

Kickapoo Reserve Tromp & Chomp Race Instructions

May 11, 2019 La Farge, WI

Please read thoroughly - there is no pre-race meeting, so it is your responsibility to read/understand these instructions

Race capacity: 150 participants

SPONSORS



Kickapoo Valley
Association

**PROUDLY an
Eco -Friendly
Event**



SUPPORTERS

La Farge Ambulance

Check-in: Race check-in opens at 8:00 a.m. at the Kickapoo Valley Reserve (KVR) Visitor Center; S.3661 State Highway 131 La Farge, WI. Visit <http://kvr.state.wi.us/About-Us/Contact-Information/Directions/> for directions.

Parking: Racers and spectators can park in the KVR Visitor Center parking lot.

Start/Finish: Both races will start at 9 a.m. at the Old Harris Road Trailhead just north of the Visitor Center parking lot. Racers are asked to self-seed based on speed. The finish line will be near the deck steps on the south side of the Visitor Center. Each will be clearly labeled.

Race Courses: The 8 mile and half marathon race courses consist of paved, gravel, dirt and/or grass surfaces and provide a beautiful trail run experience. To view a map of the race courses, visit <http://kvr.state.wi.us/TrompChomp/>. Signage and volunteers will assist throughout the route.

Race Numbers: 8-mile racer bibs will be blue and half marathon bibs will be orange.

Timing: Racer times will be tracked using electronic timing. Timing chips will not be used.

Gear Check: Since parking is adjacent to the start and finish, gear can be secured in your vehicle or properly labeled and stored in the Visitor Center.

Restrooms: Restrooms will be available at the start, the KVR Visitor Center garage, the KVR Visitor Center and at the trail intersection of Little Canada Trail/Old 131 Trail.

Hydration Stations: There will be five stations throughout the race courses and one station at the start/finish. Water and electrolyte drink mix options will be offered.

First Aid: The La Farge Ambulance Squad will be stationed at the KVR Visitor Center. An EMT ATV will be stationed along the race courses as well. Volunteers along the route will have ability to communicate with race officials.

Meal: Racers can present their race bib number for a post-race buffet style meal, which uses locally sourced foods and beverages served with eco-friendly supplies. Gluten-free and vegetarian options included. Serving will begin at 11:00 am. Spectators attending with a racer can purchase a meal ticket by filling out a registration form online. Walkers/Racers will not be guaranteed a meal if finishing after 1pm.

Results: Results will be posted at the Visitor Center periodically as racers finish and will be available at <http://kvr.state.wi.us/TrompChomp/>.

Prizes: Prizes will be given to the top three finishers in each gender/age category 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 + over. No cash awards.

Spectators & Volunteers:

Volunteers: Please contact the KVR for your race day assignments prior to Friday, May 10, 2019.

Spectators: Are welcome to wait at the KVR Visitor Center for the race finish or walk to locations along the race courses. Bring your own lawn chairs. If driving personal vehicle, suggested spectating spots are at the following locations:

- Volunteer Station 1 - Old 131 Trail & Old Harris Road Trail (park at VC and walk down Old Harris Rd Trail)
- Volunteer Station 2 – Old 131 & Star Valley Trail (park at Campsite D and walk down Star Valley Trail)
- Volunteer & Hydration Station 3 – Star Valley Trail & Willow Trail (park at Campsite D)
- Volunteer Station 4 – Willow Trail & Old 131 Trail (park at Campsite D and walk down Willow Trail)
- Volunteer & Hydration Station 5 – Little Canada Trail & Old 131 Trail (park in lot at Cty Hwy P & Old 131 Trail)
- Volunteer Station 6 – Little Canada Trail & Ice Cave Trail (KVR Map “You are here point” 6)
- Volunteer Station 7 – Ice Cave Trail & West Ridge Trail (KVR Map “You are here point” 5)
- Volunteer & Hydration Station 8 – West Ridge Trail & Hanson Rock Trail (KVR Map “You are here point” 2)
- Volunteer & Hydration Station 9 – Hanson Rock Trail & West Ridge Trail (near Campsite F)
- Volunteer & Hydration Station 10 – West Ridge Trail & Dam Trail (near Campsite AA)

Photos: The La Crosse Area Camera Club will take photos of racers. To view photos after the race, visit <http://kvr.state.wi.us/TrompChomp/>.

Weather: If weather is questionable (thunder/lightning), we will wait for the “all clear” from local authorities and then proceed. In the event natural surface trails are too muddy a solid-surface route will be substituted.

Personal Property Policy: The Kickapoo Valley Reserve is not responsible for lost or stolen items.

Refund/Race Cancellation Policy: Registration fees are non-refundable after May 6th and may not be deferred or otherwise transferred for any reason including race cancellation. Proceeds benefit the KVR education program.

GOOD LUCK & HAVE FUN! Contact the KVR at (608) 625-2960 or kickapoo.reserve@krm.state.wi.us with questions.