



2025 Runner's Manual

LAST UPDATED 5/4/2025

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ABOUT

The Sugar Badger Trail Races is a series of races along the Badger State Trail and Sugar River State Trail in Wisconsin. The course is 99% rail trail and less than 1% asphalt.

We chose this race due to the unique scenic character of the course and the amazing communities that support the trail. We would like to thank Belleville, Monticello, Exeter, Albany and Brodhead for their hospitality. Please enjoy these towns, spend time and money in them and get to know them. They have a ton to offer.

Runners will be well supported on their journey with full aid stations every 4-7 miles. You will be timed from the start to the moment you cross the finish line.

REGISTRATION

You can register at Ultrasignup:

<https://ultrasignup.com/register.aspx?did=116163>

You can change your registration or defer your entry until **May 1, 2025**. There are NO REFUNDS. (You can transfer or defer your entry though - see the deferral policy <https://www.tenjunkmilesracing.com/deferrals>).

Need To Know

READ THIS BOOK: We'll make a deal with you. We will try to do the best job we can in giving you a great race experience. In return, we ask for three things. 1) **Read this book**; 2) Do your best; and 3) have fun!!! But seriously. Come prepared!. **Read the FAQ at the back**. Know this information. It helps us and helps you and everyone else.

Stewart Tunnel Closure: Notice from WI DNR: The Stewart Tunnel on the Badger State Trail is closed until further notice due to safety concerns with the tunnel ceiling. The trail is closed at both intersections of Tunnel Road. Trail users can use Tunnel Road to detour around the closure. *Updated 04/14/2021*

Due to the Closure, anyone going through the Tunnel during the race, including crew or pacers of a runner, will lead to a disqualification. This is a strict rule, so please advise your crew/pacers to follow the DNR rules. If we don't respect this rule, the DNR could deny future permits.

PODCAST: Ten Junk Miles <https://www.tenjunkmiles.com> is a podcast available on itunes and anywhere else people listen to them. It is a companion to your run featuring friends talking about the kind of stuff they would talk about on the trail or a long, one on one interview with a notorious person in or adjacent to the sport. If you haven't listened to it you are missing out, try it!!

BELLEVILLE COMMUNITY PARK: Is Race HQ. It's located at 39 N River Street, Belleville, Wisconsin 53508. This is where you start and finish your race, pick up your packet on race day (if you couldn't make the packet pickup), camp, cheer on runners after the race, relax, swim, eat, drink, ask questions and cross the finish line.

CAMPING: You may camp for free in the Bellevue Community Park in the designated area. You may set up anytime after noon Friday. **You must be out by 9 AM. Sunday, May 25.** See the [camping section](#) of this book for more details.

LADIES: If you're comfortable lining up front at the start, please do so. All Aid stations have a variety of feminine hygiene products for your convenience. If you don't see the box, just ask! We are a Trail Sisters approved race!



PACKET PICK UP: Packet Pick Up at **Dot's Tavern** on Friday, May 23, 2025, 5-8 p.m. Dot's Tavern is located at 6734 Henry Rd., Belleville, WI (about 4 miles from the start/finish). Your packets will already be stuffed with each participant's shirt, race number w/timing chip, and other swag! We'll also be collecting your drop bags at Packet Pickup.

DROP BAGS: Are your responsibility. Please write your name, bib number and Aid station on your bag. We promise to get them back to the park at or around the end of the race. You can go get them yourself early. If you do not secure a guardian for them they will be gone forever and you will be sad and we will be sad with you, but we cannot be charged with and responsible for individual luggage transfers at your convenience. We need to take care of runners. Please see the charts below for drop bag locations.

FOOD & DRINK: There will be free beer and pizza for all runners at the finish courtesy of the Belleville Chamber of Commerce.

COMMENTS/SUGGESTIONS: We're trying as hard as we can to do the best job we can. If something isn't right or something goes wrong (we hope it won't) we're sorry in advance. We are touched that you trust us to put on a race for you! Send us any comments or suggestions to tjmracing@tenjunkmiles.com

50 MILE AID STATION:

<u>Aid Station</u>	<u>Mile</u>	<u>Distance to Next AS</u>	<u>Cut off</u>	<u>Crew</u>	<u>Drop Bag</u>	<u>Pacer</u>	<u>Address/GPS</u>	<u>Comment</u>
Start/ Belleville	0	3.82		x	x		Bross Circle, Belleville WI 53508 (42.862097, -89.537437)	Start/Finish
Tunnel Aid Station	3.82	5.64					Tunnel Rd., (42.813969, -89.561382)	NO CREW
Monticello Aid Station	9.46	6.27		x	x		Badger Trail intersects with E Lake Avenue, Monticello, WI 53570 (42.745215, -89.578202)	Crew/Drop Bag
Tin Can Rd. Aid Station	15.73	5.15					Tin Can Rd. Albany, WI 53502, (42.730300, -89.466864)	50k Turnaround/ NO CREW
Trail Rd. Aid Station	20.88	4.1					1071 Trail Rd., Brodhead, WI 53520 (42.679613, -89.416856)	NO CREW
Brodhead	24.9	4.1	1:00:00 PM	x	x	x	Sugar River State Trail intersects with Decatur Road, Brodhead, WI (42.632770, -89.379290)	50 Mile Turnaround/Crew /Drop Bag
Trail Rd. Aid Station	29	5.15	2:25:00 PM				1071 Trail Rd., Brodhead, WI 53520 (42.679613, -89.416856)	NO CREW
Tin Can Rd. Aid Station	34.15	6.27	3:45:00 PM				Tin Can Rd. Albany, WI 53502, (42.730300, -89.466864)	NO CREW
Monticello Aid Station	40.42	5.64	5:30 PM	x	x	x	Badger Trail intersects with E Lake Avenue, Monticello, WI 53570 (42.745215, -89.578202)	Crew/Drop Bag
Tunnel Aid Station	46.06	3.82	7:00 PM				Tunnel Rd., (42.813969, -89.561382)	NO CREW
Finish/Belle ville	49.96	0	8:00 PM	x	x	x	Bross Circle, Belleville WI 53508 (42.862097, -89.537437)	Finish

*Pacers can begin at Brodhead or after, wherever crew is allowed and can continue to the finish or wherever crew is allowed.

50K AID STATIONS:

<u>Aid Station</u>	<u>Mile</u>	<u>Distance to Next AS</u>	<u>Cutoff</u>	<u>Crew</u>	<u>Drop Bag</u>	<u>Address/GPS</u>	<u>Comment</u>
Start/Belleville	0	3.82		x	x	Bross Circle, Belleville WI 53508 (42.862097, -89.537437)	Start
Tunnel Aid Station	3.82	5.64				Tunnel Rd., (42.813969, -89561382)	NO CREW
Monticello Aid Station	9.46	6.27		x	x	Badger Trail intersects with E Lake Avenue, Monticello, WI 53570 (42.745215, -89.578202)	Crew/Drop Bag
Tin Can Rd. Aid Station	15.73	6.27	1:30 PM			Tin Can Rd. Albany, WI 53502, (42.730300, -89.466864)	Turnaround/ NO CREW
Monticello Aid Station	22	5.64	4:15 PM	x	x	Badger Trail intersects with E Lake Avenue, Monticello, WI 53570 (42.745215, -89.578202)	Crew/Drop Bag/Pacer
Tunnel Aid Station	27.64	3.82	6:30 PM			Tunnel Rd., (42.813969, -89561382)	NO CREW
Finish/Belleville	31.46		8:00 PM	x	x	Bross Circle, Belleville WI 53508 (42.862097, -89.537437)	Finish

HALF MARATHON AID STATIONS:

<u>Aid Station</u>	<u>Mile</u>	<u>Distance to Next</u>	<u>Address/GPS</u>	<u>Comment</u>
Start/Belleville	0	3.82	Bross Circle, Belleville WI 53508 (42.862097, -89.537437)	Start
Tunnel Aid Station	3.82	2.73	Tunnel Rd., (42.813969, -89561382)	Tunnel/Full Aid
HM Turnaround/NO AID	6.55	2.73	Marshall Bluff Rd. Monticello WI 53570 42.784294, -89584880)	Turnaround
Tunnel Aid Station	9.3	3.82	Tunnel Rd., (42.813969, -89561382)	Tunnel/Full Aid
Finish//Belleville	13.1		Bross Circle, Belleville WI 53508 (42.862097, -89.537437)	Finish

SUGAR BADGER 50 MILE

PACKET PICK UP & PRE-RACE MEETING:

Friday, May 23, 2025 - 5:00 to 8:00 PM Packet Pickup at Dot's Tavern, 6734 Henry Rd., Belleville, WI (about 4 miles from the start/finish).

Saturday, May 23, 2025 - prior to the race start: 4:30 - 5:30 AM

5:45 AM: Pre-race Briefing for 50 mile racers

START - WHEN: Saturday, May 24, 2025 at 6:00 AM until Saturday May 24, 2025 at 8:00 PM - 14 hour cut off.

START: The 50 Mile Starts in Belleville, WI. 39 N. River St, Belleville WI, 53508.

FINISH: The race ends in Belleville, WI at the Belleville Community Park (39 N River Street, Belleville, Wisconsin 53508).

DISTANCE: 50 miles. Out and Back. The 50 miler starts and ends in Belleville, WI

OVERALL CUT OFF: 14 hours, or 8:00 PM on Saturday May 24 at 8:00PM.

PACERS: 50 mile runners may use a pacer anytime starting at the turnaround in Brodhead. You may only use one pacer at a time. Pacers can't carry your stuff, no muling allowed.

CREW: There are 2 crew locations: Monticello AS and Brodhead AS. Crew are ONLY allowed at these locations. If your crew goes to any other aid station you may be disqualified.

POLES: you don't need them, but OK!

AWARDS: All finishers get a very special award. You must finish within 14 hours to earn an official finish and your finisher award. Top three finishers in each division will receive special awards in addition to finisher's awards.

Sugar Badger 50 Course: <https://www.plotaroute.com/route/2965437?units=miles>

AID STATIONS/NUTRITION: Aid stations along the trail will have homemade treats and typical aid station real foods, such as cookies, PB & J, soda, chips, and candy (note: if you rely on a special supplement like gels, waffles, powders, bring it, we have real food only). Each aid station may add to the general fare with their own special touch. Some warm food will be available. Fireball might be available upon request. If your diet has special needs (vegan, keto, NSNG, gluten free, fruitarian, carnivore, etc.), please bring your own special treats. Aid stations may run low or out of your favorite food.

All aid stations will have portapotties and handwashing stations.

SUGAR BADGER 50K

PACKET PICK UP:

Friday, May 23, 2025 - 5:00 to 8:00 PM Packet Pickup at Dot's Tavern, 6734 Henry Rd., Belleville, WI (about 4 miles from the start/finish).

Saturday May 24, 2025, 6:00 AM to 6:30 AM at the start area.

6:45 AM: Pre-race Briefing for 50K racers - Race HQ

WHEN: Saturday, May 24, 2025 at 7:00 AM until Saturday May 24 at 8:00 PM - 13 hour cut off.

START/FINISH: The 50K race starts in Belleville, WI at Race HQ.

DISTANCE: 50K course is an out and back from Belleville, WI to Tin Can Rd. Aid Station and back to Belleville, WI.

PACERS: You can add a pacer at or after Monticello AS at mile 22.0.

CREW: There is one crew location: Monticello AS. If your crew goes to any other aid station you may be disqualified.

POLES: You don't need them, but OK.

OVERALL CUT OFF: 13 hours, or 8:00 PM on Saturday May 24, 2025.

AWARDS: All finishers get medals. You must finish within 13 hours to earn an official finish and your finisher award. Top three finishers in each division will receive special awards in addition to finisher's awards.

Sugar Badger 50k Course: <https://www.plotaroute.com/route/1392399>

AID STATION/NUTRITION: Each aid station may add to the general fare with their own special touch. There may be some warm food. Fireball might be available upon request (note: if you rely on a special supplement like gels, waffles, powders, bring it, we have real food only). If your diet has special needs (vegan, keto, NSNG, gluten free, fruitarian), please bring your own special treats. Aid stations may run low or out of your favorite food.

All aid stations will have portapotties and handwashing stations.

SUGAR BADGER HALF MARATHON

PACKET PICK UP & PRE-RACE MEETING:

Friday, May 23,, 2025 - 5:00 to 8:00 PM Packet Pickup at Dot's Tavern, 6734 Henry Rd., Belleville, WI (about 4 miles from the start/finish).

May 24, 2025, 7:00 to 7:30 AM race morning at the start area.

7:45 AM: Pre-race Briefing for Half Marathon racers

WHEN: Saturday May 24, 2025 at 8:00 AM until Saturday May 24, 2025 at 8:00 pm, 12 Hour Cutoff

START/FINISH: The Half Marathon race starts and ends in Belleville, WI at the Belleville Community Park (39 N River Street, Belleville, Wisconsin 53508)

DISTANCE: 13.1 mile course is an out and back to Belleville, WI.

OVERALL CUT OFF: 12 hours, or 8:00 PM on Saturday May 24, 2025.

POLES: You don't need them, but OK.

PACERS, CREW, DROP BAGS: None. Don't. Just not allowed at all.

AWARDS: All finishers get medals. You must finish within 12 hours to earn an official finish and your finisher award. Top three finishers in each division will receive special awards in addition to finisher's awards.

Sugar Badger Half Marathon Course:

<https://www.plotaroute.com/route/1889150?units=miles>

AID STATION/NUTRITION: Each aid station may add to the general fare with their own special touch. Fireball might be available upon request (note: if you rely on a special supplement like gels, waffles, powders, bring it, we have real food only). If your diet has special needs (vegan, NSNG, gluten free, fruitarian, carnivore), please bring your own special treats. Aid stations may run low or out of your favorite food.

All aid stations will have portapotties and handwashing stations.

DROP BAGS

Runners are allowed drop bags at designated aid stations (See your race's aid station chart). Please see the Aid Station Info Charts for aid stations that do allow drop bags.

All race distance runners may leave their drop bags at the check-in area at packet pickup between 5:00 - 8:00 PM. on Friday, May 23, 2025. You may also bring your drop bags to the race start BUT **all drop bags will be leaving for the aid stations at 6 AM on race day (FOR ALL RACES)**. Please mark each bag with: Your Name, Your Bib Number and Aid Station. So 1) Do it at packet pickup; or 2) get there before 6!!!

When can I pick up my drop bags if I DNF or once I am finished?

Aid stations will bring drop bags back to the finish at Belleville Community Park in Belleville, WI (39 N River Street, Belleville, Wisconsin 53508) after they close. You can check the cut off times chart for an approximation on when the aid station closes. Keep in mind that it takes some time to take down and pack the aid station and drive back to Belleville.

Drop bag rules: Keep them small (no larger than 12 x 12 x 36 inches and 15 pounds or lighter)! Drop bags must be labeled with the runner's full name, bib number, and aid station destination. Runners should be especially careful to write clearly and in bold so that aid stations can retrieve their bags when they come into the aid station. Please use a bag that is resealable and sturdy. We recommend making drop bags waterproof in case it rains. Race organization is not responsible for your drop bags before, during, or after the race. Please **DON'T PUT VALUABLES OR GLASS IN YOUR DROP BAGS**. Drop bags that are left after the race will be donated to charity. Drop bags that do not comply with the rules set forth above will not be taken to aid stations. NOTE: We do not mail drop bags.

Recommended Gear for Drop Bags:

Battery Pack and Cord to charge your devices (aid stations will not have a way to charge your devices, please plan ahead)

Gaiters

Warm jacket (down jacket, fleece)

Warm Pants/Running tights

Johnny Cash Albums

Hat & gloves

Sleeping bag

Hiking poles

Glitter

Electrolytes, caffeine pills & any medicine you might need

Extra batteries

Alcoholic beverages

Extra headlamp

Plastic baggies (gallon & sandwich size)

Extra water bottle(s)

Spare socks, shoes, shorts, shirt

Blister kit

Your favorite foods, gels, snacks, drinks

Wet wipes

Book

TIMING, RESULTS & AWARDS

- All races will be chip timed.
- Runners must wear their chips (located on the back of the race bibs) at all times.
- Bibs may not be altered in any way, and must be visible at all times.
- If you miss any check-points, your race time will not count.

TRACKING & RESULTS

While live tracking **will not** be available, **live race results** will be available at <https://www.tenjunkmilesracing.com/2025-sugar-badger-results>

The Official Race Results will be posted on the Ten Junk Miles Racing website.

AWARDS

All finishers get a very special award. You must finish within 14 hours to earn an official finish and your finisher award. The top three finishers in each division will receive special awards by Jenn of [SeeYouOnTheTrail](#).

OPTIONAL: You can purchase a Sugar Badger 2025 Race Souvenir Plaque to commemorate your 50 Mile, 50K and Half Marathon race. Jenn can personalize this for you with your name and finish time on a separate badge at the bottom of the plaque. After the race, please provide her with the name you'd like on the plaque, your official finish time (if you'd like the finish time), and your plaque will be personalized for you.

Visit Jenn's etsy shop to place your order.

<https://www.etsy.com/listing/1487173843/ten-junk-miles-sugar-badger-2025-race>

CAMPING & PARKING

All parking signs must be followed. Some of the access to the aid stations are along winding country roads and parking is limited. Please use common sense when parking and do not block anyone in.

Camping is only allowed at the Belleville Community Park (39 N River Street, Belleville, Wisconsin 53508). Camping is free. Small trailers (no hook ups) and grill are ok (no open fire). You may not set up any earlier than noon on Friday, May 23, and you must be out by 9 AM on Sunday, May 25.

The designated parking area is located on the west end of the park. See the map below. Tents may not be set up in or around Pavilion #1, which is Race HQ. No camping on the baseball field or outfield.



SUGAR BADGER TRAIL RACES

OFFICIAL RULES

1. Runner bib must be worn on the outer layer of clothing you are wearing. Aid station volunteers need to know your number so they can check you in/out.
2. **ABSOLUTELY NO LITTERING!** You will be disqualified, banned from any race we are a part of and publicly shamed on Ten Junk Miles Podcast if you, your crew or your pacers are caught littering. In order to remain in good standing with our partners and host towns and ensure that the race can be permitted in future years, we must respect the course and the land it covers. Besides, littering is unnecessary, annoying and downright lazy. The top of your gel packet is litter. That banana peel is also litter.
3. Look both ways before crossing streets and yield to traffic. If you feel that farm machinery or a traffic jam has impacted your time contact a race official and request an adjustment. It will likely be denied.
4. No aid is allowed from a moving bike/vehicle.
5. Runners must follow the marked course at all times. If you should inadvertently depart from the course, you must return to the point where you left the course and continue from there (i.e., no bushwacking and joining up with the course at a different location).
6. You must run on the designated side of the road for the tunnel detour (look for the cones and flags. It is the WEST side of the road (furthest from the tunnel). If you are caught running in the middle of the road or the other side of the road you will be **DISQUALIFIED**. This is for safety reasons.
7. Runners/crew may not stash supplies along the trail.
8. We love friendly and well behaved dogs. But your dog must be kept on a leash at all times. Unruly dogs, children or spouses will be asked to leave and if that request is not honored your runner will be disqualified.
9. The race has a medical director. All aid station captains are experienced in the sport. If any of them instruct you to stop, your day is over. All decisions of medical personnel or the aid station captain are final. If you require intravenous fluids of any kind during the race, your race is over.
10. If Pacers are allowed in your race, it is their responsibility to find a ride if needed.
 - a. 50 Mile pacer may join their runner at mile 25.97 (Brodhead) or at any aid station allowing crew after that point.
 - b. 50k pacer may join their runner at mile 22.05 (Monticello AS) to the finish in Belleville.

11. Runners are allowed one pacer at a time, but may use as many total pacers as they wish (or as logistically possible, at least)(except for the last mile - bring the whole family for all we care!). Pacers are responsible for their transportation to and from each aid station. For example, if you are only pacing a section of the course when you are finished you need to organize a ride back to your car in advance. Trail runners are nice. I'm sure someone will give you a lift.
12. No muling. Runners must carry their own supplies and not use their pacer as a pack mule. It's called "cheating."
13. All parking signs must be followed. Some of the access to the aid stations are along winding country roads and parking is limited. Please use common sense when parking and do not block anyone in.
14. If you decide to drop from the race, make certain that proper procedures are followed: THE RUNNER OR CREW MUST NOTIFY RACE PERSONNEL AT ONCE AT THE CLOSEST AID STATION. This policy is for your safety. We want to keep track of our runners along the course. Failure to notify race management of your drop will disqualify you from future editions.
15. Supplies used for drop bags must be in a durable bag, clearly marked with the runners bib number and the station to which it is to be delivered. Please keep the size of drop bags small. Most drop bags will be returned to the finish line. WE ARE NOT RESPONSIBLE FOR LOST, STOLEN OR FORGOTTEN ARTICLES. ARRANGEMENTS MUST BE MADE IN ADVANCE FOR RETURN OF ANY ITEMS NOT PICKED UP.
16. Abuse of volunteers, crews, or anyone associated with the race there to assist you in completing this race will not be tolerated. This includes physical as well as verbal. There is never an excuse to treat people poorly that are out there for YOU at all hours of the day and night. YOU paid to do this. Please be nice to everyone as volunteers are such an important part of ultrarunning. We need them. Please make sure to thank them and help them have as much fun as possible. 99% of runners understand this and are baffled that this even needs to be written but with each race I'm sure we've all heard stories of the runners that are feeling really down and take it out on the last person they should--the volunteer.
17. The trail is an open course and you will encounter people with dogs. If you are terrified of them or deathly allergic to them take note. Good news: because of this if you want to run some with your dog you can. As long as they are 1) Leashed; 2) Well behaved.
18. Cut off times are enforced as 'outward bound' times from each aid station. You need to have left the aid station by the posted cut off time. Arguing with

volunteers or otherwise trying to convince them of letting you continue is inappropriate. Cut off times are strictly enforced.

19. Running is fun. Keep telling yourself that and enjoy the trip. We know this is going to be an adventure for sure!
20. All rules and the interpretation of the rules are subject to the sole discretion of the Race Directors. Any violation of any rule may, in the sole discretion of the Race Directors, result in a time penalty or disqualification.
21. You may not change races during the race. You cannot upgrade or downgrade. If you fail to finish the race you signed up for it is a “DNF” or “Did Not Finish.” We won’t make you a 50k finisher or a half marathon finisher. Just take it. It happens, it’s ok.
22. Kyla Kummer is the real boss behind all this. In a dispute between her and Scotty always do what Kyla says and ignore Scotty.
23. **KNOW THE COURSE.** Read the maps. Know where your turns and turnaround location is. It is your responsibility (not the volunteers, not the aid stations, not the signs) to know where the course is, where it turns, where you turn around, etc. etc. While we offer signs and flags and well intentioned people on the course to help, it is your responsibility to know where you are going!! Know the course.
24. Your crew, friends and fans **CANNOT** support you on the course at any location other than a CREW aid station. The reason for this is that this race uses country roads, curvy roads, and farm roads where having cars on the side of the road can cause major and dangerous problems. If you receive support, cheers, or aid from anyone outside the aid station you will be given a warning. A second violation will result in disqualification.
26. No Performance enhancing Drugs are allowed. (those commonly banned by the competitive organizations and such)(we don’t consider weed a performance enhancing drug)(except for Eddie, but we merely frown on that).
27. Your pacer may use the aid station supplies, food, drink and nutrition.

CONTACT INFORMATION

Race Director - Scotty Kummer - 312-523-6725
Kylia Kummer - 312-532-7166

Medical Director - Chalayne Palmgren - 1-651-398-4120

LODGING

Free camping is available at designated areas near the start line in Belleville. No advanced registration needed. Please only camp in places designated by volunteers.

Monroe Hotels:

Super 8
AmericInn

New Glarus:

The Blanc Chalet Hotel www.thebancchalet.com
Chalet Landhaus

Verona Hotels:

Hyatt Place Madison/Verona-Next to Wisconsin Brewery
Super 8 Verona/Madison
Holiday Inn Express & Suites Verona/Madison

****There are more if you use the googles****

2025 SUGAR BADGER SPONSORS

THIS RACE DOESN'T HAPPEN WITHOUT OUR SPONSORS:



BELLEVILLE

RESTAURANTS AND PUBS AND GENERAL HOURS OF OPERATION

1. The Dam Bar & Grill
3 East Main Street – In the basement of the Park Hotel
Hours: Friday: 11 AM to 2 AM
Saturday: 11 AM to 2 AM
Sunday: 8 AM to 2 AM
Serving sandwiches, soda, beer, and drinks
2. Ale House
7 West Main Street
Open Friday and Saturday: 4:30 PM to 2 AM
Beer and Cocktails
3. Lingonberry Llama Coffee Shop
103 West Main Street
Hours: Friday: 6:30 AM to 9 PM
Saturday: 5:30 AM to 9 PM
Sunday: 5:00 AM to 2 PM
Gourmet coffee, baked goods, sandwiches, soups, breakfast burritos,
And quiche. Will set up in Community Park with coffee, scones and muffins Saturday morning.
4. Borland's Tavern
119 West Main Street
Hours: Friday: 5 PM to 8 PM - Fish Fry
Saturday: 5 PM to 8 PM – Chicken Dinner
5. J&M Bar
127 West Main Street
Hours: Friday: 6 AM to 2 AM
Saturday: 4:30 AM to 2 AM
Sunday: 8 AM to 2 AM
Saturday early morning (4:30 AM) will have a limited menu. Full menu for the rest of the weekend. Serving breakfast, lunch, and sandwiches.
6. Corner Café
30 West Main Street
Hours: Friday: 7 AM to 9 PM or later depending on foot traffic
Saturday: 6 AM to 9 PM or later depending on foot traffic
Sunday: 6 AM to 7 PM
Serving breakfast, lunch, and dinner. Friday Fish Fry, American and Mexican entrees.

7. Subway
1019 River Street
Community Park Concession – Saturday: 3:30 AM Breakfast Sandwiches
Hours at Store Front: Saturday: 8 AM to 9 PM
Sunday: 9 AM to 9 PM
8. Tano's Pizza
1019 River Street
Phone: 424-0188
Hours: Friday: 11 AM to 10 PM
Saturday: 11 AM to 10 PM
Sunday: 11 AM to 10 PM
Pizza, sandwiches, and Italian entrees. Free delivery to the Community Park. Call in your order.
9. Shwoleger's Sugar River Lanes
807 River St. Belleville WI 53508
*** Scotty's favorite Friday Fish Fry
10. Casey's General Store
428 River Street
Store Hours: Saturday: 4 AM to 11 PM
Sunday: 5 AM to 11 PM
Serving coffee, baked goods, soda, water, energy drinks, hot and cold sandwiches, and gasoline.
11. Citgo
128 W Main Street
Store Hours: Saturday: 7 AM to 8 AM
Sunday: 8 AM to Noon
Soda, water, energy drinks, bagged ice, snacks and other pick up and go items.
12. Home Town Pharmacy
1 West Main Street
Store Hours: Saturday: 9 AM to 1 PM
13. Piggly Wiggly
1019 River Street
Local grocer
Hours: Saturday: 7 AM to 9 PM
Sunday: 7 AM to 7 PM
14. Jonny O's Pizzeria
1019 RIVER St., SUITE 4
Belleville, WI 53508, US
Hours: Friday: 11 am - 9 pm
Saturday: 11 am - 9 pm

****Scotty's favorite pizza and Race Sponsor**

Some of the Village Eatery's only take cash or checks. The following banks have ATM's and 2 of the banks are open Saturday morning to break big bills for your convenience. Merchants at the Community Park Concession take only cash.

Monona Bank on Main Street – Saturday Lobby Hours: 9 AM to Noon

Sugar River Bank at 12 North Shore Drive – Saturday Lobby Hours: 8:30 AM to Noon.

The convenience stores also have ATMS for your convenience.

OTHER ACTIVITIES TO CHECK OUT

Sugar River Outfitters rents canoes and kayaks to paddle the lake and the Sugar River. The lower Sugar River at the bottom of the Dam meanders over into Exeter Township. Stop at Exeter Park to take in a game disk golf. For rentals go to their website – help@sugarriveroutfittersWI.com to make a reservation.

The Duluth Trading Company has an outlet store on the north side of the Village. The address is 1107 River Street. Go over and check out their merchandise.

MONTICELLO

RESTAURANTS AND PUBS AND GENERAL HOURS OF OPERATION

1. Java Lava Cafe
203 N. Main Street, Monticello, WI
Friday: 6 - 2
Saturday: 6 - 2
Sunday: Closed
2. M&M Cafe
126 N. main Street, Monticello, WI
Friday: 6 am - 2 pm
Saturday: 7 am - 3 pm
Sunday: 7 am - 3 pm
3. Johnny O's
203 N. Main Street, Monticello, WI
Friday: 4 pm - 9 pm
Saturday: 4 pm - 9 pm
Sunday: 4 pm - 9 pm

FAQ

What kind of supplies are at the Aid Stations? Water, Electrolyte drink (UCAN), snacks, some light fare, basic supplies, nice people to give you pep talks, sometimes mosquitoes, music, you might be able to snag a beer, other stuff. We tend to avoid things like salads because they don't keep.

Can I camp at the start line? Yes. Free Camping, small trailer and grill are ok (no open fire).

Can I pick up my packet at a different time? No. The reason for the packet pickup times is so that we can focus on the runners on race day.

Can my friend pick up my packet? Yes! In fact, a total stranger can pick it up for you if you know any strangers.

Where can I shop for supplies for my runner? Piggly Wiggly, 1019 River Street Belleville. Very close to start/ finish. Open all day Fri-Sun. (608) 424-1986

What's the trail like? It is a rail trail, mostly flatish (if there's a hill I haven't found it) very smooth and very soft. A nice mixture of sand/dirt/gravel/grass. Nothing technical, nothing gnarly. Just flat, soft, smooth and NICE!

Trail or Road Shoes? Either will work. You don't need special shoes.

Are there bathrooms? YES. All Aid stations will have either a bathroom or a portable bathroom!!

Will the event be canceled if it is hot? No! Plan for it to be hot. If it's extra hot, slow down and enjoy!

Will the event be canceled if it rains? No! But you may get wet. This is trail running. We run rain or shine.

Are there water crossings? No.

Can I switch events? Yes. But only prior to **May 14** and only if there are slots available. There will be no refunds. If you want a longer distance you will pay the difference.

What are the Prizes? Official finishers will receive a medal. First, Second and Third place finishers of each division (female and open) in each race.

Can you Mail Me My Race Packet? No.

Are bugs a Problem? They can be. If you slather yourself with Deet/Off and keep moving you should be fine.

Can we swim in the lake at the finish line? Of course.

Can I get a medal if I don't finish? No. Unfortunately we only give finishers' awards to people that complete the entire course, or the entire modified course provided in the event of a problem.

Can I defer my entry? Yes. Ten Junk Miles Racing, LLC, has a deferral policy. You can defer your entry for up to one year (365 days). You may use the entry for the same race/distance the following year or for any race we put on of an equal or lesser value within a year. To exercise your deferral YOU must sign up to the race with an open slot (Ultrasignup will apply your credits). (We can't make a new project out of keeping track of you and reminding you. So don't screw this up!).

What is the deadline to defer? You must defer before May 1, 2025. You cannot defer after May 1, 2025. You cannot defer after May 1, 2025. Oh Wait, You cannot defer after May 1, 2025.

Is there live tracking? ONLY if your friends and family are following you on the trail and posting about it on social media. Live results will be available and a link will be posted before the event.

What kind of beer will there be at the finish line? Good Beer courtesy of the Belleville Chamber of Commerce.

How strict are the cutoffs? Kinda strict. I mean, an AS captain could get away with waiving you through but you aren't likely to finish in time. Also, we will let you finish after the cutoff if you are with the sweeper and we didn't ask you to leave the course. Race management reserves the right to pull you from the course if you are behind cutoffs.

When will my drop bags be returned? By 8:00 pm, May 24, 2025. Don't plan on them being there earlier. We need to take care of the runners. That's our #1 priority.

Can I be crewed from a bike? No. You can only be crewed from a Ten Junk Miles Racing Aid Station.

What if I forgot my drop bag? You have three options. 1) Come back and get it. 2) Have a friend get it. 3) consider it a sacrifice to the ultra gods. NOTE: Scotty Kummer is NOT your friend for the purposes of getting your drop bag.

Can I run with my dog? Yes, as long as they are 1) Leashed; 2) Well behaved. If your dog does something to disturb others you and your dog will be disqualified and asked to leave. Please read this rule to your dog.

Will there be food at the start line?

There will be free beer and pizza for all runners and volunteers.

Is this Race Cupless? No. There are cups at the aid station.

What kind of hydration drink do you offer at aid stations? UCAN Hydrate. It has 0 Calories and No Caffeine.

Are hydration packs allowed? Yes.

Are there any gels at the Aid Station? No. Only “real food.” So if you love a gel, bring one!

Can I start my race at a place other than my start line to pace a friend in another race? No.

What if I get lost? You shouldn't if you listen to the instructions at the pre race meeting and pay attention. If all else fails, use your phone to navigate to the Badger State Trail.

What if I miss a section of the course? Talk to the race director. Sometimes a problem like this, if unintentional, can be fixed with a time penalty or additional mileage made up after your finish.

Can I start late? Yes. But the clock starts for your race at the start time. Example. If you run a 2 hour marathon but start two hours late....it's a 4-hour marathon.

Can my friend drop off my drop bags? Yes.

Do the aid stations have fluids? Yes!!! All aid stations have water, ice, and a hydration drink!!

Can Pacers use the aid stations? Yes, of course. And they can eat and drink. We might not work on their feet though.

Can my kiddos and doggos come cheer me on? Yes!! We love dogs and we love kids! But unaccompanied minors and unaccompanied pets are not permitted at aid

stations, checkpoints, and start/finish areas. A responsible adult must accompany the minor throughout the entire race experience—and the same goes for your pets, taking full responsibility for their safety and well-being so our TJM Junk Crew and volunteers can focus solely on our runners.

What is the difference between muleing and assisting?

Muleing is having someone worse carry your shit.

Assisting is when someone helps you out or just happens to have something you need.

Pacers can assist. But they cannot mule.

Think of it this way.

shit, my batteries died, do you have any spares? Assisting.

Here, carry all my spare batteries to lighten my load. Muleing.

I get that there's some crossover and gray area. Just carry your own shit. And don't refuse help from your pacer for fear it will be considered muleing.

Is the trail lit? No. If you will be running at night you will need a headlamp.