

WOLFMAN: ONE WILD WEEKEND

Join the Wolfman & Conquer the Northwoods

The **Wolfman Triathlon** is a legendary off-road events, held annually at the **Gardner Dam Adventure Base** in White Lake, Wisconsin. It is a full-weekend experience that brings people together for high-energy racing and an epic Northwoods celebration. You don't have to be an elite, hardcore athlete to be a Wolfie. Whether you want to take on the whole course yourself, share a boat with a partner, or split the work with your crew, there is a perfect spot on the starting line waiting for you.

4 Ways to Take on the Weekend (Pick Your Style)

- **The 3-Person Relay (The Ultimate Team Option):** Team up with friends or family to split the legs—one paddles, one bikes, one runs. Got a buddy who only mountain bikes? Drag them in as your cyclist!
- **The Tandem Team:** Double up in the boat section for the river paddle, then tackle the single track and trail run at a shared pace or separately.



- **The Solo Journey:** Test your grit and take on the entire off-road course entirely by yourself.
- **The Heavy 5K (Sheena's Run) & Heavy 10K:** Skip the water and wheels entirely. Run our rugged, river-wading trail course and head straight to the after-party.

The Three Legendary Segments

1. **Paddle the Wolf River (3 Miles):** Launch into a fast-moving, Class II whitewater section of the scenic Wolf River.
2. **Ride the Northwoods (13 Miles):** Plunge into the technical single track, logging roads, and rugged forest trails of the Chequamegon-Nicolet National Forest.
3. **Run the Trails (3.75 Miles):** Conquer a rugged foot-race along the riverbanks, culminating in an epic wade right through the river to the finish line.

It's More Than a Race: The Weekend Experience

- **Cheap On-Site Camping:** Roll out of your tent and straight onto the starting line. We offer incredibly cheap rustic camping directly on the grounds at the Gardner Dam Scout Camp.
- **The Post-Race Feast & Live Music:** Celebrate crossing the finish line with a massive community meal, local refreshments, and live entertainment deep into the evening under the main tent.
- **Unmatched Community Vibe:** Highly energetic, supportive, and social. Perfect for a weekend outdoor getaway with your favorite group of people.

New? We've Got Your Back!

Don't let the whitewater rapids or technical single track scare you away. We provide total beginner support to get you completely comfortable before race day:

- **Pre-Wolfie Clinics:** Held right on the actual race river and bike trails. Our veteran committee and certified boat instructor will guide you through the course, teaching you the cleanest lines, safety protocols, and transition strategies.
- **Rookie Support:** Our team provides detailed breakdowns of gear rules, local boat rental connections, and easy transition logistics layout sheets as the race gets closer.

ARE YOU IN? HERE IS HOW TO JOIN US:

The Wolfman takes place annually on the **Saturday after Labor Day**, with registration opening on **Black Friday** weekend.

- **Official Website:** www.wolfmantriathlon.org
- **Contact the Pack:** wolfmantriathlon@gmail.com