

Welcome & Weekend Schedule

The Fall 50 is not merely a running event; it's an EXPERIENCE.

This is my standard reply when asked why the Fall 50 is so popular. What do I mean? After all, it certainly IS a running event...especially for solo runners! 50 miles of running is no small feat. But what elevates it to be an *EXPERIENCE*? There are several factors. First, you get to *experience* the scenic beauty of Door County during Fall colors season. Second, you get to *experience* not just 3.1 miles or 26.2 miles but 50.7 miles of this beautiful peninsula. Third, the duration of your *experience* isn't just 1-4 hours like most running events. It typically takes around 8 hours—the better part of an entire day—to reach the finish line. Which brings us to the fourth point, which is the finish area post-race *experience*. Many runners say that the Fall 50 offers the best after party in all of road racing. I'm obviously biased but I agree: The Fall 50 after party is a fun, festive affair. We arrange the venue, the music, the food, and the beverages...but it's YOU, the runners, who bring the costumes, the stories, the laughter, and the fun. So WELCOME to the FALL 50 *EXPERIENCE*!

Sean Ryan, Race Director

LISTEN TO FM 106.9 THE LODGE ON RACE DAY FOR GREAT MUSIC AND LIVE RACE UPDATES!

WEEKEND SCHEDULE OF EVENTS FRIDAY, OCTOBER 24th

2-7 pm Registration (Solo Runners only) & Packet Pickup Stone Harbor Resort (Sturgeon Bay, Wisconsin)

SATURDAY, OCTOBER 25th

4:45 am Solo Runner Shuttle Departs Sunset Park 5:00 am Solo Runner Shuttle departs from in front of Stone Harbor Resort 6:00 am Ongoing Registration and Packet Pick Up for Solo Runners Shoreline Restaurant in Gills Rock 6:30 am Wave 1: Solo Runners (Bibs 1-200) 7:30 am Wave 2: Pairs & Team Relay (Bibs 1001-1200) 8:20 am Wave 3: Pairs & Team Relay (Bibs 2001-2200) 9:10 am Wave 4: Pairs & Team Relay (Bibs 3001-3200) 10:00 am Wave 5: Pairs & Team Relay (Bibs 4001-4200) 3:00 pm Post-Race Party Begins – Sunset Park in Sturgeon Bay 6:30 pm Finish Line closes 6:45 pm Awards Ceremony - Sunset Park Party Ends (and continues in the local bars) 8 pm

IMPORTANT CONTACTS:

COURSE PROBLEMS? Call Brian Fitzgerald at (920) 421-1518. **FATIGUED RUNNER PICKUP** Call Jason at (920) 495-4303. **MEDICAL EMERGENCY?** Call 911.

Information & Rules of the Road

Be aware of the presence of motor vehicles on the course.

THE COURSE IS NOT CLOSED TO MOTOR VEHICLES.

DIRECTIONS TO THE START LINE: From Sturgeon Bay, drive north on Hwy. 42/57. Where it splits, continue north on Hwy. 42 until you arrive at Gills Rock (estimated drive = 1 hour). Watch for the Shoreline Restaurant and the parking attendants in yellow vests.

GEAR CHECK is available for solo runners at Stone Harbor Resort on Friday and at the start line on Saturday morning. Use the red numbered bins to have items delivered to each exchange. You may use the free drawstring bags we supply by writing your number and/or bib number on the outside or your own bags. At the rest stations, the gear will be set out on tables. **IMPORTANT: To expedite** the return of your gear to Sunset Park, place your gear bag back in the bin when you're done. Gear bags will be delivered to the Solo Runner Tent near the finish line throughout the afternoon

BIBS: Participants should wear both their front and back bibs. This will allow runners to identify the wave assignment of other participants. See wave assignments for each bib sequence under Weekend Schedule on the previous page.

TIMING TAGS: For race timing purposes, all participants will have a MyLaps bib tag corresponding to their team number on their front bib. Please note that there are NO INTERMEDIARY TIMING MATS to provide split times on the course. Only the first runner (start line) and the last runner (finish line) will be recorded going over the mats. TEAMS MAY ONLY CROSS OVER THE FINISH LINE TIMING MAT WITH THEIR OWN TEAM AND BEHIND THEIR FINAL RUNNER. The red Fall 50 hand-off bands should be used by relay teams during the event simply to verify hand-offs.

MEDICAL PERSONNEL will be roaming the entire course with official Fall 50 vehicle logos on the side and will be located at all rest stations and the finish line.

MOST IMPORTANT RULE: Solo runners and relay teams must run the entire 50 miles to be eligible for awards. If a runner is unable to complete a leg, another member of the team must take over where the runner left off and complete the leg.

ASSISTANCE. Between RELAY runners, assistance in the form of cheering, provision of beverages, or provision of food on the course and at the rest stations (aka exchange points) IS PERMISSIBLE. The only assistance that is not permitted is physical transportation. In the SOLO event, participants may only accept food or beverage at the designated rest stations (100 feet before to 100 feet after). Within those zones, solo runners may accept food or beverage from staff, volunteers, friends or family. Between rest stations, solo runners may not receive assistance from anybody. **Non-**

registered friends or family may not run with, walk with, or bike with solo runners between stations. Violation of these rules may result in disqualifications.

FALL 50 SIGNS are located at every turn and mile marker along the course. Always run on whichever side of the road the course signs are located on. In most cases, you will be running against the motor vehicle traffic along busier stretches of road.

OFFICIAL FALL 50 SUPPORT VEHICLE WINDOW CLINGS should be displayed in the windshield on the driver's side of your vehicle.

DESIGNATED EXCHANGE POINTS must be used for any team hand-offs. For safety reasons, exchanging outside of these points is prohibited. Use the red Fall 50 hand-off bands when you exchange. Only the next runner should be standing in the "waiting area" adjacent to the exchange zone which is designated by the red Fall 50 flags.

ALL NINE EXCHANGE POINTS offer ample parking, volunteers, bathroom facilities, food and drink, and a designated hand off point between two Fall 50 flags.

FOOD & DRINK: Every Exchange Point will offer water, Gatorade, Clif Bars, oranges, bananas, apples and bagels. This food is for participants only.

HALF WAY BUFFET: Exchange 5 at mile 29 in Juddville (formerly Villagio's Italian Restaurant) will offer the Half Way Buffet with hot soup, sandwiches and heavy snacks in addition to the fruit and Clif Bars. This food is for participants only.

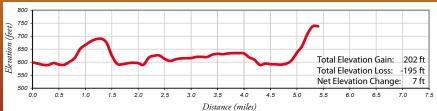
FINISH LINE will close at 6:30 pm (sunset). As explained during registration, finish times WILL NOT BE RECORDED after this time.

THE POST RACE PARTY will take place under giant tents in Sunset Park. A DJ will play music and announce finishers. There will be free food and beverage inside the tent including pizza, breadsticks, beer, wine and soda. Admission into the tent is free to participants and volunteers. Be sure to have the ticket on your bib when you first enter the tent. The COVER CHARGE for non-participants (regardless of whether you are eating and drinking) is \$20 for adults; \$10 for children ages 7-17; children ages 6 & under are free.

LEG 1 – 5.4 MILES

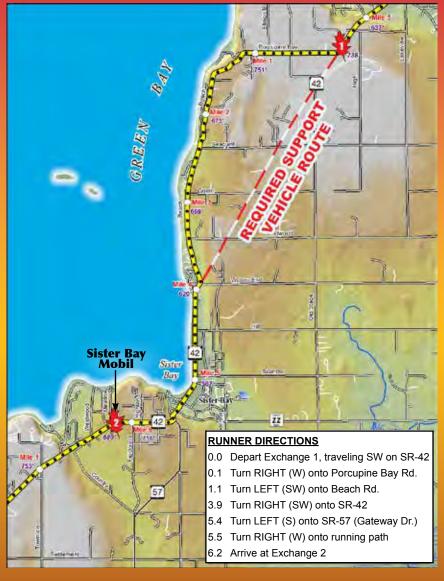
Cumulative Distance 5 4 miles

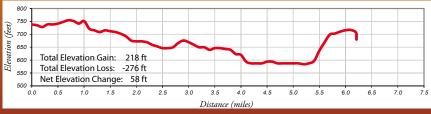




Leg 2 – 6.2 Miles

Cumulative Distance





LEG 3 – 7.2 MILES Cumulative Distance

18.8 miles

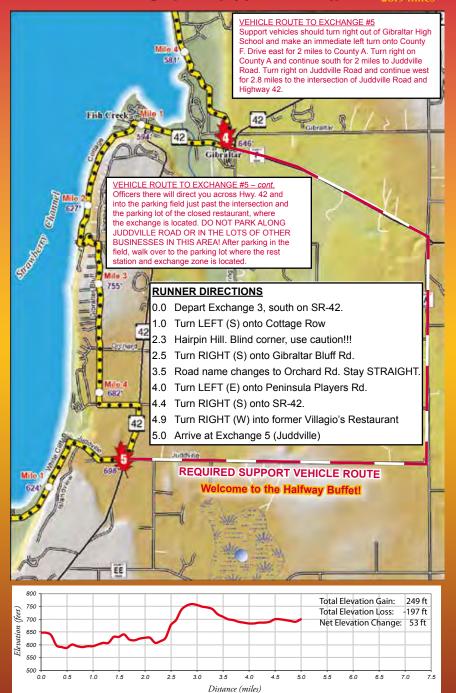






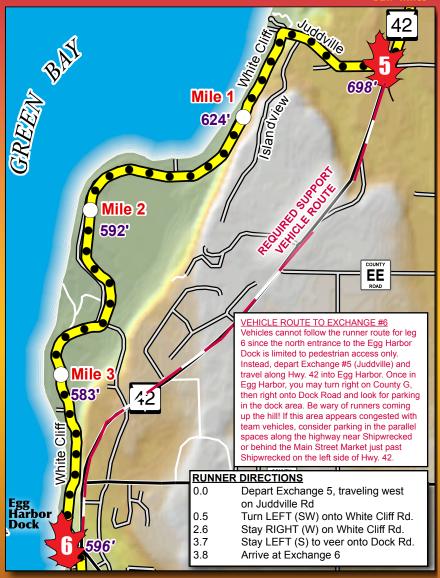
Leg 5 - 5.0 Miles

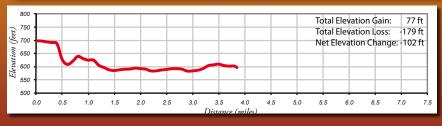
Cumulative Distance 28.9 miles



LEG 6 – 3.8 MILES

Cumulative Distance 32.7 miles

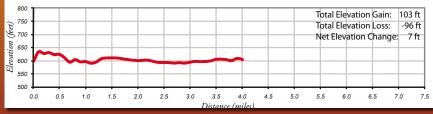




LEG 7 – 4.1 MILES

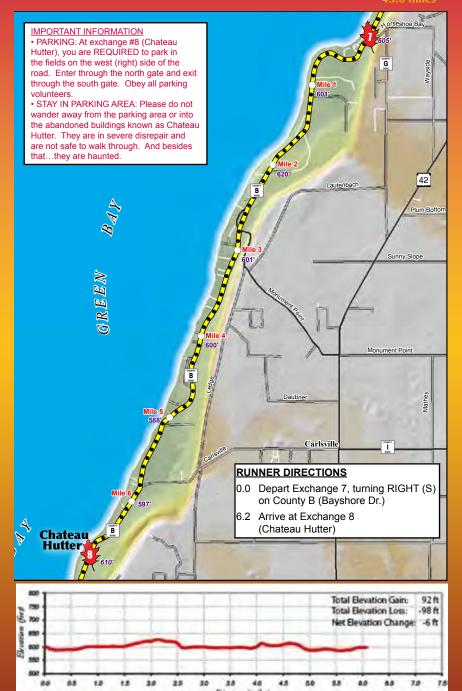
Cumulative Distance





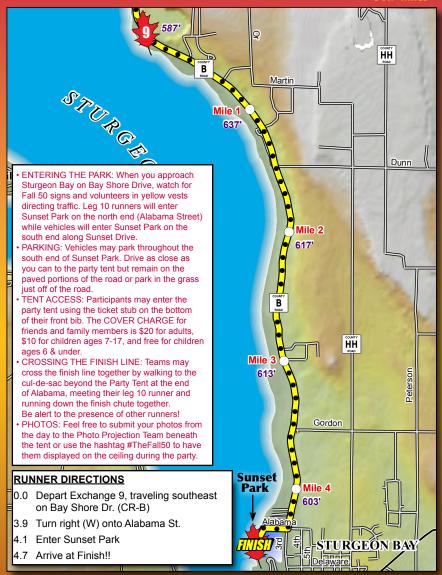
LEG 8 – 6.2 MILES

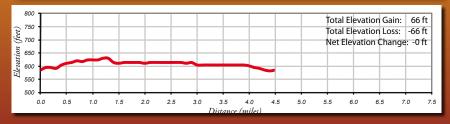
Cumulative Distance





LEG 10 - 4.7 MILES Cumulative Distance





Divisions & Awards

DIVISION / SUBDIVISIONS AWARD DEPTH

SOLO DIVISION AWARDS

Open (Age 39 & Under) Male and Female – 5 deep Masters (Age 40 & Over) Male and Female – 5 deep

PAIRS RELAY (2 RUNNERS) AWARDS

Open (One or Both Age 39 & Under) Male – 3 deep Open (One or Both Age 39 & Under) Female – 3 deep Open (One or Both Age 39 & Under) Mixed – 3 deep Masters (Both Age 40 & Over) Male – 3 deep Masters (Both Age 40 & Over) Female – 3 deep Masters (Both Age 40 & Over) Mixed – 3 deep

TEAM RELAY (3-5 RUNNERS) AWARDS

Open (At Least One Age 39 & Under) Male – 3 deep Open (At Least One Age 39 & Under) Female – 3 deep Open (At Least One Age 39 & Under) Mixed – 3 deep Masters (ALL Age 40 & Over) Male – 3 deep Masters (ALL Age 40 & Over) Female – 3 deep Masters (ALL Age 40 & Over) Mixed – 3 deep

BEST TEAM NAME AND BEST COSTUMES COMPETITIONS

Each year we award magnum champagne bottles to the top three teams judged to have the "Best Team Name" and the top three teams judged to have the "Best Team Costumes" at the post-race party. The Best Team Name awards are based on online voting by race staff and volunteers (no participant voting allowed for obvious reasons). The Best Team Costume awards are selected by a panel of judges who float around the post-race party on Saturday afternoon. The panel, which consists of both men and women, uses ballots to tabulate the top vote-getters. The best team name and best team costume awards are announced after the awards for being fast.

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MyTeam Triumph - Wisconsin Chapter

P.A.T.H.
Southern Door Football Team
Sturgeon Bay High School Choral Program
Sturgeon Bay High School Dance Team
Sturgeon Bay Lions Club
Sturgeon Bay-Sevastopol Wrestling Team

The Ridges Sanctuary

TJ Walker Middle School

Be sure to thank them for their help!

FALL 50 OVERVIEW – 50.7 MILES

