

MAD CITY **ULTRAS**

2027 Runners Manual

MadCity Ultras

100K & 50K Solo

50K National Championships

100K & 50K Relays

April 10th, 2027

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Welcome and Introductions

Thank you for signing up and joining us this year! MadCity Ultras is a 100K and 50K road ultra running event that happens every April in Madison WI. We encompass the 10K arboretum loop, which is a local favorite. This event was created in 2007 by Timo Yanacheck, who remained owner and race director until 2023. Thus, creating the first 100K road race so that Team USA could be represented in the World Championships.

The race starts and finishes at Vilas Park, which is near the local zoo. The event brings athletes from all over the country as it is historically the home of the 100K & 50K National Championships. Even though we do draw elite and pro athletes we are also a great place for the first timer.

UW-Madison Arboretum

We are fortunate to be able to hold our race in one of Madison's most iconic places. We are the ONLY race that encompasses the entire "arb loop." As such, the University has its own policies in place and we plan to follow them. Here you can read the entirety of the [UW-Madison Arboretum ATHLETIC EVENTS POLICY](#).

Course Information

Our course consists of repeated 10K loops on paved bike paths and streets which are not closed to vehicle traffic. Traffic on our course has always been light, and in some parts of the course is virtually non-existent. This route around Lake Wingra is used daily by many runners and cyclists, and regular local motorists are accustomed to seeing runners along the way. Where the course runs on the road, we ask that you run against traffic.

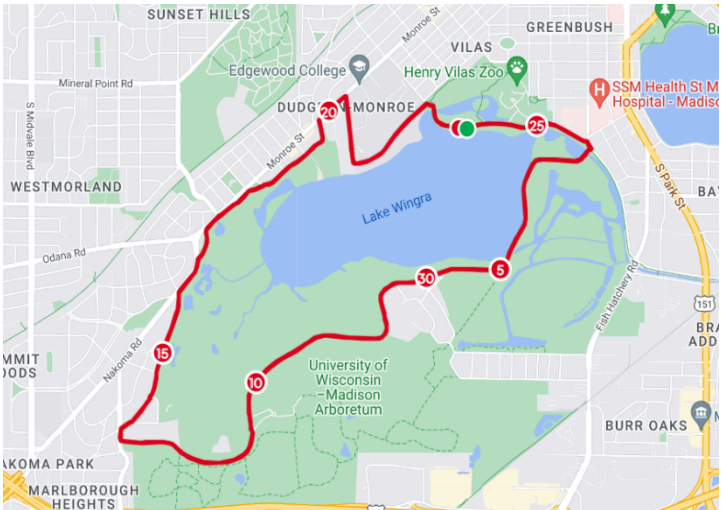
All events are 100% paved road surface as required by the USATF. Both the solo events are certified through all organizations making it eligible for AG, WR, and overall records. Certification: WI24006DM

Note

Before you make your left-hand turn into the UW Arboretum the city has put in a bike lane on the short section of Seminole Rd. The race will continue to use the road to ensure that we stay on the certified course. We will have a course monitor there.

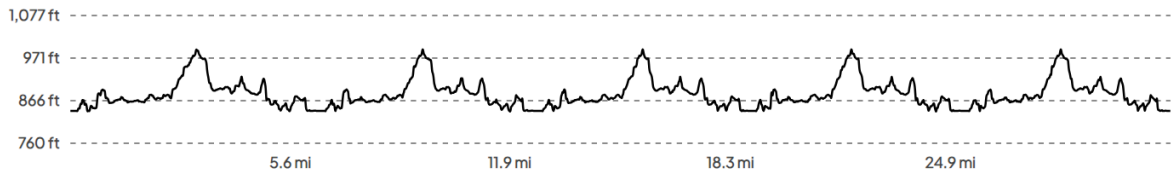
Course Maps and Elevations

50K

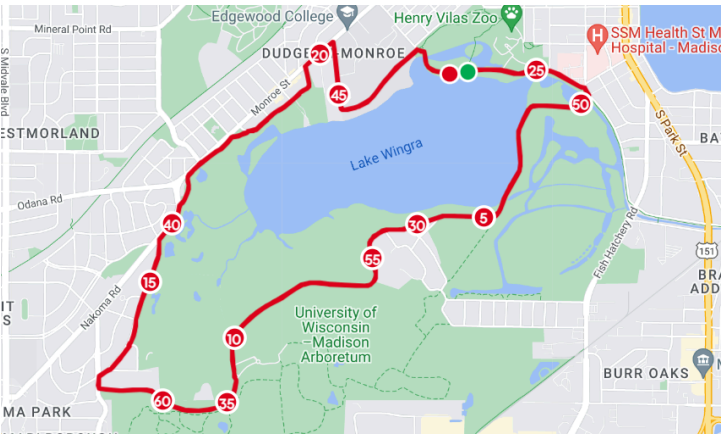


Elevation

Start	Max	Gain
843 ft	995 ft	1,332 ft

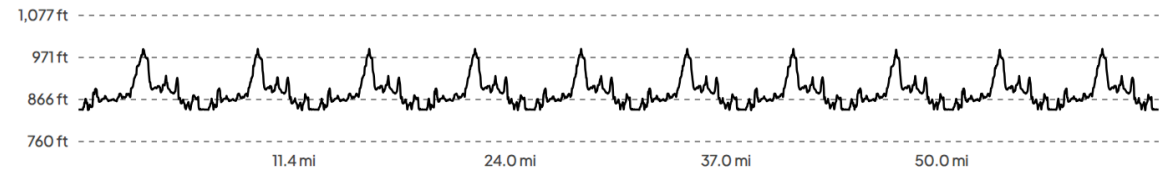


100K



Elevation

Start	Max	Gain
843 ft	995 ft	2,656 ft



Schedule of Events

Packet Pickup

Packet pickup hours for the 2026 race are as follows:

- 100K Solo and 100K Relay Team Captains/Runners **MUST** pick up their packets on Friday the 10th between 2-6PM
- 50K Solo and 50K Relay Team Captains
 - Friday before race day between 2PM and 6PM-Highly encouraged
 - Saturday race day between 6:45AM and 7:45AM

2027 Packet Pickup location will be the [Vilas Park Shelter](#).

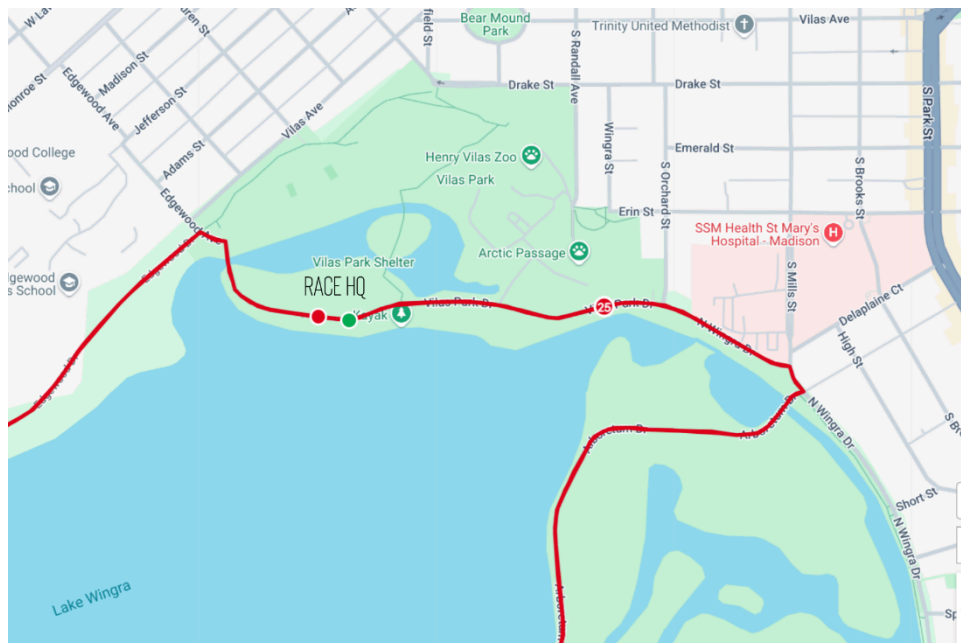
We highly encourage utilizing the Friday packet pickup. It could be beneficial for you to see such places as the starting line and the parking areas during daylight hours. The starting lines are a bit of a walk from the shelter and will be marked with large flags on race day.

If you are a 100K runner and you have travel plans or other reasons for not being able to arrive at packet pickup on Friday, please contact Race Director, Nora Bird, ahead of time so she can make special arrangements with you.

Race Headquarters:

The MadCity Ultras Race Headquarters is Vilas Park Shelter.

The shelter is located at 1602 Vilas Park Drive, Madison, WI 53715. Your directions should have you approach from South Mills Street. Use [this link](#) for directions to the shelter.



Race Day

- 100K Solo starts at 6:30AM
- 100K Relay starts at 7:00AM
- 50K Solo and Championships starts at 8:00AM
- 50K Relay starts at 8:30AM
- Early start is available for the Solo races. This does disqualify you from any awards.

CUT OFF IS 8PM FOR ALL RACES.

NEW There will be a race mtg before each race starting 10 min before the start time for the respective distances.

Aid station info

Aid Stations Rules & Guidelines

As shown on the multi-color course map attached, we have two aid stations. One is at the start/finish and the other is in the UW Arboretum (about halfway). Both aid stations will have the same basic options.

- Aid can be given or received only within a **200-meter "refreshment zone"** which will be clearly marked with signs. The aid station tables and port-a-potties will all be located within the refreshment zone.
- Specialty Aid table for solo runners
 - As the runner enters the refreshment zone, the first table(s) the runner encounters will be set aside for solo runners containing personal, individualized, self-prepared drink and food items. This is optional. These are referred to as the "**specialty aid**" tables. To take advantage of that option bring your pre-mixed and pre-filled (and distinctively marked) bottles the morning of to the start/finish aid station.
 - If you are a **100K runner** and you wish to use the specialty aid tables located at the Arboretum aid station, bring your items to a vehicle we'll have waiting in the same general area by 6:15 a.m. on the morning of the race. Your items will be set up on the specialty aid tables at the Arboretum aid station. (If you find that your specialty aid items are not quite in place on your first lap, we'll have them ready for you on your second lap.) If you are a **50K runner** and you wish to use the specialty aid tables in the Arboretum, please bring your items to the waiting vehicle by 7:45 a.m.
- **General Aid tables** : After the specialty aid tables, the runner encounters the "general aid" tables. These will have all the usual kinds of fluids (water and SaltStick) and "real food" that is accustomed at other races. Even if you have stuff on the specialty aid tables, you can take all you want from the general aid tables.

Within the refreshment zone at the start/finish area, the runner will next cross the timing mat/portal, marking the official completion of a 10K lap. You can choose to set up before or after the timing mat, long as you cross on

your way out on the next lap. At this refreshment zone the tables are on your **RIGHT**. At the aid station inside the arboretum the aid station will be on your **LEFT**.

****As a reminder, the relay teams will also be on course. They are eligible to utilize the aid stations as well. They will also be handing off timing chips and batons to the **LEFT** of the timing mat.**

Support crews

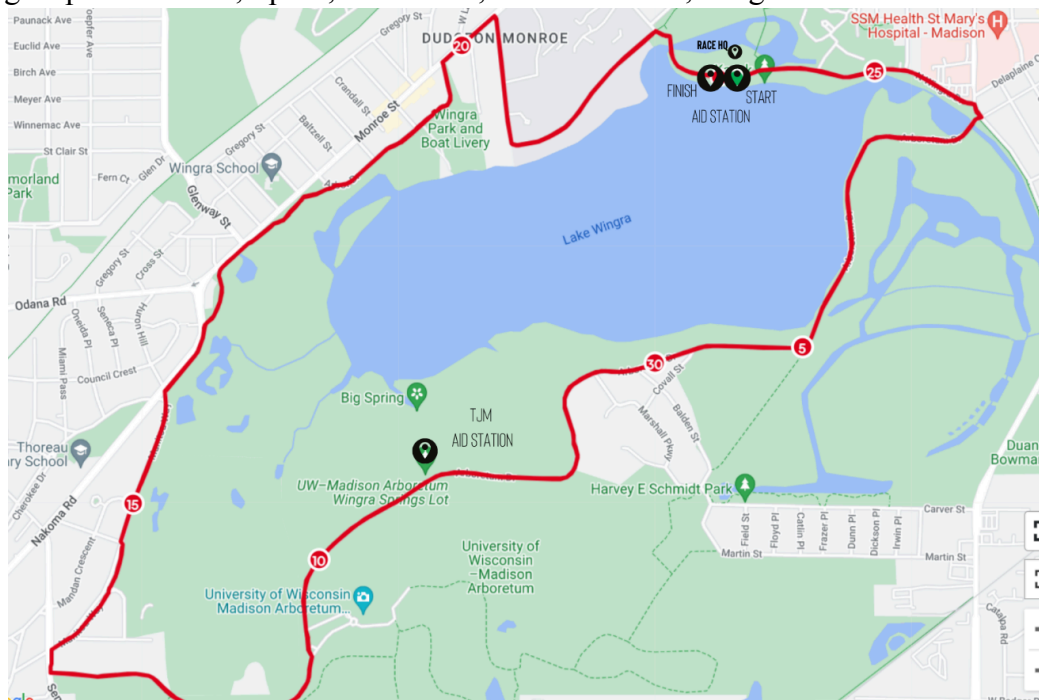
We encourage crew to stay at the start/finish refreshment zone area and not try to travel to the Arboretum refreshment zone. Crews can access the aid station and provide support but for runners' safety, we discourage crews from driving to and from that location.

- A support person can help the runner with eating, drinking, changing shoes, changing clothing, first aid, dousing, wiping, toweling, etc. **ONLY** directly in front of the runners personal aid station within that
- 200-meter “refreshment zone”, the refreshment zone. This can happen 100m before the aid station and 100m after.
- The support crew must remain planted within a 1-meter-square personal space and cannot under any circumstances move along with the runner. Believe it or not, this is an international rule, and we adhere to the international rulebook. **You cannot run/walk alongside your runner at any time.** After the runner passes, the support crew may pick up any discarded items the runner may have dropped outside the small area of the runners personal aid area.
- We suggest having your own staging area with anything specific you'd like. Your crew is allowed to hand you anything. Along the side of the course, off the pavement, on the grass, there is room where you or your support person can do that if you stay within the marked 200-meter refreshment zone. You can have a table, chairs, blankets, even your own tent.

Aid Station Menu

Real Food Options: Bakery items from our sponsor Marigold Kitchen. Animal Crackers, Cheez Its, Nutter Butter cookies, Oreo cookies, saltine crackers, bananas, oranges, cold boiled potatoes, dill pickles, green olives, M&M's (plain and peanut), jelly beans, potato chips, pretzels, uncrustables, salt in shakers.

Ten Junk Miles (our on-course aid station) may have some surprise warm food options at the aid station inside the arb. Beverage Options: Water, Sprite, Coca Cola, Mountain Dew, Ginger Ale.



100K and 50K Solo Road Races

The 2027 USATF 50K Championships is held on a USATF certified course. The winning time MUST be within the qualifying time standards stated in the 2027 50K selection document to be eligible for Team USA.

Remember you must be a USATF Member for this to apply. We adhere to all USATF, IAU, WA, and MUT applicable rules.

There will also be a 50K Solo Event happening at the same time as the 50K National Championships where athletes are not required to be USATF members.

The course will be open until 8:00PM, or 13.5 hours for the 100K and 12 hours for the 50K. For the safety of the runners and to ensure a timely wrap-up, any runner crossing the Start/Finish for Lap 9 or Lap 4 after 7:00PM will be strongly encouraged to skip the final Lap.

Any runner who feels they may need more time to finish the 100K or 50K solo in the allotted time will have the option to start early. Starting early does eliminate you from any awards. If running in the national championship, you must start at 8 a.m.

Timing We use Race Day Events for our events. Your bib will have a timing chip on the back of it for electronic timing. Your bib should always be on the front of your body and visible throughout the race. We have made the bibs smaller this year (4x6), to discourage folding. If you are in the 50K Championship you will also have a back bib stating OPEN or MASTERS age group category for USATF.

On each lap you will cross the timing mat at the start/finish.

NEW There will be a timing sensor at the on course aid station, approximately halfway to allow for better tracking.

Top 5 Overall Female and Male winners of the 50K Championships are eligible for the evenly dispersed prize purse. Please see the Medal and Awards section for details.

- **View the USATF Team Qualifying Standards [here](#).**

Both the 100K and 50K Solo will once again be a USATF sanctioned course for 2026. Runners' 50K finish times will be valid in consideration for invitation to join Team USA providing that the time standards are met.

Rules and Regulations

Headphones

Runners competing in the US national championship race are **not** allowed to use such devices of any kind.

Drop Bags

The MadCity Solo runners may drop their bags containing gear and nutrition prior to the race to be transported to the aid station inside the arboretum. We cannot guarantee that they make it to the on course aid station by the time you reach it on the first lap. Please make sure bags are soft sided and you may want them to be weatherproof, weather in April can be unpredictable.

Shoes

For the championship only: Race day shoes may be inspected and must comply with [World Athletics Athletic Shoe Regulations](#) (Book C: Competition, C2.1A) Shoes worn must appear on the [World Athletics List of Approved Athletic Shoes](#). If you will be wearing a development shoe that has been cleared by World Athletics, you must ensure that event staff has received proper documentation from World Athletics. If a record is set, the shoes will be documented and photographed.

You will be asked to fill out a shoe declaration form and submitted either prior to packet pick up (via email) or at packet pick up indicating the shoe(s) you will be wearing. If undecided, list all shoes you are considering on that shoe declaration form.

Littering

We get a special permit to use the University of Wisconsin Arboretum, so let's respect it. The vast majority understand that you DON'T throw trash on the ground, this should apply anywhere, and especially here. Either use the trash bins at the aid stations or carefully store your trash on yourself until you reach a trash bin. Runners are encouraged to report those who litter to race management, and offenders could face disqualification. This includes bottles thrown and/or left behind by top runners. We understand this is a road race, and you are relying on quick transitions. Every person is accountable and if you throw it, you can pick it up.



All of the above trash was found the morning after the race and found on the course. Do Not be those people

Solo Race Rules

- In accordance with USATF rules, anyone planning to run and file for an American Record, including age group record, may NOT have a pacer, however they may run with someone entered in the same race (i.e. anyone who is officially entered in the 100K race). A 50K National Championship runner cannot run with a relay runner or anyone entered in the 50K race. No pacers allowed at all.
- If you are competing in the national championship, In accordance with USATF rules and regulations, your shoes are subject to inspection and must be within the stack height of 40mm.
- Once the races have started, you may not drop down from the 100K to the 50K.
- The MadCity Solo races adhere to the USATF Road Race rules and World Athletic rules. A complete set of rules is in the [Rule Book on the USATF web site](#).
- If you do decide to drop out of either race, you must find the race director or timing official at the start/finish to inform them.

If you have questions about the USATF rules, please send us a message.

Course Records

100K male – Geoff Burns (MI) 6:30:37 (2016)

100K female – Sarah Morrison (PA) 7:17:01.29 (2026)

50K male – Charlie Lawrence (CO) 2:49:02 (2025)

50K female – Courtney Olsen (WA) 3:16:45 (2025)

USATF Membership

Membership in the USATF is not required to enter the MadCity Solo races. However, USATF membership is required to run in the 100K USATF National Championship and to be declared a USATF National Champion. To be eligible for prize money and awards you must be a USATF member and registered for the 50K Championship event. Additionally if you are a Wisconsin resident and a USATF member you are eligible for awards in the 100K event.

If you have already signed up for the event and were not a member at the time of registration, you can become a member before race day-(highly suggested) and your membership number can be added to your registration. You will also be transferred from the 50K solo to the 50K Championship event.

To join USA Track & Field, you can register online at [the USATF website](#) - This isn't available for non-US runners who are not eligible to join USA Track & Field.

Athletes who participate in National Championships and Team USA competitions are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.

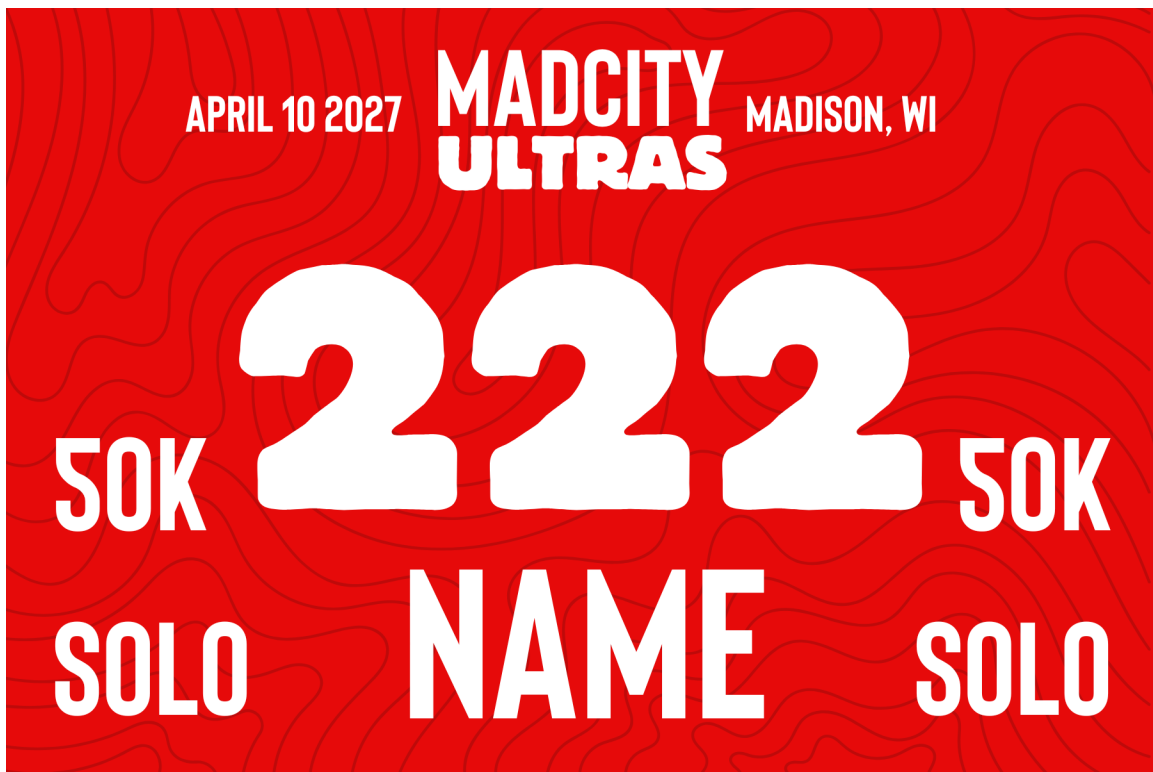
Certificates and Label information:

IAU Bronze Label:

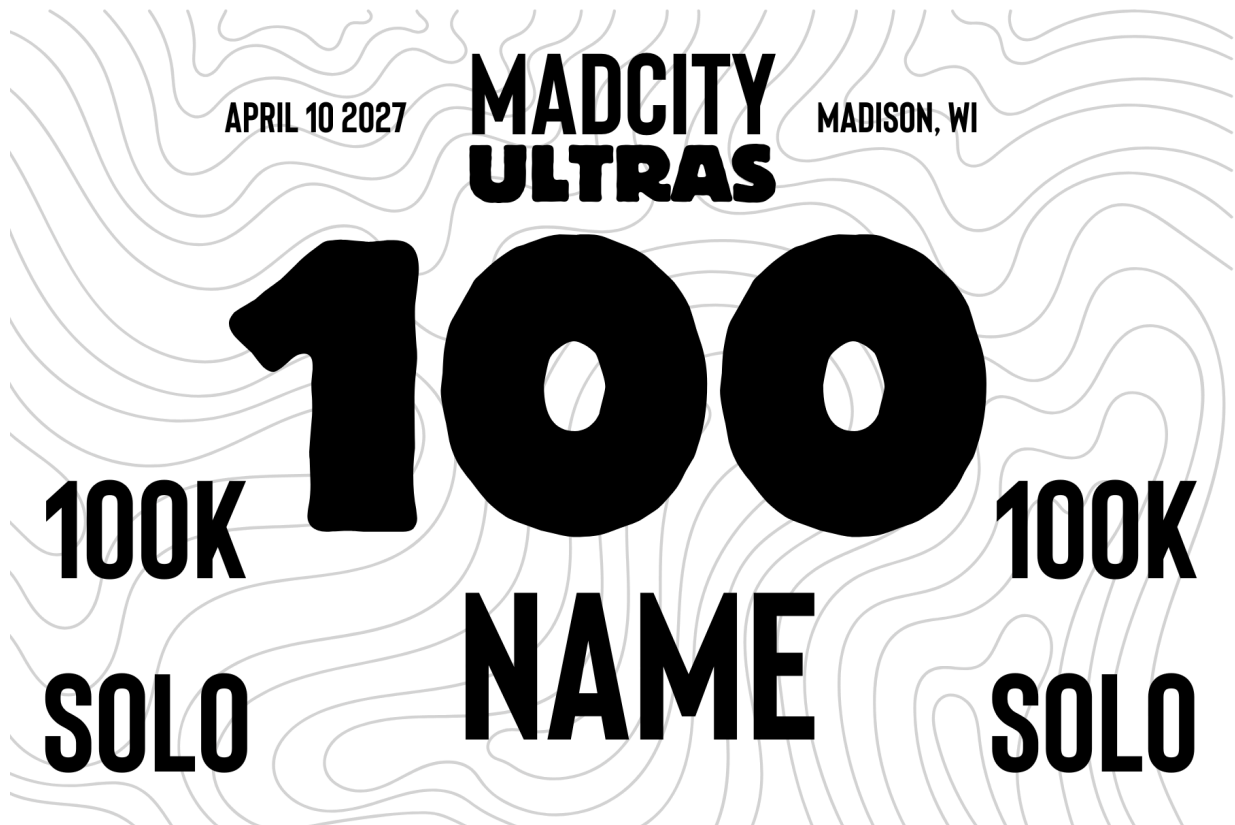
2026-1024, MadCity Ultras, 100 km, 04-11-2026

100K course certification # WI24006DM

Solo Bib Examples



Solo 50K Bib Examples



100K and 50K Relay Races

Anyone can be a Relay Team Captain. To register a team, the Captain can sign up on the registration site, providing his/her name, team name and contact information.

On the RunSignUp registration site the Team Captain must establish a password for team members to use during registration. Each subsequent team member will register themselves and sign the waiver.

Relay Race Rules

Here are the simple rules for participating in the MadCity 50K and 100K Relay.

- The total race distance is 50K and 100K
 - Age-based teams must be composed of 2-5 runners for the 50K & 2-10 runners for the 100K and each runner must run at least one 10K loop of the course.
 - Any team that has less runners than laps must indicate who will run the extra loop(s).
- Each team is provided with one relay baton, and the baton must be carried by the relay team member who is currently racing on the course.
- Each team is provided with an ankle-band chip and the chip must be worn by the relay team member who is currently racing on the course.
- You cannot place the timing chip on the baton, you must wear it on the ankle.
- Handoff of the relay baton and ankle-band chip must occur in the Start/Finish area. Some skill is needed to perform this gracefully!
- Handoff must occur past the chute area to the **left side of the course** to avoid interfering with Solo runners.
- All Relay Team members need to register, select the team, provide their age and agree to the waiver. Captains, please contact your team members to ensure they've registered for your team before race day!
- Sorry, we cannot allow strollers or dogs in the Relay race due to the congestion at the Start/Finish handoff area. Also dogs are not permitted in the Arboretum.
- If a team member cannot finish the lap on their own, the team will be disqualified from any awards.

Relay Teams

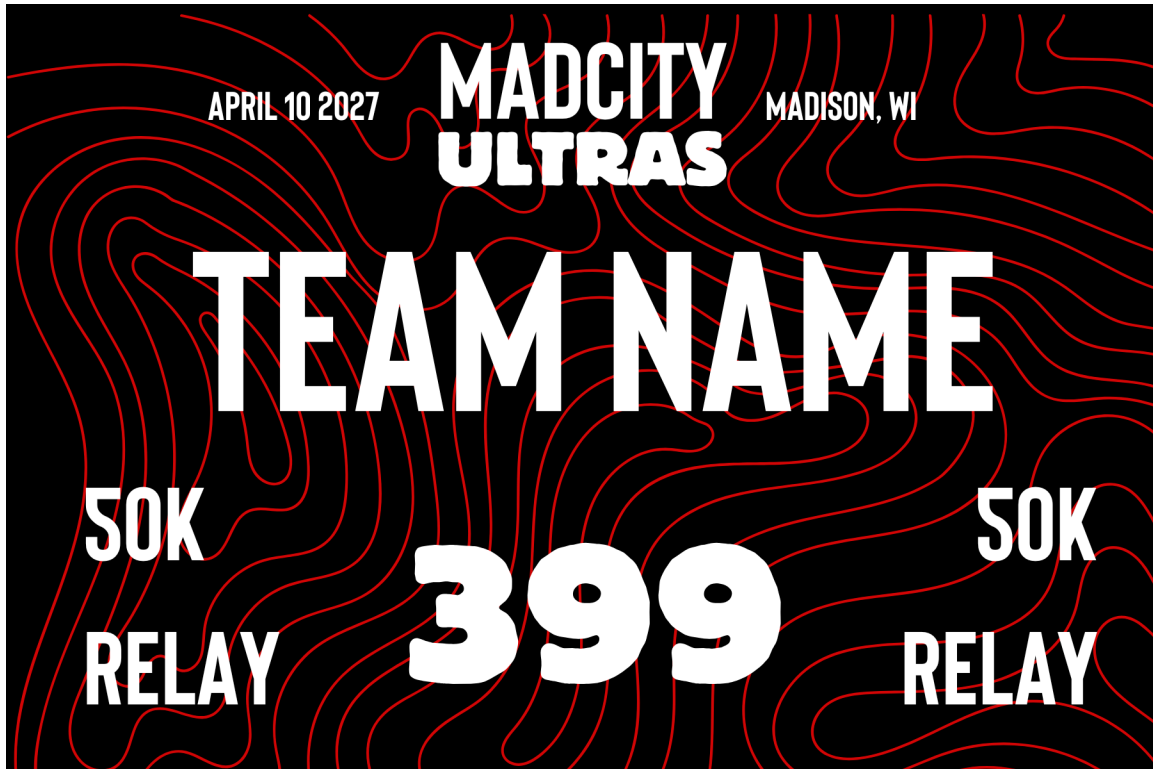
Relay teams can be 2-5 members for the 50K and 2-10 runners for the 100K. You get to choose what order your team members run. We encourage fun names and team themes.

Age-group Relay categories (top team):

- 125 or younger
- 126-150
- 151-175
- 176-200
- 201-250
- 251-299
- 300-350
- 351-399
- 400+

The age-based awards are determined using the sum-of-the-ages of your relay team, counting each runner's age x # of laps.

Relay Bib Examples



Team Members

Once your Captain is registered, your team will be available to join via the registration site. This makes it easy to assemble your team and for us to determine the sum-of-the-ages grouping. Your Team Captain will tell you the team name and password, then the members register for free.

And yes, we know that team membership can change, and we're prepared to accommodate your changes until the week of the race. All changes will need to be made by the Wednesday before the race and contact the MadCity Team Coordinator. It's important that every participating team member uses the registration site so that we can get the correct age and have everyone sign the waiver form.

We recommend when setting up your team tent or staging area, that you are on the grass nearest Lake Wingra.

Weather

The temperature in April in Madison, WI can vary from snow to low 70's. One thing we would count on is wind off of Lake Wingra at the start/finish area. The race has an Emergency action plan (EAP). A strong weather plan is part of a larger EAP for the event. The EAP details roles, procedures, and equipment for any emergency, including those caused by weather.

Wildlife

While inside the arboretum it is not unlikely to see many turkeys and deer along the course. Please be respectful when encountering them.

Lodging

There are many hotels near the Race Headquarters. The two that we recommend and seem to be the closest and most affordable are:

[Best Western Plus InnTowner Madison](#)

[Hilton Garden Inn Madison Downtown](#)

Medical Information

Nearest hospitals

In addition to first aid at the Vilas Park shelter, medical services are readily available, as the race venue borders on St. Mary's Hospital and is close to both Meriter Hospital (one mile) and University of Wisconsin Hospital (two miles). All three hospitals have accredited emergency departments open 24 hours per day.

Medals and Awards

100K and 50K Solo

The MadCity Ultras offer an opportunity to take home some serious hardware! We also give out lots of awards at this race, regardless of USA Track & Field membership or citizenship.

There will be a podium celebration once the top 3 have finished, so please stick around.

- **Finisher's Medal**

All finishers of the 100K and 50K will receive a MadCity Finisher's Medal.

- **MadCity Ultras Mug**

The top 3 overall Male and Female Open and Overall Masters finishers of the 50K.

Top male and female, as well as top Masters in the 100K will receive a MadCity Ultras handmade mug.

- **Local Goods and Sponsors**

Top three male and female in the 100K will receive a curated basket of local area business goods.

Overall winners in the 50K will receive a goodie basket.

- **USATF 50K National Champions**

The top Open and top Masters Male and Female 50K runners who are USATF members are named the 2027 USATF 50K National Champions and receive medals recognizing the achievement.

~USATF medals will be presented to the top 10 men and women and to the top 3 in each masters age group. Men and women compete separately in 5-year age groups starting at age 40. Double dipping is permitted.

USATF members in the 50K are eligible for an equally dispersed prize purse.

- 1st place: \$650
- 2nd place: \$475
- 3rd place: \$325
- 4th place: \$275
- 5th place: \$150
- \$1,200 Course Record broken male and female
- \$1,000 National Record broken male and female
- \$100 each male and female Masters winner.

USATF 100K Wisconsin Champions

The top Open and top Masters Male and Female 100K runners who are residents of Wisconsin and USATF members are named the USATF State Champions and receive a Wisconsin-shaped plaque.

100K and 50K Relays

The top teams in each sum-of-the-ages category receive a case of NA or Wisconsin Craft Beer for each team. Your commemorative MadCity Ultras branded baton is yours to keep.

Raffle

All participants will be entered into a raffle drawing which consists of items donated by local establishments.

Volunteers

Our race is famous for the outstanding volunteers from the greater Madison area who help make this a favorite race of solo and relay runners year after year.

Volunteers shifts:

- Day Before
 - 1:30-6:30PM Packet Pickup
- Race Day
 - 6AM - 10:30AM
 - 10:30AM - 2PM
 - 2PM - 6:30PM
 - 6:30PM - 8:30PM

When you arrive for your shift please check in with the volunteer coordinator to receive your Tshirt and/or vest.

Volunteer Opportunities

Volunteers for the following areas:

- Packet Pickup(4)
- Course Monitor(2)
- Course Direction(8)
- Aid Stations(6)
- Clean Up and Sweeper(2)
- Bike Lead for each event(2)

When you volunteer for a shift or multiple totaling 8 hours or more you get a **free entry** into next year's race.

[View all of the opportunities and sign up today!](#)

Sponsors and Race Partners

Ten Junk Miles
Marigold Kitchen
Premier Water
Steves Wine and Spirits
Fire & Grace Ceramics
Movin' Shoes
Race Day Events
Driftless Trail Collective
Mermaid Kitchen Madison
Elm Salon and Sanctuary
Greater Heights Climbing Gym
Bloom
Carbs Fuel
Indoorance Athletic

Results

All official results will be available after the race through Race Day Events, our official timing partner. You can sign up for race day notifications and progress [HERE](#).

Runner progress during the race will be available with updates after each runner crosses the timing mat. This QR code will also be posted on site to track your runner.

MADCITY RESULTS



Refund Policy

We are unable to provide refunds or deferrals to runners who withdraw from the race. Up to one week prior to race day, a runner may offer to **transfer** their registration to another runner for the same race. The registered runner must contact the MadCity local organizing committee with the complete information regarding the transfer, and the runner who will be competing in their place must complete the race waiver form.

Safety, Emergency & Cancellation Plan

A race cancellation plan due to weather involves a tiered approach, from delaying or shortening the event to full cancellation based on specific triggers. The primary goal is to ensure the safety of all participants, staff, and volunteers. A comprehensive plan also addresses communication and provides participants with clear options.

Weather events that could cause postponement or cancellation:

- **Lightning:** Postpone the event for at least 30 minutes after the last lightning strike is seen or thunder is heard. Course marshals should direct racers to safety during a stoppage. Racers part way through the course would shelter at the Visitor Center inside the Arb, runners near the start/finish will shelter in the Vilas Shelter.
- **Extreme heat and humidity:** This is unlikely due to the time of year this race is held, but there is a plan anyway. We will use the heat index (temperature + humidity) to set a safety threshold. Provide extra water and medical support if it is extremely hot. In severe cases, delay or cancel the race.

- **Tornado watch/warning:** We will follow guidance from the National Weather Service (NWS). A tornado warning requires immediate cancellation and sheltering, while a watch prompts continuous monitoring. Racers part way through the course would shelter at the Visitor Center inside the Arb, runners near the start finish will shelter in the Vilas Shelter
- **High winds:** High wind gusts may necessitate a delay or cancellation due to the risk of falling or flying objects.
- **Ice or snow:** We will be following guidance from the National Weather Service (NWS) in the event of black ice, blizzard, or freezing rain that would make the race un-runnable or dangerous.

Decision-making and communication

- **Weather liaison:** We will have a specific person, such as the Race Director or Logistics Officer to monitor weather and communicate with the NWS and incident command staff.
- **Communicating the decision:** There will be a multi-channel announcement as soon as a decision is made to postpone or cancel.
 - Pre-race: The use of email, text alerts, social media, and the website to inform participants.
 - During the race: An announcement on the PA, social media, and volunteers at aid stations to communicate stoppages.
- **Transparency:** We will provide clear and honest information about why the race was postponed and/or cancelled and the options available to participants.

Participant options

These will be made available depending on the situation and at the time of the race.

- Deferral Discount:
- Distance at stoppage

Contact Information

Nora Bird- Race Director

608-228-4126

madcityultras@gmail.com

Jenn Snider- Logistics Officer

jennlsnider@gmail.com

Jen Compan- Volunteer Coordinator

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Emily Neumeier Arkens- Community Outreach

emily@emilyneumeier.com

Shawn Schroedl- Relay Team Coordinator

madcity50k@gmail.com

Photographer: Steena Cirves

Thank you!

MAD CITY
ULTRAS

April 10, 2027-50K National Championships