



## Welcome to the 2025 Quiet Silence 50K & 25K!

We are excited to have you join us for the 2<sup>nd</sup> year. The Quiet Silence 50K/25K is brought to you by TYDISH Wildera & Collective partnering with Chase the Sun Running Co. Our relationship with the cities we travel through and the DNR are highly protected. We are so lucky and thankful to have this all season multi use path here locally. We will absolutely adhere to the highest respect to everyone involved who maintains it.

It's Quiet out and Silence on the way back. Obviously not total silence, just a gentle way for us to remember to be mindful of the sleeping communities we are traveling through late at night and into the early morning.

Please read through this guide and reach out if you have any questions.

Your RD's,

Nicole & Carri

# RACE ESSENTIALS

## RACE START:

**50K** - Friday, December 5th @ 7pm

**25K** – Friday, December 5<sup>th</sup> @ 8pm

## LOCATION:

Rotary Park

200 Water St

Lake Mills, WI US 53551

## PACKET PICKUP:

Race day packet pick up only starting at 6pm.

## RACE TRANSFERS:

We offer race insurance for purchase for this event; however, we will allow deferrals if need be.

## COURSE DETAILS:

This is an out and back course on the Glacial Drumlin Trail. We will start at Rotary Park in Lake Mills and turn around at the Western terminus of the Glacial Drumlin in Cottage Grove, 200 S Main St.

Trail map linked [here](#).

One unsupported drop bag is allowed on the way out for the 50k. It will be just off the trail about 8 miles from the start. Then you'll pass it again (mile 23ish) on the way back and on to the finish. The halfway mark of the 50k is your turnaround point.

Here, we'll host warm food, all the usual running snacks, volunteers and cheers to fill you back up and send you back on your way.

The 25k course will not have an aid station but you will be able to have a drop bag at approximately mile 8.

## **COURSE LIMITS**

**50K:** 8-hour time limit, hard cut off at 11pm at the turnaround.

**25K:** 4 hour time limit

## **REQUIRED GEAR:**

Every athlete is required to have a headlamp or equivalent light, reflective gear and a red blinking light on your back side. Links to examples below:

[Reflective vest](#)

[Red blinking light](#)

## **PARKING:**

There is plenty of parking available at Rotary Park. You do not need a parking pass/permit to park here.

There is parking available here for spectators and/or crew at the turnaround which is located at the Western terminus of the Glacial Drumlin in Cottage Grove, 200 S Main St.

## **RESTROOMS:**

Porta potty's will be available at the start, Rotary Park and at the turnaround.

**AID STATIONS:**

50K: There will be one aid station at the turnaround, at approximately mile 15. You will have access to your drop bag at approximately mile 8 & 23.

25K: There is no aid station for this course.