



FRIDAY, OCTOBER 10
MACHICKANEE FOREST

PARTICIPANT GUIDE



FALL AT ITS FINEST

Welcome to the Golden Pines Trail Run 7K & 11K!

We are happy to welcome you to the beautiful forests, fall colors, fun hills and twist and turns of the Machickanee Forest. This participant guide contains everything you need to know to have an amazing evening!

REGISTRATION

Know anyone that still needs to register?

[REGISTER HERE](#)

Online registration will remain OPEN until the start of the event at 5pm on Friday. There are limited shirts still available.

TIMELINE

Friday, October 10	
3:30 PM	Packet Pick Up Begins
5:00 PM	7K & 11K Canicross begins
5:05 PM	7K & 11K Run/ Hike Begins
5:30 PM	Post Race Food & Beverage

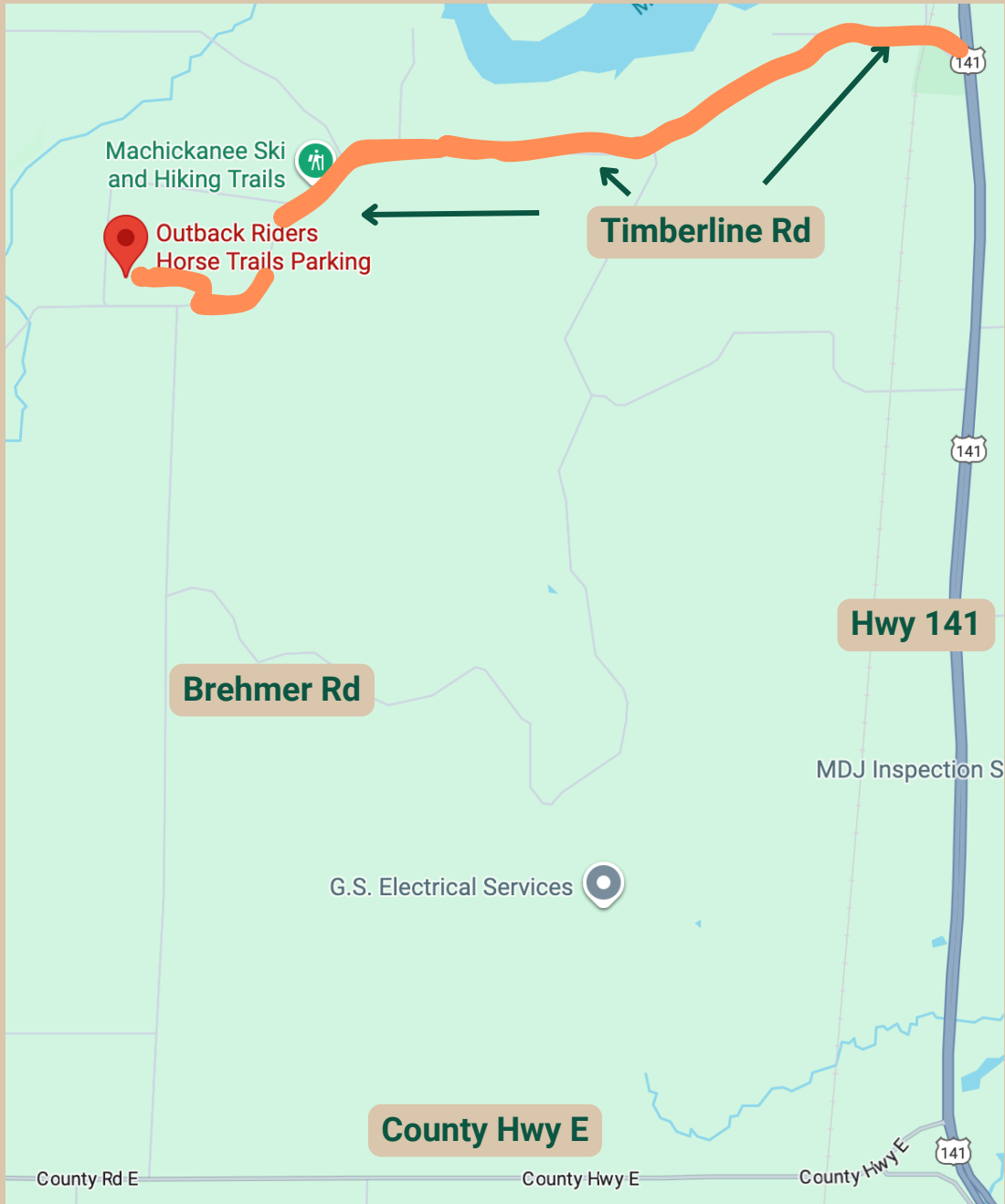
****For canicross - we will be lining everyone up in both the 7K & 11K in a single file line and sending you out one at a time with your pet in 10-15 second increments. Once all the canicross participants have been sent, we will reset and send everyone else in the 7K & 11K together.**

GETTING THERE



The start/finish line, packet pick up, post race area and parking will all take place at the Outback Riders Horse Parking Lot

Address - 6790 Timberline Rd, Abrams, WI 54101



Coming from Hwy 141 - turn onto Timberline Rd and stay on that past the Machickanee Ski/Hiking parking lot to the Outback Riders Lot where you will turn right down a gravel road. If you hit Brehmer Rd you went too far. (Orange line on map)

Coming from County Hwy E - turn onto Brehmer Rd. When you hit Timberline Rd, turn right and then a quick left down the gravel road to the Outback Rider lot.

PACKET PICK UP

Outback Riders Horse Parking Lot

Located under the blue, Golden Made Events Tent

Friday, October 10th | 3:30pm - 5pm

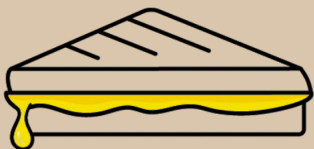
YOU MUST BRING A HEAD LAMP TO CHECK IN



Please wear your bib on the front of your body!

PARTICIPANT SWAG

- Race bib
- Golden Pines T-shirt
- Beverage ticket (on bib) - one free post race beer! More available for purchase
- Food ticket (on bib) - gourmet grilled cheese from 888 cheese co and a side



888 CHEESE & CO

• gourmet grilled cheese •



COURSE MARKINGS

The course will be marked with pink reflective tags and pink tape. The flags will always be on the inside of the direction you are going so if they are on the left you will turn left. If they are on the right you will turn right.



BRIDGES

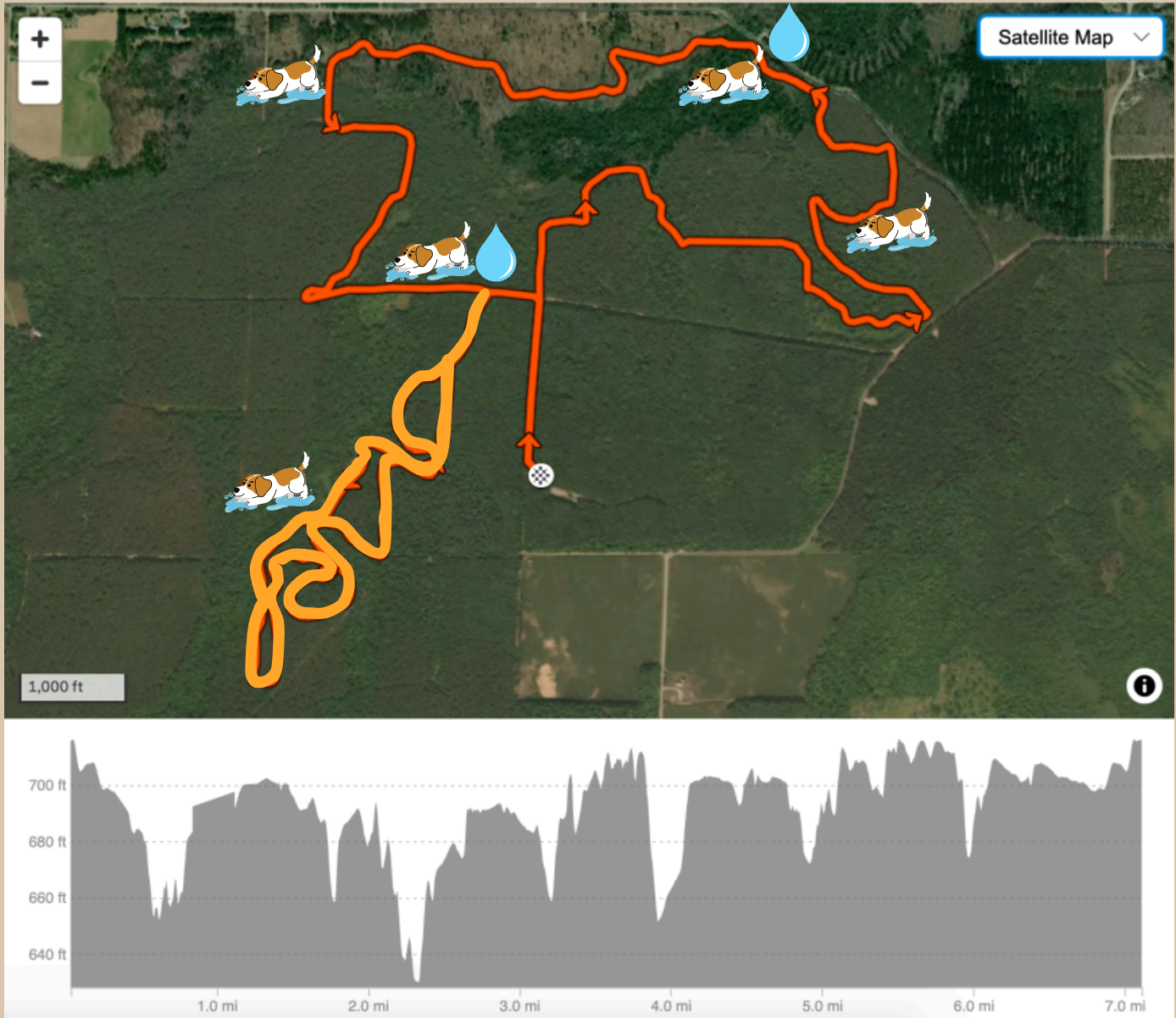


Bridges can get incredibly slippery If they are wet. Please use **CAUTION!** It If highly advised to **WALK** the bridges to avoid any Injury.

SAFETY

- A headlamp Is required. Please show that you have one at packet pick up.
- Be alert and use caution when crossing the bridges.
- If you get Injured please alert the closest participant or volunteer and an ATV can be sent out on course to you. If for any reason you need to drop out, you must report it at an aid station.

COURSE MAP



11K ROUTE



7K ROUTE

WATER STATIONS

There will be TWO water stations on the 7K and THREE water stops on the 11K at the 2ish mile, 4ish mile and 6ish mile distance.



For the pups! There will be water bowls at the water stations but there are also multiple streams along the way for them to cool off in

11K COURSE TWO WAY TRAFFIC



There are two spots on course where there will be two way traffic with participants going out and coming back on the same trail.

Look out for your fellow trail friend and cheer them on!

BATHROOMS

Porta potties will only be available at the start/finish line. There are no bathrooms on course.

CANICROSS

- Canicross will begin at 5pm with each party (participant and dog) being sent every 10 - 15 seconds.
- Please bring poop bags and pick up after your pet.
- Dogs must be on leash and controlled by owner.
- Dogs will receive a bandana at the packet pick up
- There are stream crossing and water bowls along the way for dogs



AWARDS

The first place male and female in the following events will get a pair of socks from our friends at Darn Tough.

- 7K Canicross
- 11K Canicross
- 7K Run/Hike
- 11K Run/Hike



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RESULTS

We will be using remote timing. As data is received results will be posted on the Golden Pines Trail Run RunSignUp page under the Results tab

RESULTS

Share your experience! Tag @goldenmadeevents on social Contact allie@goldenmadeevents.com with any questions.



THANK YOU SPONSORS



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