THE NORTH FACE
ENDURANCE
CHALLENGE
5K COURSE GUIDE
IMPORTANT UPDATES (07/11/2018)
• New Nutritional Information for 2018!
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RACE DAY CHECKLIST

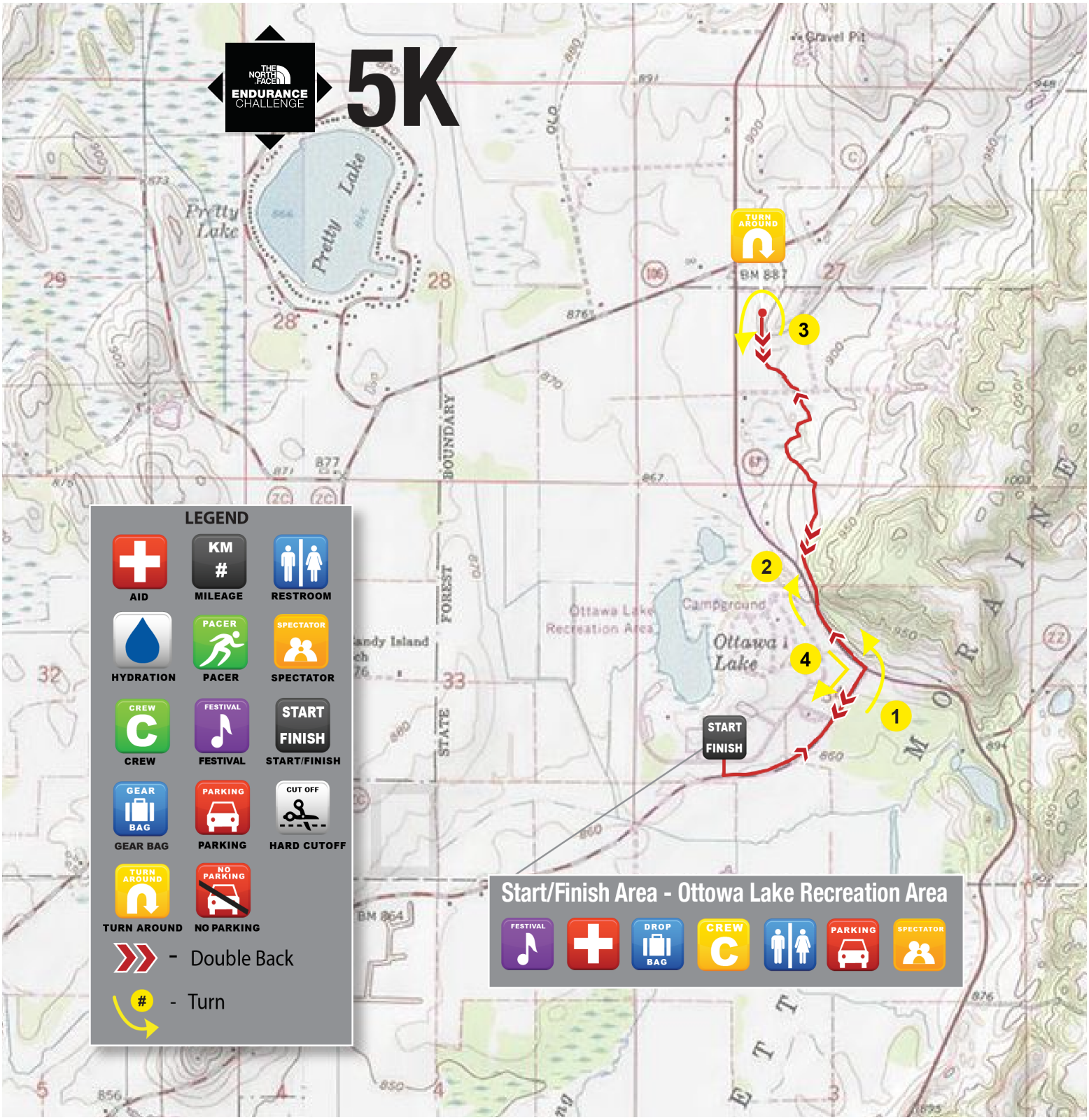
PRE-RACE PREPARATION

- Review the shuttle and parking information on the website and make a plan for your transportation to the start area. Allow extra time if you are required or planning to take a shuttle.
- If your distance allows, make a plan with your pacer to meet you at a designated pacer aid station. Review the pacer information section of this guide for pacer rules and transportation options.
- Locate the designated drop bag aid stations and prepare a gear bag for the specific drop bag location(s). Review the drop bag information section of this guide for more information regarding on-course drop bag processes and policies.
- Pick up your bib and timing device at a designated packet pickup location.
- Attend the Pre-Race Panel Discussion for last-minute questions and advice from TNF Athletes and the Race Director.
- Check the weather forecast and plan clothing and extra supplies accordingly for both you and your friends/family attending the race and Finish Festival. It is typically colder at the Start/Finish area than it is in the city.
- Make sure to have a hydration and fuel plan in place to ensure you are properly nourished throughout your race. See the Aid Station Menu for details on the hydration and fuel options available on-course.

WHAT TO BRING

- Directions and/or map to race start, parking location or shuttle pickup location
- Bib, timing device and safety pins
- Bibs should be worn on the front where they will be clearly visible to assist aid station volunteers tracking your progress on the course, and to ensure you will have some great photos of your achievement! Photos will be available a few days after the race, and can be found at www.ultraracephotos.com/tnfec
- Headlamp or flashlight (mandatory for all 50 Mile participants)
- Change of clothes and shoes for the Finish Festival
- Appropriate clothing based on the weather forecast (jacket, pants, gloves, head cover, rain jacket, etc.)
- Appropriate equipment based on the weather forecast (umbrella, poncho, blanket, etc.)
- Bag to store your belongings at the Finish Festival
- Water bottle or hydration pack
    - TNF Endurance Challenge is cupless at each course Aid Station and at the Start/Finish Line Festival
- Required medications, inhalers or EpiPens
- Sunscreen
- Sunglasses or hat
- Anti-chafe gel
- Watch/GPS device (remember to charge the night before)
- Cell phone (limited cellular reception at Start/Finish area) or camera
- Cash for food and beer
- I.D. for beer garden
- Ibuprofen or pain reliever (this will not be distributed to any individual by event staff, volunteers or medical teams)
- Game face

COURSE MAP



COURSE DESCRIPTION

Located 60 miles east/southeast of Madison, in the southern reaches of picturesque Kettle Moraine State Park, a large portion of the course takes place on the renowned Ice Age Trail. The forested area, massaged by monstrous glaciers many millennia ago, contains wake-up-call hill climbs of 200-300 feet and enough undulating terrain to challenge even those granite-legged mountain runners. Overall, the soft, forgiving course is 80% single-track, with slightly wider, equestrian sections sprinkled in between. This is the least technical of all the Endurance Challenge courses.

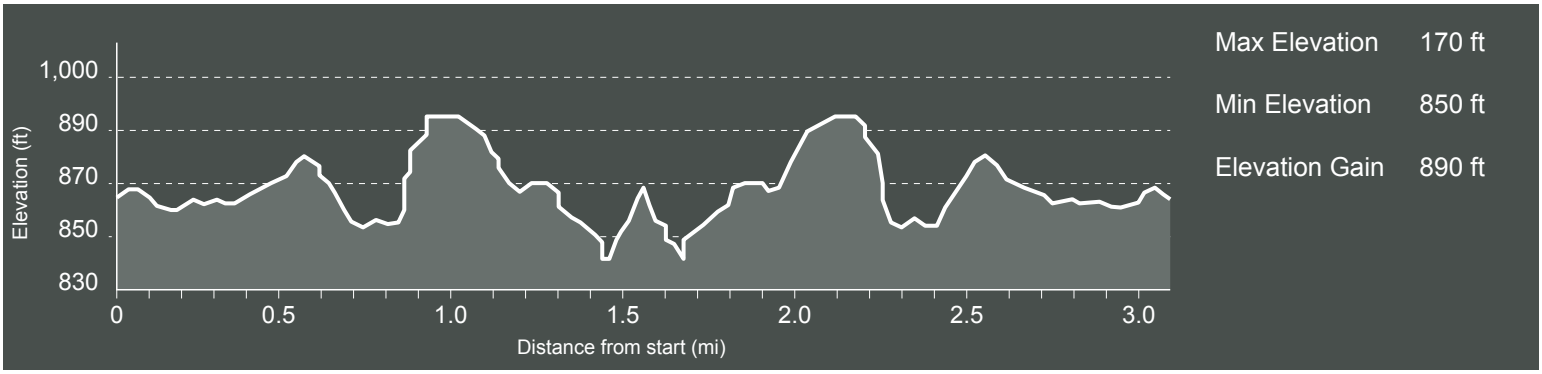
COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★



				Pace	0:05:30		0:11:00		0:18:00	
Aid Station	Name	Mille	Next Aid	Lead Runner		Middle Runner		Last runner		Crew
Start	Ottawa Lake	0	3.1	0:00:00	9:15 AM	0:00:00	9:15 AM	0:00:00	9:16 AM	Yes
Finish	Ottawa Lake	3.1	-	0:17:03	9:32 AM	0:34:06	9:49 AM	0:55:48	10:11 AM	Yes
Hard Cut Off	**Ottawa Lake**	**All 5K racers need to be through the Finish Line by this ti5**							**10:11 AM**	

CUTOFF POLICY

In accordance with parameters agreed to by ALL permitting properties and for the safety of all runners, volunteers and race staff, any runner that is off pace to complete their distance by the designated course cutoff may be pulled at any time by the Race Director.

Please be aware that **1 Hour** is considered a hard cutoff time. All runners will be expected to carry the slowest official finishing pace for the entirety of the course.

If the runner fails to do so and is significantly behind pace, the race staff reserves the right to pull ANY runner from the race at ANY time and at ANY point on the course.

Wave start times are accommodated in the cutoff times.

TURN-BY-TURN DIRECTIONS

Start to Turnaround

- Depart the main event site heading straight out to Hwy ZZ
- Turn left on Road ZZ (staying on the shoulder)
- Turn left on Hwy 67
- At roughly 0.9 miles from start, cross Hwy 67
- Run through the clear cut onto the horse riding trail
- At approximately 1 mile, follow the left path

Turnaround to Finish

- At 1.55 miles, turn at the 5k turnaround area and head back to the start/finish area
- At approximately 2.1 miles, stay right and follow the trail back across the clear cut to Hwy 67
- Cross Hwy 67 and head (south) left back to Road ZZ (staying on the shoulder)
- Turn right on Hwy ZZ and follow the shoulder back to the grass path.
- Turn right on the path and to the finish line.

The horse trails are wooded with gently undulating terrain, making this 5k course super fast and fun.

IMPORTANT COURSE INFORMATION

- Your race bib must be worn on the front of your body outside of your clothing so that it is visible.
- If you are unable to finish the course, please notify event staff at the nearest aid station that you will not be continuing on the race course. The race staff will then notify the race director and arrange transportation if needed.
- If you see a potentially injured runner on course, please get the runner's bib number and report the situation to the aid station captain at the following aid station.
- Share the trail! Many of our course sections are run on single-track trails. If a faster runner is approaching you and would like to pass provide the opportunity for that runner to safely pass.
- The North Face Endurance Challenge is going cupless. Be sure to bring your HydraPak SpeedCup provided at packet pick up or your own bottle/hydration device. Water cups will not be provided.

GEAR CHECK

FINISH LINE GEAR BAGS

- Runners will be able to leave bags at the Finish in the Gear Check tent.
- Finish Line gear bags must be tagged with the perforated tag located at the bottom of your race bib.
- Race staff will assist with adhering the tag to your bag if needed.
- Gear bags cannot exceed 10 pounds.
- Overweight or bulky bags will not be accepted.
- Coolers will not be accepted.
- Runners may only drop one bag at the Finish.
- Gear bags will not be refrigerated.
- Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
- The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
- Gear bags could be exposed to the elements. Contents should be weatherproofed.
- Gear bags are subject to search by race staff if necessary.
- Gear bags will be available for pickup at the Finish Festival until Sunday at 12:30 p.m.
- **Gear bags not picked up at the Finish Festival will be available at The North Face - BROOKFIELD store from Tuesday to Monday.**
- Gear bags WILL NOT be mailed.
- All unclaimed gear bags will be disposed of at the end of the week.

RECOMMENDED FINISH LINE GEAR BAG ITEMS

Post Race Clothing
shirts
shorts
socks
sandals
rain gear
gloves
warm gear

Recovery Fuel
recovery bars
recovery powders
snacks
water bottle / hydration device

First Aid
antacids
ibuprofen/aspirin
lip balm
blister protection
analgesics
towels
eye drops
antibiotic ointment
bandages

Finish Line Gear Bag Tag

RACE REFUELING BY HAMMER NUTRITION

DO'S AND DON'TS

- **Don't try to "carbo load" the night before**
- **Don't try to load water or sodium in the days before**
- **Don't worry about not sleeping much on Friday night**
- **DO get a good night's sleep Thursday night**
- **DO maintain normal hydration and caloric intake in the days prior**
- **DO attend the panel discussion on Thursday night**

NIGHT BEFORE RACE:

- **Eat clean, eat until you're satisfied, and then call it a night.** For dinner, consume complex carbohydrates, some high-quality protein, and low-to-no saturated fat. Make sure your meal is low in sodium, and be sure to drink sufficient (but not too much) amounts of water. Skip the alcohol, fatty foods, and dessert… save those "rewards" for after the race.

RACE MORNING:

- **Finish all calorie consumption 3 hours prior to your race start.** This puts your body in the ideal physiological state to use its stores of on-board fuel efficiently, while also utilizing the vast amount of calories from body fat stores more effectively.
- If you don't plan on being up to eat 3 full hours before race start, sleep in and skip breakfast.

Breakfast should consist of 400-500 calories from low fiber carbohydrates, protein and fat.
Read all about pre exercise fueling here: https://www.hammernutrition.com/pre-exercise

DURING THE RACE: *REMEMBER: Less is Best!*

CALORIC INTAKE: A 5K race usually takes no more (and most likely less) than 30 minutes to accomplish. As such, minimal-to-no calories will be necessary. If you do choose to have calories, we suggest one of the two options:

- Consume one (1) Hammer Gel 5-10 minutes prior to the start

OR:

- Carry one (1) Hammer Gel and consume halfway through your leg

FLUID INTAKE: There will not be any aid stations on the 5K race course, but that's OK; you will not require any fluid intake during the race. Be sure that you're hydrated properly prior to the race. We suggest 10-12 ounces (approx. 295-355 milliliters) of water each hour up to 30 minutes prior to the start.
SOURCE: https://www.hammernutrition.com/hydration

ELECTROLYTE INTAKE: There will not be any aid stations on the 5K race course, but that's OK; you will not require any electrolytic mineral replenishment during the race.

AFTER THE RACE:

- **"Refill the tank" ASAP with Recoverite.** Consumed within the first 30 minutes after the race, Recoverite is the convenient and effective way to resupply your body with complex carbohydrates, whey protein isolate, and a full spectrum electrolyte profile.

SOURCE: https://www.hammernutrition.com/recovery

For complete articles on these five topics, be sure to download your FREE copy of ***5 Secrets of Success*** at https://www.hammernutrition.com/5sos

COURSE MARKING

RIBBON MARKINGS

- Each distance will follow a unique color of marking that corresponds to the participant's bib color.
- Any time runners do not see their race color among the ribbons hung on the trails, they should take it as an indication that they are no longer on their race course. They should return to the last place they saw ribbon matching their race.
- For portions of the course that will be impacted before sunrise or after sunset, reflective tape and/or glow sticks will be placed alongside course markings.

FLAG MARKINGS

- As needed, ribbon markings will be replaced by flag markings.

SIGN MARKINGS

- All Endurance Challenge racers will follow the white directional signage arrows on-course.
- In the event that the course is marked with a colored arrow instead of a white arrow, runners should follow the sign color that corresponds to the color of their race bib.
- Locations where this may occur include when the race distances split and at trail intersections.

AID STATION SIGNAGE

- At each aid station, if applicable, runners will find a sign featuring the current mileage and the distance to the next aid station (see bottom image).

SAMPLE MARKINGS

RUNNING WITH GPS WATCHES

We understand that runners will be equipped with a wide variety of GPS watches. These watches should only be used as a guide for measuring your distance throughout your respective trail race. Please be cautioned that satellite reception, tree coverage and other factors will impact the accuracy of the distance displayed on your watch and that the distance of your course will vary depending on the type/model you wear.