

# BLACK RIVER TRAIL CLASSIC

October 21, 2023



Race Day Information

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# RACER CHECKLIST

## Preparation

Review the arrival and parking information and make a plan for your transportation to and from the race.

Locate the crew accessible aid stations and inform your family and friends that these are the easiest and safest places to see you on the course.

Review the drop bag information in this guide to learn about the drop bag procedures.

Check the weather forecast and plan clothing and extra supplies accordingly for both you and your friends and family in attendance.

Make sure you have a hydration and fuel plan to ensure you are properly nourished throughout the race. See the aid station section for more information about what hydration and fuel options we'll have available on-course.

## What to bring

Directions and map to race start and parking.

Change of clothes for after the race.

Appropriate clothing based on the weather forecast.

Appropriate equipment based on the weather forecast.

**Maybe:** Headlamp (**85k** runners will need one)

Water bottle or hydration pack (**THERE WILL BE NO CUPS AT THE AID STATIONS OR THE FINISH LINE PARTY**)

Required medications, inhalers or EpiPens

Bugspray

Sunscreen

Sunglasses or hat

Anti-chafe gel

Watch/GPS device (remember to charge it)

Cell phone

Cash or credit card for merchandise and finish line party

Ibuprofen or pain reliever (this will not be distributed to anyone by race staff, volunteers, or medical personnel)

An amazingly fun and positive attitude!

# SCHEDULE

4:45am - 4:55am	85k Bib pick-up
4:55am	85k runners to start line
5:00am	85k Start
6:30am - 10:15am	Bib pick-up
7:15am	50k runners to start line
7:30am	50k Start
9:15am	25k runners to start line
9:30am	25k Start
10:15am	10k runners to start line
10:30am	10k Start
11:30am	Finish line Foods and Beverages
11:30am - 4:30pm	Support and cheer for the finishers as they cross the line. Share your trail stories, eat some soup, enjoy the forest!
5:00pm	Course closes

## Finish Line Foods and Beverages

We'll have hot soups, homemade fry pies, cookies, and drinks in the warming shelter. After you finish your day on the trails grab some food and cheer on other runners as they finish!

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# Lighting

85k runners will need a headlamp for about the first 2 hours of their day on the trails.

The 10k, 25, and 50k are scheduled between sunrise and sunset. There should be no need for a headlamp or flashlight, however, some 50k runners may find it too dark for the first section and might require one. Your crew can take your light from you at mile 5 or you can place it in your drop bag at mile 12.

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# ARRIVAL

Whichever direction you come from you'll be driving toward the Start/Finish area on Smrekar Rd. If you're arriving early enough you may be able to use the Smrekar Lot. If not, you'll need to park along Smrekar Rd.

Once you're parked and ready to head to the Start/Finish area, walk down Smrekar Rd toward the trailhead and parking lot. There is a large warming shelter at the northeast corner of the parking lot. This is where your bib will be.

## Start/Finish Area

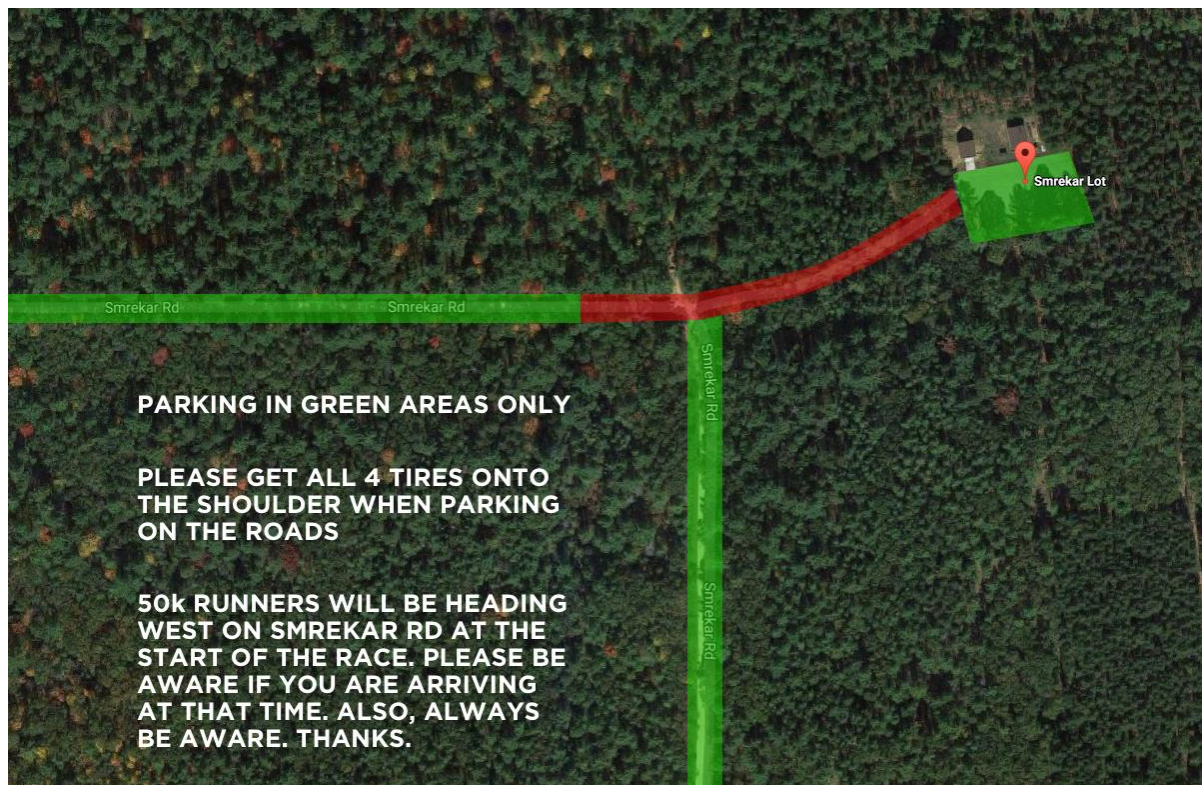
Smrekar Lot, N4170 Smrekar Road, Black River Falls, WI 54615

# PARKING

Depending on when you arrive you may be able to park in the Smrekar Lot. If it is full, please park along Smrekar Rd beyond the NO PARKING signs.

**IMPORTANT:** Please do NOT park on the grass that surrounds the Smrekar Lot.

**ALSO IMPORTANT:** Please get all 4 tires onto the shoulder when parking on the roads.



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# BIB PICK-UP

Bib pick-up is located in the warming shelter at the northeast corner of the Smrekar Lot.

Bibs should be worn on the **FRONT** where they will be **clearly visible** at all times. Your **visible bib** is the only way to ensure your race time and tracking are accurate.

## Timing

The Black River Trail Classic is a gun timed event. Gun timing starts the race clock for everyone at the initial pistol shot (or yelling GO!).

Regardless of when you actually crossed the starting line, the time from pistol shot (GO!) to the finish line will be your official time.

# DROP BAGS

Drop bags are available for **85k** and **50k** runners only. **You are allowed 4 drop bags.** Write bib number, racer name, mile marker, and aid station name on each drop bag.

Please bring your drop bags to bib pickup and place them in the appropriate drop off location. Drop off may be inside or outside the warming shelter. Drop bags will be returned to the finish line after the corresponding aid station closes.

## Drop Bag Information

Drop bags will not be refrigerated.

nurun co. and Black River Trail Classic are not responsible for lost or stolen drop bags or property.

Drop bags will be exposed to the elements. Contents should be weatherproofed.

Drop bags are subject to search by race staff if necessary.

Drop bags WILL NOT be mailed.

All unclaimed drop bags will be disposed of at the end of the week.

## Possible Drop Bag Items

### Extra clothes

Shirts, shorts, socks, shoes, rain gear, hat, buffs

### Extra gear

Water bottles, towels, sunglasses, headlamp

### Required Fuel

Energy bars, gels, sandwiches, snacks

### Required Hydration

Powders, drinks, supplements

### First Aid

ibuprofen/aspirin, lip balm, blister protection, eye drops, antibiotic ointment, bandages, sunscreen, bug spray



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# DROPPING OUT

Unfortunately, we all don't have our best days on race day. If for any reason you need to drop out during your race, please get to an aid station or the Start/Finish area to inform a volunteer or race staff.

It is very important that everyone who starts the race is accounted for at the end of the race.

If it is not possible for you to talk to a volunteer or race staff please have your family or friends let us know.

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# CUTOFF POLICY

Race cutoffs exist for many reasons.

1. For your safety
2. To keep the race on schedule
3. So our volunteers can go home at a reasonable time

No one wants to miss a cutoff and we certainly don't wish that for anyone. However, if you do miss a cutoff, please don't harass our volunteers into letting you continue. They're under orders from race staff, and that's really not fair to them.

## 25k

9 hours for the 25k run. This is an average of about 34 minutes per mile or better.

## 50k

9.5 hours for the 50k run. This is an average of a little more than 18 minutes per mile or better. We want everyone to be able to finish the race, but we have one cutoff along the 50k course.

1. Wildcat aid station 3:00pm (at 24 miles)

## 85k

12 hours for the 85k run. This is an average of about 13.5 minutes per mile or better. We want everyone to be able to finish the race, but we have two cutoffs along the 85k course.

1. Start/Finish aid station 1:30pm (at about 37 miles)
2. Wildcat aid station 3:30pm (at about 48 miles)

The cutoff time is the time you must leave the aid station, not the time you arrive.

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# PACERS, CREW, SPECTATORS

## **Pacers**

A pacer is defined as a trail companion that accompanies a registered participant along the course.

**Pacers are NOT allowed at the Black River Trail Classic.**

## **Crew**

A crew member is defined as any individual who provides material support to a runner during the Black River Trail Classic event.

- Crews must follow all rules and regulations set by the Black River Trail Classic
- Crew members must comply with all instructions from race staff and volunteers
- Failure to comply will result in disqualification of the runner

## **Rules for crew**

- Crew access is not permitted at all aid stations. Refer to the aid station chart.
- Crews should not interfere with other runners at the aid station
- Crews may only assist runners within a 100 foot radius of the aid station
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their crew

## **Spectators**

A spectator is anyone who is watching the Black River Trail Classic event.

- Spectators must follow all rules and regulations set by the Black River Trail Classic
- Spectators must comply with all instructions from race staff and volunteers

## **Rules for spectators**

- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited

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# 85k COURSE

The 85k distance is a combination of ALL the courses. You'll start early and run the 10k course. When you get back from your warmup you'll head out on the 50k course. All that's left is to head back up the ridge and finish your 25k cool down. It really is the best way to familiarize yourself with the Black River Trail Classic and become a local legend of the state forest.

## 85k Aid Stations

The aid stations for the 85k are the same as the current course you're on. You can find more information about the aid stations in the aid station chart at the end of this guide. There is an additional aid station at the start/finish area. This aid station will serve 85k runners after their 10k loop and at the end of their 50k loop.

## IMPORTANT for 85k Runners

There may or may not be specific signage for the 85k distance. Most importantly. Remember to follow the route for the distance you're currently running.

## Course Order

1. 10k
2. 50k
3. 25k

There are distance specific signs on the courses.

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# 50k COURSE

## **Start to Millston**

From the start line runners will head west down Smrekar Rd toward Pigeon Creek Nature Trailhead. Runners continue straight through Smrekar Rd and head into the trail where the road turns hard right. The trail is dirt and forest floor to begin then opens to grass and wetlands. Depending on rain there may be some ankle deep wet spots. The trail makes its way to Pigeon Creek campgrounds but turns left on the west bank of Pigeon Creek Flowage and continues southwest toward North Settlement Rd and the town of Millston. Runners exit the trail onto North Settlement Rd and turn south toward the parking lot. (.3 miles on road) Enter the parking lot and the first aid station will be at the trailhead.

## **Millston to 5 Corners**

After leaving the Millston aid station you'll find considerably different ground underneath your feet. You've entered the ATV trail section of the course so expect some sand. There are times it could be compacted and other times it could be deep and soft. The trail heads northwest around Staton Creek Rd until it eventually crosses the road and continues northeast toward Pigeon Creek campgrounds. After crossing North Settlement for the first time the trail turns north and runners will be on their way toward Wildcat Flowage. A mile before the flowage is the 5 Corners aid station and what should be the last of the sand.

## **5 Corners to Shale Rd**

Heading north from 5 Corners make sure to take the smaller grassy plant covered trail in the northwest corner of the 5 Corners intersection. After a mile runners will have the first glimpse of Wildcat Flowage as the trail takes them along the west bank and exits onto Kling Rd on the north side of the flowage. Turn right onto Kling Rd and head east toward the first right turn. Turn right onto the unimproved road and head south, southeast toward Shale Rd. Most of this route is hard packed with some loose rocks. Runners turn left and head north as they climb toward the Wildcat trails and the next aid station.

# 50k COURSE

CONTINUED

## Wildcat Loop

After leaving the aid station runners take the link trail to start their clockwise loop on the Wildcat hiking/biking trails. It will be the first chance to do some uphill and downhill running. There are some nice views at the tops of the climbs if you want to take a moment to enjoy them. After the 3.5 mile loop, runners will return to the Shale Rd aid station where they began the loop.

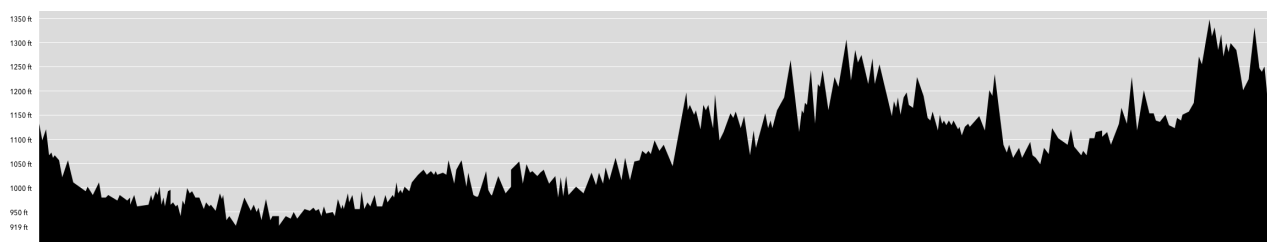
## Shale Rd to Wildcat Lot

Runners cross Shale Rd and turn right onto the Norway Pine trail heading southeast. This is another hiking/biking trail with some climbs and some very runnable sections. Runners continue onto the Red Oak trail where they will do a clockwise loop and make their way to the Wildcat Lot and the next aid station.

## Wildcat Lot to Finish

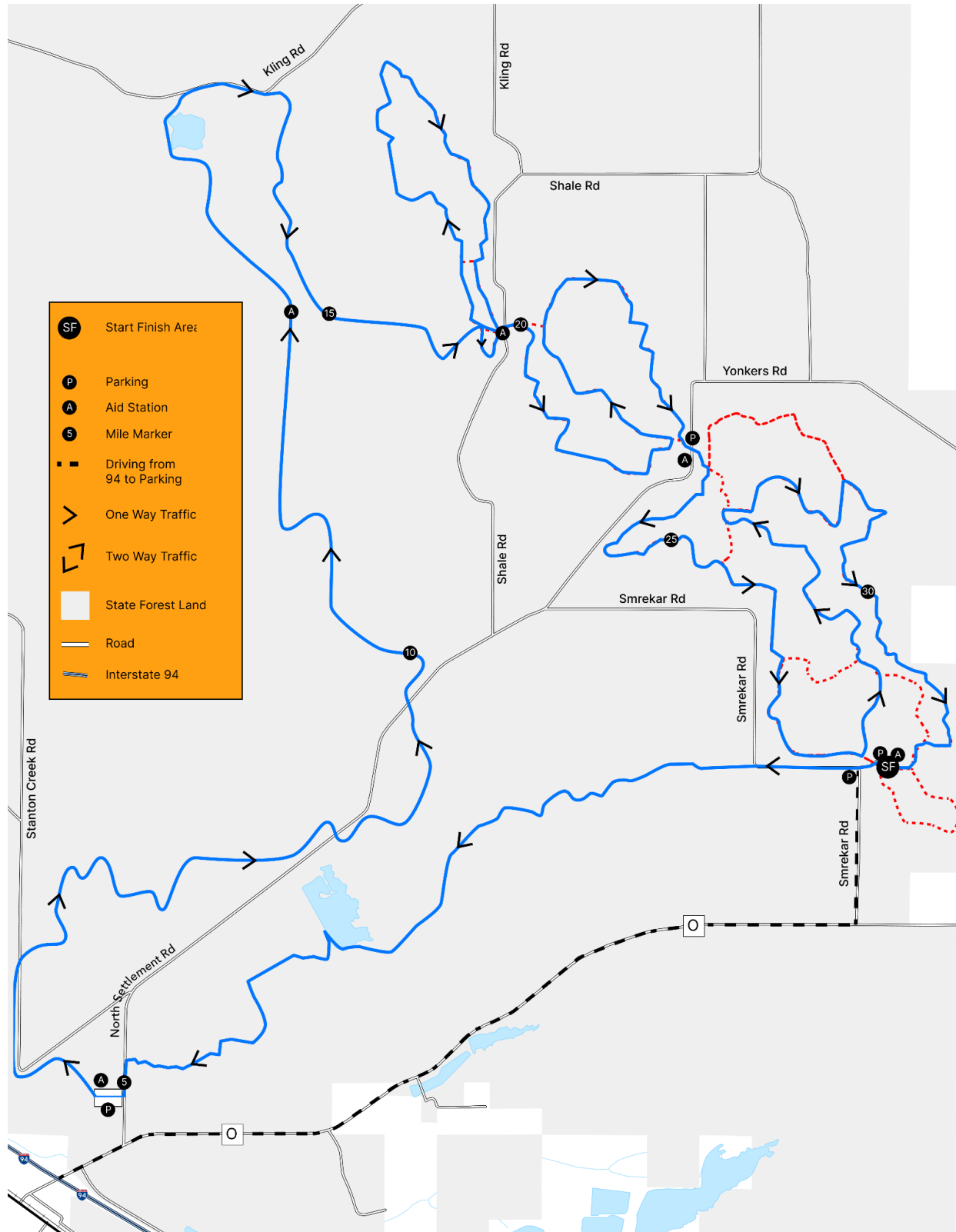
Leave the aid station down the small trail toward North Settlement Rd. Cross the road and enter the Smrekar Trails. Turn right and follow the North trail to the Central trail. Use the link trail to cut over to the northbound Central trail and make your way back to the southern section of the North trail. All that's left is to turn right onto the North trail and then continue left up to the Ridge where you'll climb a little ways then run along the ridge until the sweet descent into the finish area.

## Elevation Chart\*



\* For reference only. Actual data may vary.

# 50k Map



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# 50k AID STATIONS

## Millston - Mile 5

Located in the town of Millston in the Settlement Road Lot. It is a few hundred feet north of County O on North Settlement Road.

Open 8:00am

Closed 9:00am

Minimal aid. Light snacks, Water, Tailwind

Toilet: **YES**

Drop Bags: **NO**

Crew Access: **YES**

**Driving Directions:** From Start/Finish head south on Smrekar Rd. If you are parked in the Smrekar Lot, turn left out of the lot. **PLEASE** do not drive West, the direction the runners are going. Turn right onto County O. Turn right onto North Settlement Rd. Drive .2 miles to the parking lot.

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## 5 Corners - Mile 12

Located in the Wildcat ATV loop at the intersection of recreational trail 4, logging road, service road, and snowmobile trail.

Open 8:45am

Closed 10:45am

Minimal aid. Light snacks, Water, Tailwind

Toilets: **NO**

Drop Bags: **YES**

Crew Access: **NO**

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## Shale Road - Mile 16.4 and 20

Located near the Wildcat trail crossing on Shale Road.

Open 9:15am

Closed 2:00pm

Fully stocked aid station with snacks, fruit, water, Tailwind, general aid.

Toilets: **NO**

Drop Bags: **YES**

Crew Access: **YES**

**Driving Directions:** From Millston aid station head north on North Settlement Rd. Turn left onto Shale Road. Drive about 1.7 miles to trail crossing.



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# 50k AID STATIONS

CONTINUED

## **Wildcat - Mile 24**

Located in the Wildcat Trails parking lot off of North Settlement Road

Open 9:15am

Closed 2:45pm

Cutoff 2:30pm

Fully stocked aid station with snacks, fruit, water, Tailwind, general aid.

Toilets: **YES**

Drop Bags: **YES**

Crew Access: **YES**

**Driving Directions:** From Shale Road aid station head north on Shale Rd. Turn right onto North Settlement Rd. Turn right at the T and continue to the parking lot.

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## **Finish - Mile 31.5**

Located at the Smrekar Lot.

Open 6:30am

Closed 5:30pm

Minimal aid. Snacks, Water, Tailwind

Toilets: **YES**

Drop Bags: **NO**

Crew Access: **YES**

**Driving Directions:** From Wildcat aid station head south on North Settlement Rd. Turn left onto Smrekar Rd and follow to Smrekar Lot.

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# 25k COURSE

## **Start to Wildcat Lot**

From the start line runners head east on Central for a few tenths of a mile toward Ridge. Veer right onto Ridge and start climbing. Runners will stay on Ridge until it meets up with North where you'll head north and make your way across N. Settlement Rd and to the Wildcat Lot aid station.

## **Wildcat Lot to Shale Rd**

From the Wildcat Lot aid station you will head north on Red Oak then use the link trail to cross Shale Rd where you'll see the aid station and the beginning of the Wildcat loop.

## **Wildcat Loop**

After leaving the aid station you'll be on the Wildcat hiking/biking trails. Runners do the Wildcat loop clockwise. There are some nice views at the tops of the climbs if you want to take a moment to enjoy them. After the 3.5 mile loop, runners will return to the Shale Rd aid station where they began the loop.

## **Shale Rd to Wildcat Lot**

Runners cross Shale Rd and turn right onto Norway Pine heading southeast. This is another hiking/biking trail with some climbs and some very runnable sections. You'll climb towards the end of Norway Pine then make a fast descent into the Wildcat Lot aid station.

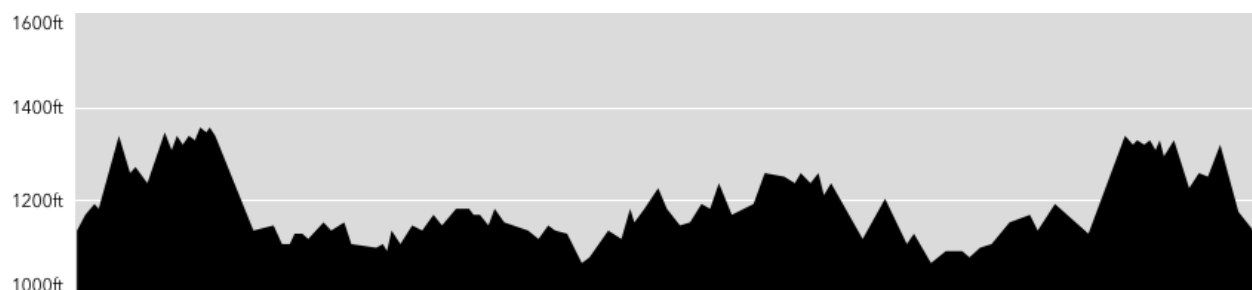
# 25k COURSE

CONTINUED

## Wildcat Lot to Finish

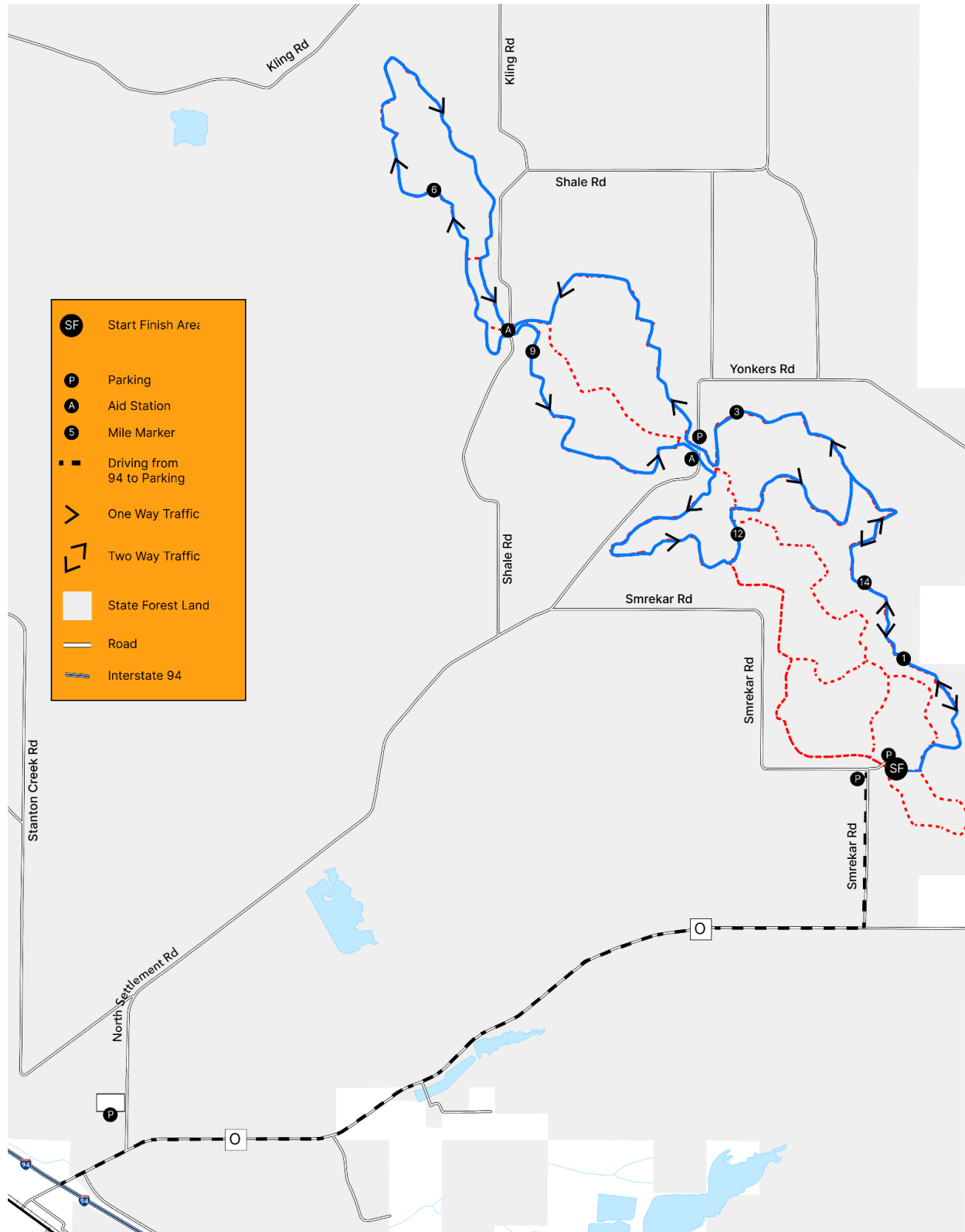
Leave the aid station down the small trail toward North Settlement Rd. Cross the road and enter the Smrekar Trails. Turn right and follow the North trail to the first link. All that's left is to head down the southern section of the North trail heading east. Be careful not to continue on the North trail loop. Watch for signs pointing you to the SHARP right turn onto Ridge where you'll climb a little ways then run along the ridge until the sweet descent into the finish area.

## Elevation Chart\*



\* For reference only. Actual data may vary.

# 25k Map



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# 25k AID STATIONS

## **Wildcat - Mile 3.4 and 10.3**

Located in the Wildcat Trails parking lot off of North Settlement Road

Open 9:15am

Closed 3:30pm

Fully stocked aid station with snacks, fruit, water, Tailwind, general aid.

Toilets: **YES**

Crew Access: **YES**

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## **Shale Road - Mile 5.1 and 8.7**

Located near the Wildcat trail crossing on Shale Road.

Open 9:15am

Closed 2:00pm

Fully stocked aid station with snacks, fruit, water, Tailwind, general aid.

Toilets: **NO**

Crew Access: **YES**

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## **Finish - Mile 15.4**

Located at the Smrekar Lot.

Open 6:30am

Closed 5:30pm

Minimal aid. Snacks, Water, Tailwind

Toilets: **YES**

Crew Access: **YES**

**Driving Directions:** From Wildcat aid station head south on North Settlement Rd. Turn left onto Smrekar Rd and follow to Smrekar Lot.

# 10k COURSE

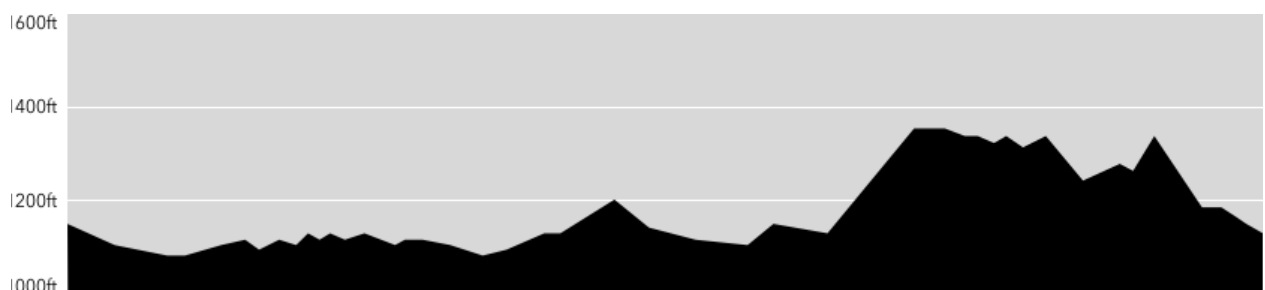
We think the 10k loop is a perfect way to introduce new trail runners to the sport. The loop is challenging but runnable for those wanting a fast time. However, since it is on trails and there is some climbing, a 10k PR might not be in the cards.

The 10k is the outer loop of the Smrekar Trails. From the start line runners will do a clockwise loop starting on the western side of the Central trail. Then continue onto the North Trail and finally up to the Ridge Trail.

There will be a self service water stop around mile 3.

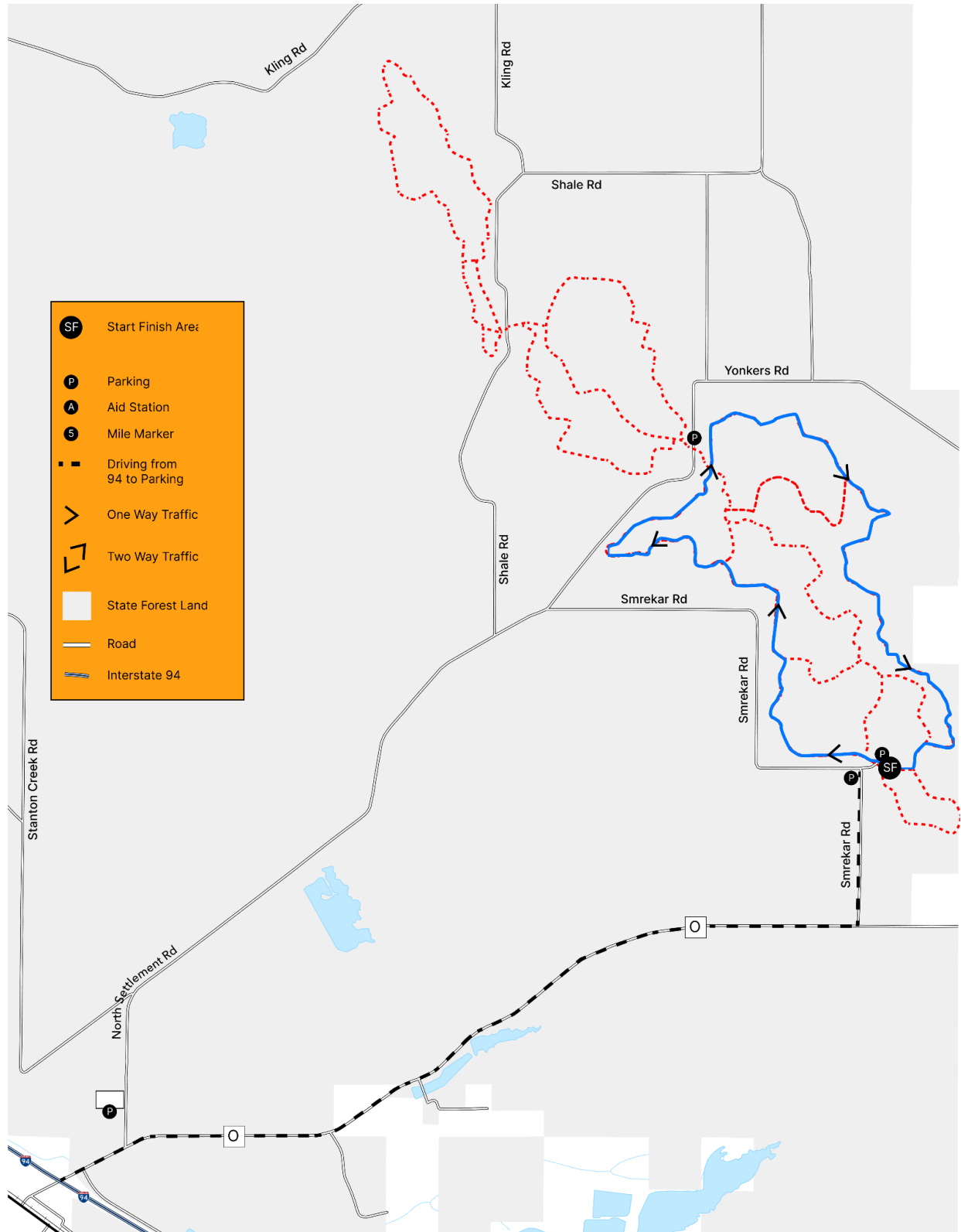
**IMPORTANT:** Remember to bring a handheld water bottle or hydration vest to carry while you are on the course. There will be no cups!

## Elevation Chart\*



\* For reference only. Actual data may vary.

# 10k Map



## Black River Trail Classic Aid Stations

Race	Mile	Name	Next Aid	Estimated Time Open	Estimated Time Closed	Cutoff	Toilets	Drop Bags	Crew Access	Driving Directions
50k	5.0	Millston	7.0	8:00 AM	9:00 AM		YES	NO	YES	From Start/Finish head south on Smrekar Rd. If you are parked in the Smrekar Lot turn left out of the lot. <b>PLEASE do not drive West, the direction the runners are going.</b> Turn right onto County O. Turn right onto North Settlement Rd. Drive .2 miles to parking lot.
	12.0	5 Corners	4.4	8:45 AM	10:45 AM		NO	YES	NO	
	16.4	Shale Rd	3.6	9:15 AM	1:30 PM		NO	YES	YES	From Millston Aid Station head north on North Settlement Rd. Turn left onto Shale Road. Drive about 1.7 miles to trail crossing.
	20.0	Shale Rd	4.0	9:15 AM	1:30 PM		NO	YES	YES	
	24.0	Wildcat	7.5	9:45 AM	3:00 PM	3:00 PM	YES	YES	YES	From Shale Road Aid Station head north on Shale Rd. Turn right onto North Settlement Rd. Turn right at the T and continue to the parking lot.
	31.5	Finish	0.0	6:00 AM	5:00 PM	5:00 PM	YES	YES	YES	From Wildcat aid station head south on North Settlement Rd. Turn left onto Smrekar Rd and follow to Smrekar Lot.
25k	3.4	Wildcat	1.7	9:45 AM	3:00 PM		YES	NO	YES	From Start/Finish head west on Smrekar Rd. Turn right onto North Settlement Rd. Drive 1.1 miles to parking lot.
	5.1	Shale Rd	3.6	9:15 AM	1:30 PM		NO	NO	YES	From Wildcat aid station head north on North Settlement Rd. That's a left out of the parking lot. Stay on North Settlement Rd. It turns sharp right then quickly sharp left. Turn left onto Shale Rd. Stay left to continue on Shale Rd to trail crossing.
	8.7	Shale Rd	1.6	9:15 AM	1:30 PM		NO	NO	YES	
	10.3	Wildcat	5.1	9:45 AM	3:00 PM		YES	NO	YES	From Shale Rd aid station head north on Shale Rd. Stay right on Shale Rd then turn right onto North Settlement Rd. Stay on North Settlement Rd. It turns sharp right then quickly sharp left. Continue to parking lot on right side.
	15.4	Finish	0.0	6:00 AM	5:00 PM	5:00 PM	YES	NO	YES	From Wildcat aid station head south on North Settlement Rd. Turn left onto Smrekar Rd and follow to Smrekar Lot.
10k	3.0	Water Only	3.1	10:00 AM	3:30 PM		NO	NO	NO	
	6.1	Finish	0.0	6:00 AM	5:00 PM	5:00 PM	YES	NO	YES	

Crew and Spectators: PLEASE drive slowly. Runners cross many of the roads you will be driving on. Please park on ONE SIDE of the road only. Please don't sit, stand or spectate from the road or shoulder of roads. Runners are responsible for the actions of their crews. Your actions could result in disqualification of your runner.