



IRONBULL ULTRA TRAIL RACE GUIDE

Presented by the Town of Rib Mountain

September 30, 2023

147711 North Mountain Road

Wausau WI 54401



Overview

1. All 50k racers complete two identical loops and the 25k and 15k completes a single loop. All racers begin and end at race headquarters at State Park Speedway, where there is plenty of parking. All routes will be well marked. Both races start and end on private trails exclusive to this race.
2. There are no indoor facilities at the venue. There are port-a-potties and hand washing station available at race headquarters.
3. After racing, join in the fun with the after race party.

Tuesday, September 26, 2023 at 8:00 pm

- Virtual Pre-Race Meeting: This is an opportunity to ask the race director last minute questions
 - Facebook live event at <https://www.facebook.com/IRONBULLxtreme/>
 - Recording will be posted if unable to attend.

Saturday, September 30, 2023 at State Park Speedway

- 5:00 - 6:30 am: Packet pick up for 50k and 25k racers at the check in tent in the middle of the speedway
- 7:00 am: 50k and 25k start - runners to assemble at start area 15 min prior to start time
- 11:00 am - 12:30 pm: Packet pick up for 15k racers at the check in tent in the middle of the speedway
- 11:30 am - 12:00 pm Kocourek Kids Run onsite registration and bib pickup at the check in tent in the middle of the speedway
- 12:15 pm Kocourek Kids Run start
- 12:35 pm Kocourek Kids Run end
- 1 pm: 15k wave start - runners to assemble at start area 15 min prior to start time
- 1:00 - 6:00 pm: Food available for racers and spectators (we will box up extra meals for racers still on course)
- 1:05 pm: 25k awards
- 4:30 pm: 15k awards
- 6:00 pm: 50k awards
- 6:30 pm: Course close and finish line festival ends

Recommended Gear

- Water bottle/ hydration pack (limited cups will be available)

- Race shoes and appropriate clothing for a few hours of October Wisconsin weather
- Change of clothes and shoes for pre-race/ post-race
- Headlamp for 50k & 25k racers
- Nutrition and hydration appropriate for race length including electrolytes
- First aid: blister/chafing protection, bandages, ace wraps aspirin, needed medications and inhalers
- Miscellaneous: bug spray, sunscreen, sunglasses, hat, anti-chafe gel
- Watch/GPS
- Cell phone and camera
- Credit card / cash
- ID for beer
- Race and parking maps and directions. There will be signage but ultimately, it is up to you to follow the correct course and a map can help ensure that! We have our course maps available online for download at: <https://www.ironbull.org/ultra-course-map>

More race tips at: <https://www.ironbull.org/blog/ultra-trail-tips>

Finish Line Festival

- Come join the party and celebrate your bullheadedness! Food, beverages, music, fun for everyone...you deserve this!!! First beverage is included in your race fee (use ticket on your bib to redeem – if getting a beer, you must show ID), as well as a meal from the food truck (again, use ticket on your bib). Food/drinks also available for purchase by friends/family/crew.
- Food: Urban Street Bistro: <https://www.facebook.com/UrbanStreetBistro>
- Beverages: The Wausau Noon Optimist Club will be serving local brews including IRONBULL official beer from Red Eye Brewing, Miller Lite, White Claw and Mike's Hard Lemonade, soda, Gatorade and water. Spectators may purchase at the event (beer must be over 21 and show ID).
 - Wausau Noon Optimist Club: <https://www.wausaunoonoptimist.org/>
 - Red Eye Brewing Company: <https://www.redeyebrewing.com/>
- Bring blankets/chairs to cheer on finishers and enjoy music spread out throughout the speedway.

Parking:

- Ample parking available for racers and spectators at State Park Speedway, located at 147711 (formerly 5711) North Mountain Road, Wausau, WI 54401.
- Crew/spectators may also legally park at various locations at Rib Mountain State Park (park pass required) and the Granite Peak parking lot

Timing

- This event will be chip timed by a reputable timing company- Tortoise & Hare Timing: <https://tandhtiming.com/>

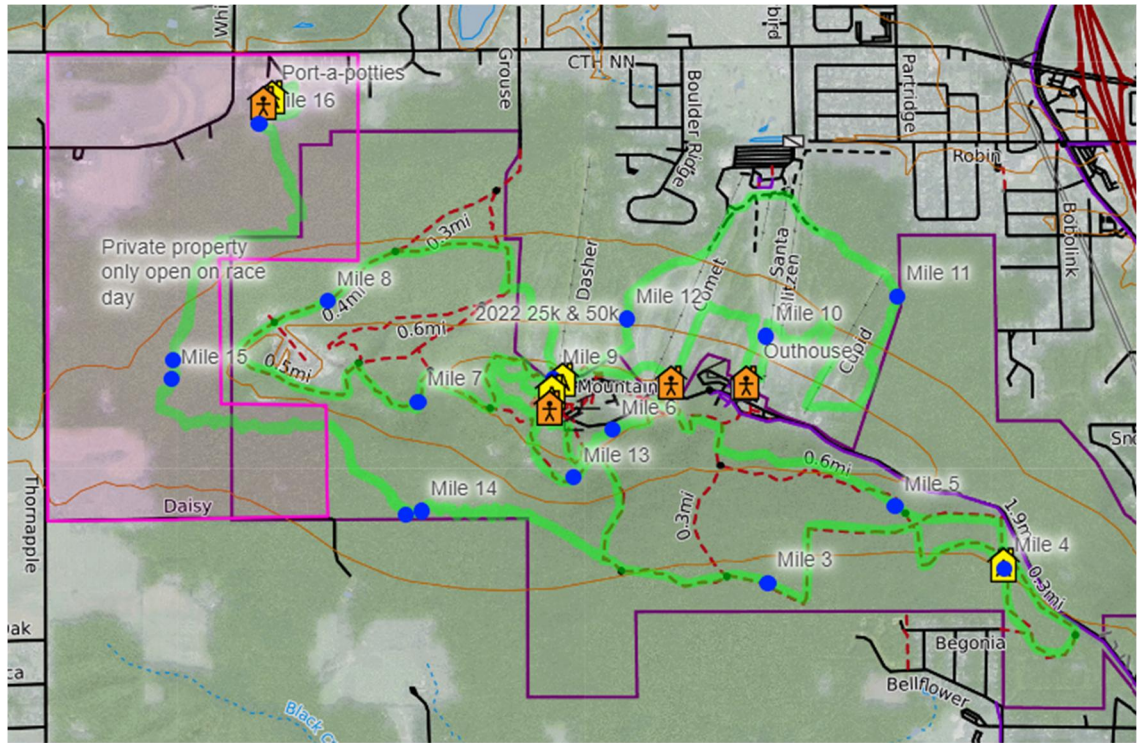
- **IT IS VERY IMPORTANT THAT YOUR RACE BIB IS VISIBLE ON YOUR CHEST AND LEAVE IT THE FULL SIZE.** This is to ensure our timers can make sure to get accurate start/lap/finish times for you!

Transfers, refunds, changes

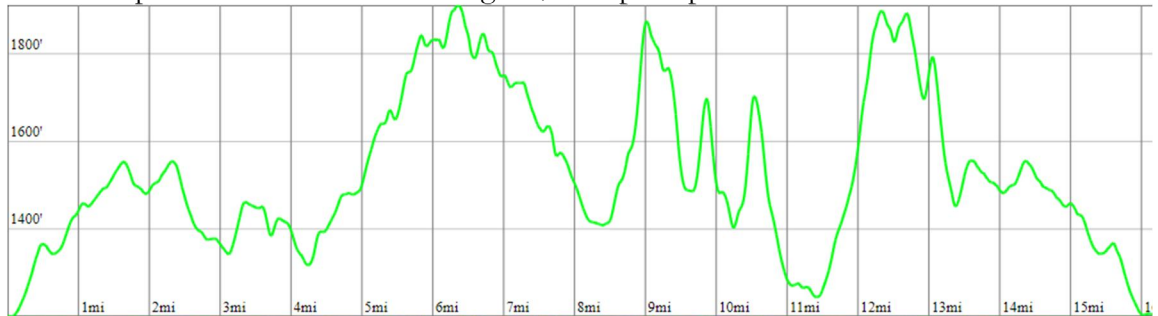
- Registration and transaction fees are nonrefundable, including in the event of extreme weather or cancellation.
- Registration may be transferred to another person for a \$20 fee up to three days prior to the event.
- If you cancel in UltraSignup up to three days prior to the event, you receive an automatic 75% credit for next year's event.
- Competing under another person's name will result in disqualification.

Course

- All courses are looped so you will start and finish in the same spot.
- 25k (7 am start)
 - Description: After our race director waves the starting flag, racers take off from the race track then hit the trails. Racers have room to thin out on the double track snowmobile trail on private property before some guided bushwhacking into Rib Mountain State Park. Enjoy the golden maples on the Yellow Trail enroute to the Begonia aid station at mile 4 before gearing up for climbing to the top of Rib Mountain at High Point aid station at mile 6.5. Here runners can refuel and get ready for some technical sections, especially with quick footing including the Red Trail enroute to the Quarry Trail. After descending around the quarry, gear up for the climb including a rock scramble back to the top of Rib Mountain for a visit to the Dasher aid station at mile 9. At the top, runners can take in the fall colors and views of downtown Wausau. Then runners plummet down the ski hill – the highest vertical drop in the Midwest only to climb right back up! After scurrying up another rock scramble on the ski hill, runners return to Dasher aid station then move onto the paved Blue Trail. Runners then scamper down the Yellow Trail before returning on the snowmobile trail to the finish at State Park Speedway.
 - This loop will be done once. There are port-a-potties at the start/finish/lap and outhouse just before the High Point aid station at mile 6 and at approximately mile 9.5 near the amphitheater at the top of the hill. Drop bags will be delivered to High Point and Dasher aid stations. Racers will be challenged with plenty of climbing - so be sure to prepare for the ups and downs, with 3400 feet of elevation gain.
 - Course map: See interactive course map for aid station locations at <https://caltopo.com/m/N2T45> Please respect private properties, which are only open to racers on race day!



- Elevation profile: 3400 feet elevation gain / loss per lap

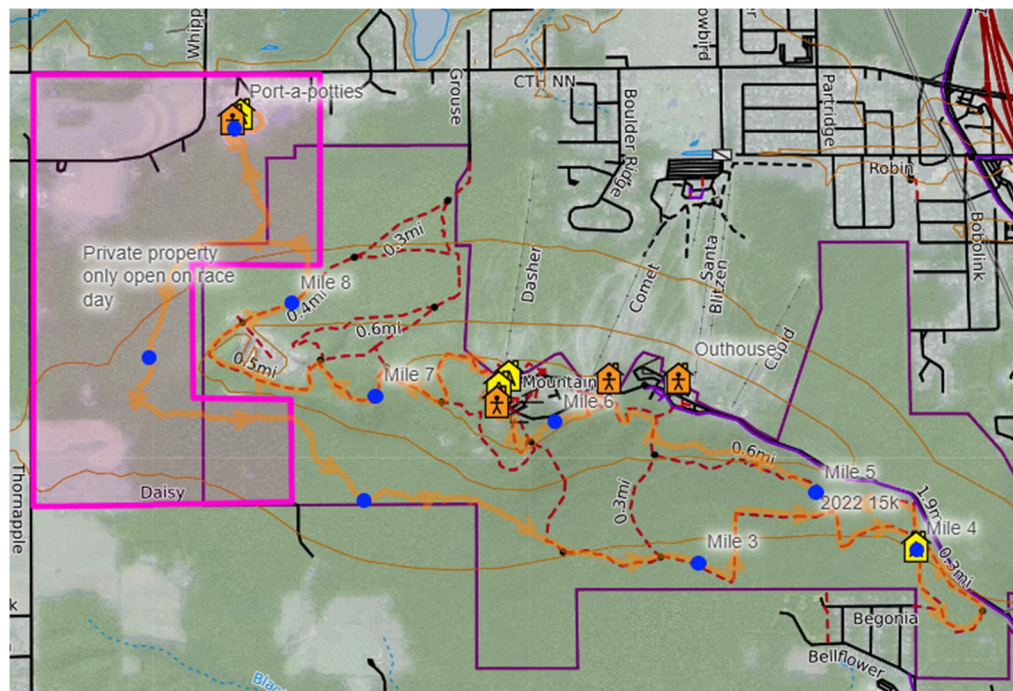


- 50k (7 am start)
 - Description: Same as the 25k description above, except after a lap around the track and accessing drop bags, runners get to do it all again...if they dare.
 - Course map: See interactive course map for aid station locations at <https://caltopo.com/m/N2T45> Please respect private properties, which are only open to racers on race day!
- 15k (1pm start)
 - Description: After our race director waves the starting flag, racers take off from the race track then hit the trails. Racers have room to thin out on the double track snowmobile trail on private property before some guided bushwhacking into Rib

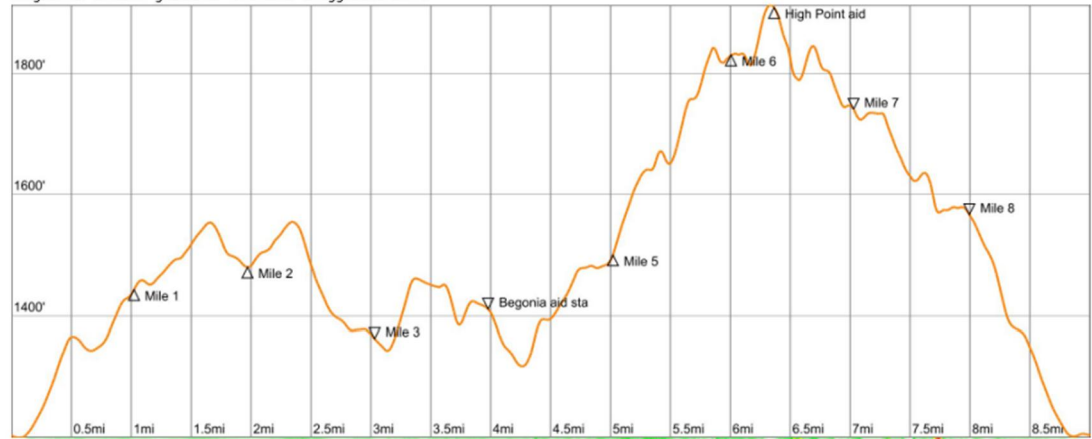
Mountain State Park. Enjoy the golden maples on the Yellow Trail enroute to the Begonia aid station at mile 4 before gearing up for climbing to the top of Rib Mountain at High Point aid station at mile 6.5. As runners reach the top, they can take in the view of fall majesty, take a selfie, and refuel. Then runners take off for some final quality time in the woods with some technical sections, especially with quick footing on the Red Trail enroute to the Quarry Trail. While descending around the quarry, runners split from the 25k/50k course with a plummet back into State Park Speedway via a secret route. After a lap around the track, racers reach the well-deserved finish line.

There are two aid stations along the route to support runners (no drop bag drop for 15k). There are port-a-potties at the start/finish and outhouse just before the High Point aid station at mile 6.5. The 15k has 1400 feet of total climbing and omits the ski hill that the 25&50k runners tackle.

- o Course map: See interactive course map for aid station locations at <https://caltopo.com/m/N2T45> Please respect private properties, which are only open to racers on race day!



- o Elevation profile: 1400 feet gain / loss



Aid Stations

- Aid stations may have the following beverage and food choices available (but not limited to): water, Tailwind Nutrition (official energy), coke and ginger ale, fruit (oranges and bananas), chips, pretzels, chicken & veggie broth, pickles, cookies, candy. Aid stations will also have feminine products and a basic first aid kit.
- Limited cups available, so bring your own bottles / hydration systems.

Aid station	50k	25k	15k
Begonia (2:45 pm cutoff)	Mile 4.0, 20.8	Mile 4.0	Mile 4.0
High Point (3:30 pm cutoff)	Mile 6.5*, 23.3*	Mile 6.5*	Mile 6.5
Dasher (5:30 pm cutoff)	Mile 9.1*, 13.0*, 25.9*, 29.8*	Mile 9.1*, 13.0*	-
State Park Speedway	Mile 16.8*	-	-

*Drop bag access

Drop Bags (25k & 50k only)

- Drop bags must be labeled. Bags will be outdoors, in any kind of weather. Drop bags will NOT be mailed, if unclaimed, they will be disposed of or donated by the end of the week.
- Race organizers are not responsible for lost or stolen drop bags or property.
- You are allowed one drop bag per aid station. It needs to be placed in the area that is marked drop bags before you start. We will deliver your drop bag to the High Point and Dasher aid stations for you to access. **No drop bags will be transported to Begonia aid station this year.** Drop bags at State Park Speedway for 50k runners will remain where you placed it.
- Drop off drop bags at packet/bib pick up on race morning. **CLEARLY LABEL YOUR DROP BAG WITH THE FOLLOWING:**
 - Name
 - Bib number (posted on website)
 - Drop bag location (State Park Speedway, Dasher, or High Point).

- A separate area will be designated for drop bags at State Park Speedway or you can leave your bag with your crew/friends/family
- Drop bags returned to the State Park Speedway drop bag area after the last runner has left High Point (estimated to be 4 pm) and Dasher aid station (estimated to be 6 pm).
- You may drive to reclaim your drop bag from High Point or Dasher aid station before they are transported back to the start/finish area, but you are required to have a state park sticker to drive to High Point or Dasher aid station.
- Ideas of what to put in drop bag:
 - Please keep as small as possible. Drop bags should be < 9" x 9" x 16" and under 10 pounds.
 - Extra clothing: socks, shorts, pants, shirts, shoes, rain gear, gloves, hats, buffs
 - Extra gear: water bottles, towels, sunglasses, headlamps, trekking poles
 - Fuel and hydration: bars/gels, snacks, cookies, powders, drinks, supplements, water, electrolytes
 - First aid: aspirin, chapstick, blister / chafing protection, bandages, ace wraps, sunscreen, bug spray, etc.

Race Rules

- Race bib showing race number must always be visible on the front of your chest to ensure we can accurately and efficiently time your race. **Runners are responsible for ensuring that their bib number is recorded at each aid station.**
- Runners are responsible for the actions of their crew. If your crew does not adhere to race rules, requests from race directors/volunteers, or performs illegal actions, you may be disqualified from the race. Crews must abide by traffic regulations and park legally.
- No pacers or form of pacing is allowed...including bike, vehicle, or companion pacing.
- NO LITTERING. LEAVE NO TRACE! This applies to on course, in the parking lot, and everywhere. Please pick up any garbage you see, no matter how small it is.
- No pets or animals are allowed on course with racers.
- Be considerate of other visitors on the trails—yield to others.
- If you drop out of the race, inform Zach Ziesemer in person or by texting your name and number to 920-716-3610
- If you come across an injured (non-life threatening) person, please get the runner's bib number and call the race director or report the situation to the aid station captain at the following aid station.
- Due to the ruggedness of trail sections, no strollers or baby joggers.
- Follow traffic rules, obey all commands by law enforcement, volunteers, and race management, and yield to emergency vehicles.
- Respect runners, spectators, volunteers, and community members. Trails at Rib Mountain State Park remain open to the public.
- Violation of any rules or regulations of race may result in disqualification.
- Decisions of race management and medical personnel are final.

Safety

- Lighting: Lighting will be helpful for those finishing near the course cutoff and possibly for the start of the 25k/50k race. The woods can get dark and things happen. We recommend throwing a red blinking light and headlamp into your drop bag/on your person in case it is needed.
- Road Crossings: There are no road crossings. You will parallel State Park Road for a short segment, but will not cross it.
- Headphones: We strongly discourage the use of headphones, but if you are determined to use them, please only place in one ear. Full awareness of one's surroundings, and the ability to communicate with other participants, race volunteers, and trail users not associated with the event are critical to everyone's safety.
- Littering: Be green and minimize waste but put in garbage / recycling / compost when necessary.

Dropping out

Keep moving...but in the case that you can't do so, TEXT ZACH ZIESEMER YOUR NAME AND BIB NUMBER TO 920-716-3610. We want to be sure everyone is accounted for!

Your bib will be removed.

- You are responsible to get yourself back to race headquarters.

Cutoff policy

- Course close is 6:30 pm for all racers
- 50k must head out for their second lap by 12:45 pm
- Other cutoffs: Begonia Aid Station 2:45 pm, High Point Aid Station 3:30 pm, and Dasher Aid Station 5:30 pm

Pacers, crew, spectators

- Pacers are **NOT** allowed. Convince them to sign up for the challenge!
- Crew/Spectators: individuals providing support to participants must comply with instructions from race employees and volunteers, and be respectful of other runners and support crews, in addition to following:
 - Crews should be careful to obey all traffic rules and regulations.
 - Littering of any kind is strictly prohibited.
- Crews can support anywhere on the course. Aid stations may be accessed via car, but you may need to purchase a state park pass if driving into Rib Mountain State Park. **You must legally park.**
- Supporters are encouraged to cheer you on from the State Park Speedway or at Rib Mountain State Park. If supporters choose to drive a vehicle to the top of Rib Mountain, they will be required to purchase a state park pass. Make a poster to cheer on racers!
- Supporters may enjoy a chairlift ride up Rib Mountain via Granite Peak's ski lift (4-7 pm 9/29 plus a Wisconsin-style fish fry on the deck and 11 am to 5 pm 9/30). Must purchase a pass online: <https://www.skigranitepeak.com/plan-your-trip/events-activities/fall-scenic-rides> On 9/29/23 Granite Peak will be serving Wisconsin-style fish fries plus Casino Night

goes from 6-11 pm <https://www.skigranitepeak.com/plan-your-trip/events-groups/event-calendar/casino-night-at-granite-peak>

Course Markings

The course will be marked with arrow signs, ribbons, marking chalk, and utility flags pictured below.

Do NOT blindly follow the person ahead of you. Ask any veteran trail racer and they will tell you stories when the person ahead of them did NOT know where they are going!

If you make a wrong turn, do your best to retrace your route and resume racing and don't be discouraged, ALL trail runners make wrong turns.



Awards

- Age group awards male and female 50k, 25k, & 15k:
 - Age groups: 18-29, 30-39, 40-49, 50-59, 60 and over
 - Winners receive custom engraved coaster
 - 2nd and 3rd place runners in each age group receive a Rib Mountain cup and additional beverage ticket
- 1st, 2nd, 3rd place overall male and female 50k, 25k, & 15k:
 - Custom engraved coaster
- Custom finisher medal to everyone who completes the 15k, 25k, or 50k course

Results

- Results will be posted live at: <http://tandhtiming.com/race-results/> with overall result print out posted at State Park Speedway on race day.
- Results URL link will be provided on the race website within 24 hours after the event.

Kocourek Kids Run

- Free to all kids, thanks to Kocourek Kids sponsorship
- Kids run as many laps as they can on the State Park Speedway racetrack from 12:15 to 12:35 pm. Parents are welcome to run on the race track with their children
- All kids earn a finisher medal, kids meal, and drink following the run
- Onsite registration is open on event day from 11:30 am to 12 pm (you must register at <https://ironbull-signup.redpodium.com/2023-ultra-trail-kids-run>)

Ironbull retail

- Official IRONBULL merchandise is available for sale
- Proceeds benefit the Wausau and Marathon County Parks and Recreation Foundation and IRONBULL

Photography

- Volunteer Photographers: Focal Point Photography Club

Social media

Make sure you tag yourself and IRONBULL on social media. We will have a backdrop and selfie frame to snap shots with at the event.

- Instagram: <https://www.instagram.com/ironbullxtreme/> #ironbullxtreme and #ironbulltough
- Facebook: <https://www.facebook.com/events/738680567580602>
- Twitter: <https://twitter.com/IronBullXtreme> #ironbullxtreme and #ironbulltough
- Snapchat: IronBullXtreme
- TikTok: @ironbullxtreme

Green Initiative

Ways to enjoy the race and enjoy the beauty around us with minimal impact!

- Aid stations have minimal cups - please plan accordingly by bringing your own hydration
- Compost and recycling onsite with compostable food trays

Volunteers

Have friends and family sign up to volunteer: <https://www.ironbull.org/ultra-volunteer>

Volunteers are IRONBULL's lifeblood. Our willing volunteers exhibit the eagerness to participate in and support various roles throughout the event. They provide a contagious feeling of excitement for both racers and spectators alike that helps make IRONBULL an all-encompassing community event. Without the passion and dedication of our volunteers, we wouldn't have a race.

If you feel it within yourself to participate in one or more IRONBULL races by volunteering at any of the dozens of positions that are critical to making the IRONBULL as successful as we intend, please sign up on our website. If you have questions, contact us at executivedirector@ironbull.org.

Hotel

Looking to take your IRONBULL race weekend to the next level? Check out all the fun and affordable room options from our partners at bantr hotels! 30% off all rooms for IRONBULL athletes (using the promo code IRONBULL) and free access to bantr events during race weekend like live music, comedy shows, trivia, free drinks, and more! Reserve at: www.bantrrothschild.com

bantr – IRONBULL's Preferred Hotel

805 Creske Avenue
Rothschild, WI 54474
715-241-6300

Hilton Garden Inn - located only four minutes from the race venue

151401 County Road NN
Wausau, Wisconsin 54401
715-298-5775

Note there is no camping at Rib Mountain State Park.

Onsite services

- Hot Ruby Coffee free to all racers, volunteers, and spectators prior to race start.



- Mullins Whey with free 100% whey protein isolate packet samples.



- Mullin Cheese with free cheese samples.



Director Profiles

<https://www.ironbull.org/our-team>

Contact Info

- Andrea Larson, IRONBULL executive director: office 715-848-5949, executivedirector@IRONBULL.org
- Zack Ziesemer, IRONBULL assistant executive director: zach@ironbull.org

Notes:

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