

# NO FRILLS MARATHON

MINOCQUA, WI

## Race Day Tips

- If you are alone, please leave your vehicle at the Finish and ride the shuttle to the Start. There will be three shuttle departure times - 5:00 am and 6:00 am. for Marathon and 7 am for 1/2 Marathon. Shuttles leave from the Bearskin Trailhead behind the Minocqua Post Office. There will be no return shuttle to get your vehicle at the Start.
- There are plenty of good viewing spots for spectators at Starting Area Loop.
- Runners will make a loop at the beginning and pass the starting area.
- Runners will follow a 1/2 mile stretch on Hwy L between Rock Ledge Rd. and Lakewood Rd. (between mile 4 and 5).
- Runners cross Hwy K 1/2 mile East of Hwy 51 (mile 8).
- Runners cross Lakewood Rd. Twice, North of Hwy K (mile 9 and 13).
- Runners pass within 10 ft of South Blue Lake Rd. (mile 17).
- Runners pass over Hwy 51 just South of Hwy D and 51. Park at Hazelhurst Pub.
- Runners cross Oneida St. in Hazelhurst about 1/4 mile West of the Hazelhurst ICO (mile 21).
- Runners cross Blue Lake Rd. (mile 23). \* Then go to the Finish or you'll miss it!
- We suggest running in pairs if you aren't experienced.
- Take a cell phone so you can contact a spectator if you need something or help.
- You may want to carry some fluids and energy aids with you for those spots between aid stations.
- There are some DNR privies along the trail, but don't worry, the trail is heavily wooded. You know what to do!
- All miles are marked.
- After the race, swimming, showers, and changing rooms are available at Torpy Community Park 2 blocks East of the Finish.
- Please be careful of road crossings.
- We will have music at the Start and the Finish.
- Food and refreshments at the Finish.
- Please view the Minocqua Area Chamber of Commerce website for hotels, restaurants, and campgrounds at [www.minocqua.org](http://www.minocqua.org). Contact race director if you would like a free tent campsite at the Nokomis Community Park starting area for the night before the race. Sites are limited.

