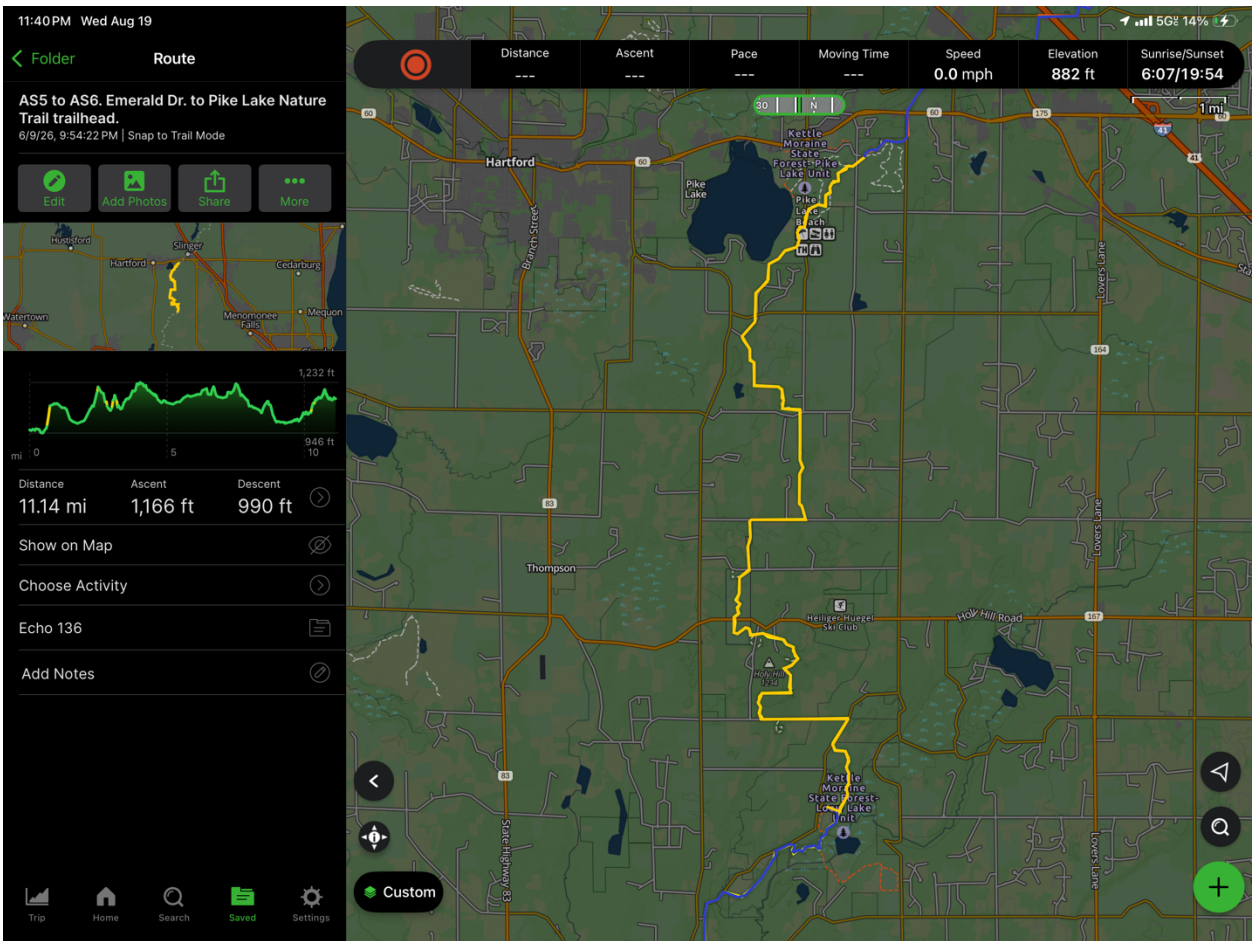
📍 43.318501,-88.308075

📍 Nature Trail Parking Lot
(262) 670-3400
Nature Trail Parking Lot

Mile 948.1 on FarOut map.

Amenities;

- PACER PICKUP/EXCHANGE.
- Large paved lot.
- Porta potties.
- Tent with full aid station expectations.
- Chairs/blankets/cots.



AS7-Paradise Dr. trailhead lot (90.6 miles from start, 10.9 miles to AS8)

No Crew – Pacer Pickup Only

📍 43.398151,-88.210983

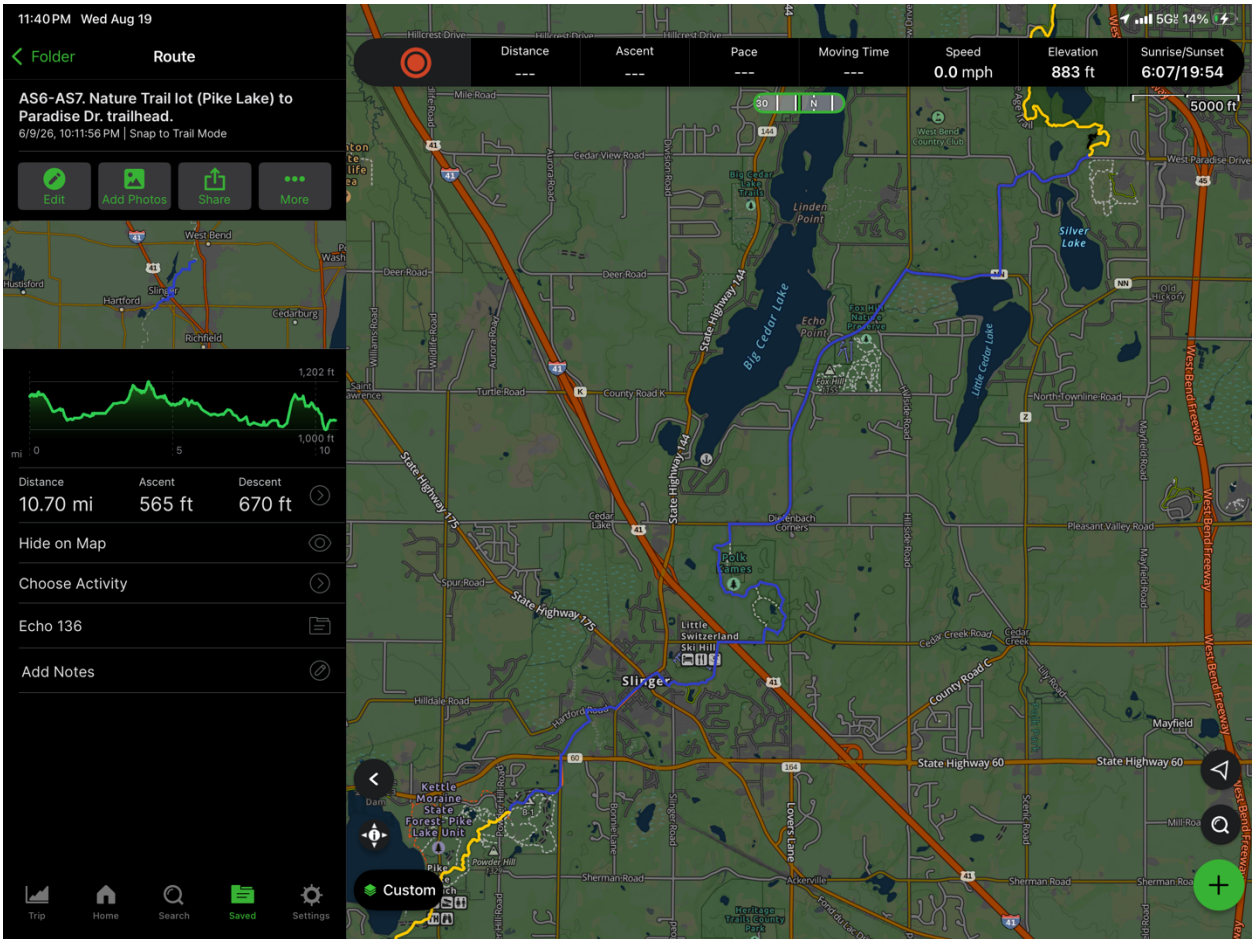
📍 West Bend IAT Segment Trailhead

West Bend IAT Segment

Mile 959.5 on FarOut map.

Amenities;

- NO CREW
- PACER PICKUP/EXCHANGE ONLY
- This is a TINY lot, holds maybe 5 cars.
- Set up tent with full aid station expectations.
- Porta potty.
- Chairs/blankets/cots.



AS8-Sunburst Ski Hill trailhead (101.5 miles from the start, 19.3 miles to AS9)

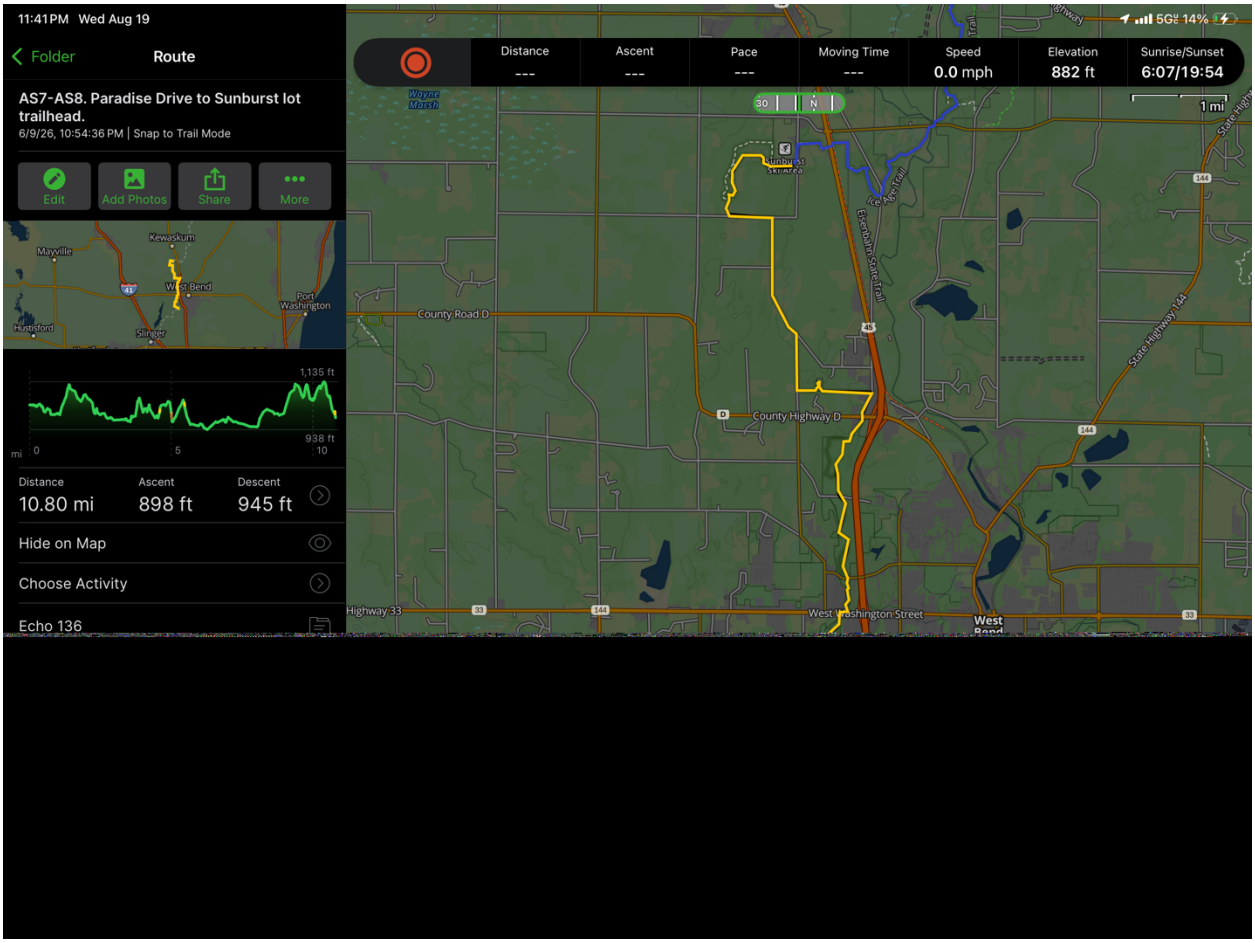
📍 43.492416,-88.221649

📍 Sunburst Ski hill (IAT trailhead lot)
Sunburst Ski Hill

Mile 970.4 on FarOut map.

Amenities;

- PACER PICKUP/EXCHANGE
- Tent with all the stuff.
- Chairs/blankets/cots.



AS9-Butler Lake-the “stairs to nowhere” LAST AID STATION!!!!!!!

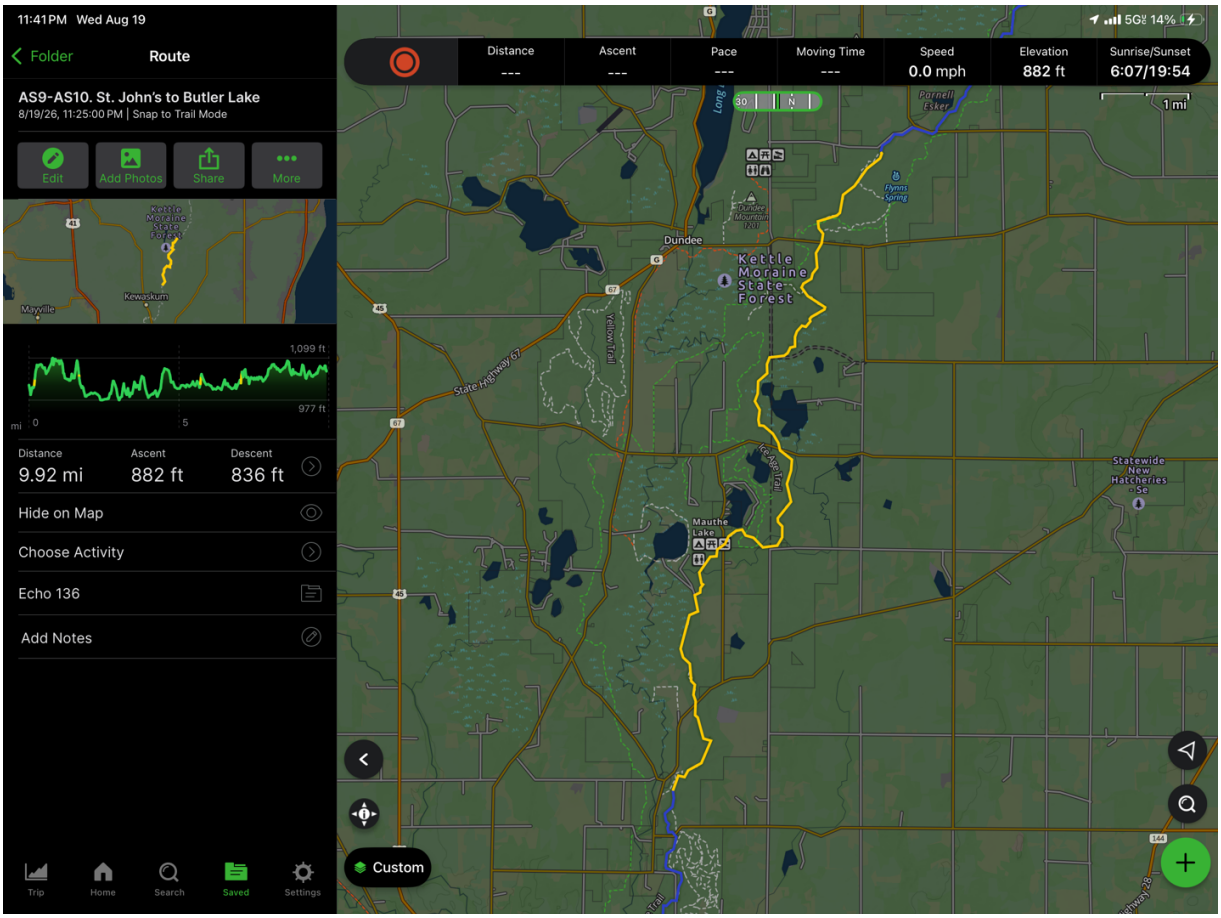
(120.8 miles from the start, 14.9 miles to THE FINISH!!!!)

📍 43.663429,-88.136398

Mile 989.7 on FarOut map.

Amenities;

- PACER PICKUP/EXCHANGE.
- Tent/chairs/cots/food and drinks.
- Porta potty.



Finish line (135.7 miles from the start, zero miles left for you)

Get here by 5pm on 9/26

📍County Highway P
43.796902,-88.035103

Mile 1004.6 on FarOut map.

THE LONG GAME

You don't have to conquer 136 miles.

You have to get to Young Road.
Then Scuppernong.
Then Deeds Place.
Then the next yellow blaze.

Eat before you're hungry.
Drink before you're thirsty.
Slow down before you have to stop.
Take care of your feet.
Take care of each other.

There will be a point when the excitement is gone, the miles get quiet, and continuing becomes a decision.

That's the race.

Keep moving forward.
Collect miles at a purposeful rate.
Play the long game.

See you at the finish.

TYDISH Running