



## RED GRANITE GRINDER BIKE RACE GUIDE

Race Day - October 14, 2023

7 am - 50, 85, & 144 mile start

3 pm - 12 mile start



- All racers begin and end at race headquarters at the 400 Block, where there is plenty of nearby parking. No parking on Scott Street between 3rd and 5th Street at 7 am since that's where you line up for the start! Self-seed based on your expected pace.
- All 50, 85, and 144 mile racers must activate their timing chip by rolling through the finish line between 6:45 and 7:00 am prior to starting the race. Your race bib showing race number must always be visible mounted to the handlebars. **NO NOT WRAP THE BIB AROUND YOUR BIKE TUBE OR YOUR CHIP WILL NOT READ AND YOU WILL NOT HAVE A FINISH TIME.**
- There are no indoor facilities at the venue. There are port-a-potties, hand washing station, and tent available at race headquarters.
- You are expected to follow the rules of the road – even though all routes are timed, this may require you to stop at traffic lights / intersections. This is especially important in Edgar, Marathon City, and Wausau where there is more traffic and the general public sees the biking community. Note that this is harvest season, please respect the farmers with their equipment.
- Each route will have a mix of surfaces (pavement, gravel, and even trail) – pick a bike / tires that are appropriate for all surfaces. Check out the breakdown of gravel vs. pavement under Course Details in the racer guide and course map.
- The race takes place in a variety of weather. Plan extra travel time to get to the start on time. Dress appropriately. Boardwalks, bridges, and trails may be slick, especially if they are wet, frosty, or snowy. Approach these features with caution and dismount if needed.
- After racing, join in the fun with the after race party. Post-race finish line festival meal is available from 12-5:30 pm. If you're a 50 mile racer, plan accordingly. This is to accommodate the bulk of finishers. We plan to pack up some extra meals for the 144 miler racers on course as well. There will be some leftover snacks from aid stations brought around 2:00 pm.
- Each race starts and ends on the 400 Block – if jockeying for positions late in the race, make your move sooner than later as there are some intersections you will need to stop at.
- Know your hydration/ fuel plan and what you need. Bring your own hydration systems, nutrition, and mechanical. There are gas stations, bars, and aid stations noted on your GPS files. Check out the “Aid Station” section of this guide for more info on aid stations. Aid stations are meant to supplement you so make sure you have a crew member supporting you, have a drop bag (for 85 and 144 mile riders), or you have needed stuff with you. There is no SAG wagon.
- Make sure your crew/ fans know what aid stations and areas are the easiest to cheer you on from. Also make sure they know that if they plan to drive their car to the top of Rib Mountain, they will need to pay the state park fee.
- 50, 85 mile and 144 mile route names are approximate – actual final distance are on the cue sheets / GPS files.
- Verify you have the correct GPS file. Be sure to download the cue sheets linked at <https://www.ironbull.org/routes> since the ones in Ride With GPS provide no details on trail

sections. Bring spare cue sheets since GPS batteries die and ONLY in areas including several trail sections, there will be arrow signs to ensure racers ride the correct trails.

- Wisconsin is Wisconsin and October is October...anything could happen (just ask last year's racers!). Be sure to pack a variety of clothing and extra supplies that you may need.
- Especially for first time gravel racers, last minute questions are welcome at the group ride or Friday night bib pickup.
- Invite family/friends for live music and Red Eye beer on the 400 Block starting at 5 pm Friday, 10/13!
- More race tips at: <https://www.ironbull.org/grinder-faqs>
- Any gravel racers (if done by 3 pm) may also do the 12 mile route with friends or family for free. Keep your racer bib on and let the race director/starter Shane Hitz know when lining up at the start line.

### **Required Gear – Safety is our top priority - failure to have required gear may result in disqualification!**

- GPS with route file and/or cue sheets (only one per family required for 12 mile recreational ride) Download at: [www.ironbull.org/routes](http://www.ironbull.org/routes)
- Working cell phone – emergency call 911; non-emergency contact Race Director Shane Hitz 715-393-5568
- This race guide
- Certified bike helmet (CPSC marked bicycling helmets)
- Water bottle/ hydration pack (limited cups available)
- Race nutrition and electrolytes – aid stations are intended to supplement your nutrition plan, not fully support all your nutrition needs
- All 144 mile riders - flashing red tail light and front light (required to be on after 6 pm) and live tracker (provided at bib check-in)

### **Recommended Gear**

- Appropriate clothing for a day of October Wisconsin weather (socks, shorts, pants, shirts, shoes, rain gear, gloves, hats, buffs) - bright (preferred blaze orange) and reflective outer layers are recommended due to hunting season being open and to increase visibility on roads
- Space blanket
- Cell phone coverage is good for most of the route but best to ride with a buddy
- Change of clothes and shoes for pre-race/ post-race
- Cue sheets – GPS batteries die, especially in the cold fall weather
- Compass and odometer – especially if using cue sheets
- First aid - blister/chafing protection, bandages, ace wraps, aspirin, needed medications and inhalers - basic kits are located at each aid station and finish line relief tent
- Bike tools (spare tube, patch kit, lever, pump or CO2, multipurpose tool, spare chain link, etc.)
- Miscellaneous: bugspray, sunscreen, sunglasses
- Camera
- Map case for cue sheets
- Lighting required for 144 mile riders and may be useful at pre-race or for the 7 am start for 50 and 85 mile riders and during the solar eclipse!!!
- Toiletries and towel (free showers at Woodson YMCA for racers until 5 pm)

- Cash / credit card
- Bike lock
- ID for beer
- Race and parking maps and directions to get to the start line on time!

### Detailed Schedule (all events on 400 Block unless otherwise noted)

- Friday, October 13, 2023:
  - 12:00 pm: [Big Ring Fridrate 25 mile free group ride](#) departs from Bethany Lutheran Church (174071 Church Rd, Aniwa, WI 54408) – race director is available for any questions
  - 12:30-2:30 pm and 2:30-4:30 pm: Women’s free skills clinic led by Laura Hrubes and sponsored by Embark Maple (must pre-register)
  - 5:00 - 6:30 pm: Onsite registration and packet pick up for all events – race director is available for any questions
  - 5:00-7:00 pm: Red Eye Beer new beer release and live music by Through Crimson – invite your friends and family!
- Saturday, October 14, 2023:
  - 5:15 am - 6:30 am: Onsite registration and packet pick up for 50, 85, & 144 mile racers
  - 6:45 am: Pre-race meeting for 50, 85, and 144 mile races
  - **7:00 am: 50, 85, & 144 mile race start**
  - 11:30 am – 5:00 pm: Food available for racers and available for purchase for spectators from Urban Street Bistro food truck and drinks from Wausau Noon Optimist Club (we will box up extra meals for racers still on course)
  - 1:00 pm: 50 mile awards
  - 1:30 - 2:30 pm: Onsite registration and packet pick up for 12 mile riders
  - 2:35 pm: 85 mile awards
  - 2:45 pm: Pre-ride meeting for 12 mile riders
  - **3:00 pm: 12 mile ride start**
  - 3:00 – 5:00 pm: Live music from acoustic duo from The Northwoods Skitchers
  - 6:30 pm: 144 mile awards
  - 7:30 pm: Finish line official close - if you continue to ride you will do so at your own risk
  - 9:00 pm: 144 mile finish cutoff

### Start / Finish Area

- 400 Block of Wausau (near Grand Theater): 316 Scott Street, Wausau, WI 54403
- 400 Block Recommended Parking: City Lot #15 (North of Dudley Tower) 500 1<sup>st</sup> Street, Wausau, WI 54403

**No parking on Scott Street between 3<sup>rd</sup> and 5<sup>th</sup> Street at 7 am since that’s where you line up for the start!**

### Woodson YMCA:

- 707 3<sup>rd</sup> Street, Wausau, WI 54403



### Festival on the 400 Block

- All are invited on the 400 Block to the Red Eye beer release with live music starting at 5 pm Friday, 10/13 and the finish line on race day! Live music by Through Crimson will rock the 400 Block stage from 5:00 to 7:00, so hangout while carb-loading and devising race strategy with friends old and new.
- Come join the party and celebrate your bullheadedness! First beverage (which you may use Friday to carbo-load at the Red Eye beer release) is included in your race fee (use ticket on your bib to redeem – if getting a beer, you must show ID). All racers receive a post-race meal from the food truck (again, use ticket on your bib) on Saturday. Food/drinks also available for purchase by friends/family/crew. Otherwise, we encourage patronage to local restaurants surrounding the 400 Block!
- Food: Urban Street Bistro: <https://www.facebook.com/UrbanStreetBistro>
- Beverages: The Wausau Noon Optimist Club will be serving local brews including IRONBULL official beer from Red Eye Brewing, Miller Lite, White Claw and Mike’s Hard Lemonade, soda, Gatorade and water. Spectators may purchase at the event (beer must be over 21 and show ID).
  - Wausau Noon Optimist Club: <https://www.wausaunoonoptimist.org/>
  - Red Eye Brewing Company: <https://www.redeyebrewing.com/>
- Bring blankets/chairs to cheer on finishers spread out throughout the 400 Block.

### Transportation:

#### Racers:

- Ample parking is available in downtown Wausau near the finish area of 400 Block. We recommend City Lot #15 (500 1st Street, Wausau, WI 54403) for proximity to 400 Block and YMCA (for showers).

#### Spectators:

- Ample parking is available in downtown Wausau (recommend using same lot as racers).

- Spectators may crew / cheer on racers throughout the course except private lands noted on the Ride with GPS file; however, please park legally. For those cheering at the top of Rib Mountain State Park, a state park pass is required.

### Transfers, refunds, changes

- Registration and transaction fees are nonrefundable, including in the event of extreme weather or cancellation.
- Registration may be transferred to another person or another event for a \$20 fee up to one week prior to the event.
- Competing under another person's name will result in disqualification.

### Race Rules

- Race bib showing race number must always be visible mounted to the handlebars to ensure we can accurately and efficiently time you. Bibs CANNOT tucked between the top and down tube and NOT wrapped around the head tube. We are notifying you prior to the race so you can properly secure your bib. If your bib is not properly secured, your chip will not be read and you will not have a finish time.
- All 50, 85, and 144 mile racers must activate their timing chip by rolling through the finish line between 6:45 and 7:00 am prior to starting the race.
- Riders are responsible for ensuring that their bib number is recorded at each aid station. To be a finisher you must have completed the entire route and have your bib recorded at each aid station.
- For 85 and 144 mile riders at Rib Mountain State Park, we have a split at the top at the end of the road where racers can opt to ride on the Blue Trail (so no mandatory hike-a-bike in 2023!) or dismount and walk on the Red Trail. All racers may choose to ride on the Quarry Trail, but be courteous and ride within your abilities. If we have issues, we may lose access to this section or require a mandatory hike-a-bike again.
- Riders are responsible for the actions of their crew. If your crew does not adhere to race rules, requests from race directors/volunteers, or performs illegal actions, you may be disqualified from the race. Crews must abide by traffic regulations and park legally. We work with 24 public and private landowners and want to maintain a good relationship in order to have the privilege to use these properties.
- **ABSOLUTELY NO LITTERING. LEAVE NO TRACE!** Please use bathrooms noted on your GPS files.
- No pets or animals are allowed on course with racers.
- Clean and inspect bikes and shoes for seeds, mud, etc. prior to race day to limit spread of invasive species.
- Be considerate of other trail users—yield to others. Roads are open to traffic and all public trails remain open. We use both public and private properties to bring you to areas that aren't normally open to bikes, please be respectful so we can continue using these properties.
- **If you drop out of the race, inform a race director (Shane Hitz 715-393-5568) of your name and bib number. This is for your safety, so if you do not comply you may be banned from future IRONBULL events.**
- If you come across an injured (non-life threatening) person, please get the rider's bib number and call the race director or report the situation and location at the following aid station.
- All riders under age 13 must be accompanied by a registered adult.



- Tag-a-longs, tandems, and bike carts are encouraged in the 12 mile recreational ride. E-bikes (Type 1 only) are permitted in the 12 mile recreational ride. E-bikes (Type 1 only) are allowed on the 50, 85, and 144 mile rides and will be on the results and earn a finisher medal, but not eligible for awards.
- Participants may not advance along the route by any means other than bicycle or by foot.
- If you intentionally exit the course for any reason (supplies, bathroom), you must re-enter the course at the same spot at which you left. If you get lost, you shall make every reasonable attempt to backtrack to the point where you left the course; or to re-enter the course as soon as possible and without gaining an advantage.
- **Follow traffic rules, obey all commands by law enforcement, volunteers, and race management, and yield to emergency vehicles. This is especially important to maintain good public perception of the biking community!**
- Mandatory gear is required throughout the route and must be used as required.
- Respect riders, spectators, volunteers, and community members. This is harvest season, so please be conscientious of farming equipment.
- Violation of any rules or regulations of race may result in disqualification.
- Decisions of race management and medical personnel are final.

### Safety

- Lighting: A front light and red flashing tail light is mandatory for all riders in the 144 mile route. It must be on after 6 pm. You may choose to also have a headlamp pre-and post-race. Lighting may be desired while racing for 7 am start since that's near dawn and during this year's solar eclipse occurring during the race!
- Road Crossings: As a partly urban race, you will be crossing streets. While we attempt to provide personnel to make these safe, we cannot have someone at every intersection. Ultimately it is up to you as an intelligent rider to be aware of your surroundings and look both ways before crossing and abide by rules of road.
- Helmet: Required to be on and fastened when riding.
- Trails: All non-private trails are open to the public. This includes the ATV trail between Fenwood and Edgar. Note that the singletrack at Scotch Creek Preserve in Edgar for the 85 and 144 mile is not leaf-blown, ride with caution.
- Headphones: We strongly discourage the use of headphones, but if you are determined to use them, please only place in one ear. Full awareness of one's surroundings, and the ability to communicate with other participants, race volunteers, traffic, and trail users not associated with the event are critical to everyone's safety.
- Littering: Be green and minimize waste but put in garbage / recycling / compost when necessary.
- Visibility: Bright (preferred blaze orange) and reflective outer layers are recommended due to hunting season being open and riding on roads open to normal traffic. Managed Forest Lands and Nine Mile Forest are open to hunting.
- Cell phone coverage is good for most of the route (except northern portion of 144 mile route) but best to race with a buddy in case you need help. The SOS button on trackers requires cell signal.

### Trackers

- This event uses a GPS tracking device to provide safety and support for participants. Once distributed, trackers are the responsibility of the participant. Any trackers not returned, must be mailed back to the event organizer within 2-days of completing the event. Late return may incur a late fee. Full location information will only be accessible to event officials and emergency services. You agree to have your location tracked during the duration of the official event. This means that your location will be available to the general public and your location can be identified by anyone visiting the official tracking website.
- Trackers are required for all 144 mile racers to be operational during the race or else you are subject to disqualification. Fees are all included in the registration fee. Trackers are optional for \$15 in the 50 and 85 mile routes.
- All trackers must be returned at completion of the event or else you are subject to disqualification and a \$150 tracker replacement fee.
- You will receive the tracker at bib pickup along with a handout with specific instructions.
- Have friends/family follow along at: <https://live.enabledtracking.com/rgg2023/>

### **Dropping out**

- You must inform the aid station volunteer (if applicable) AND race director (Shane Hitz 715-393-5568). We want to be sure everyone is accounted for! Your bib will be removed, and you will need to arrange transportation.

### **Cutoff policy**

- There will be a cutoff enforced near the 85 mile/144 mile split at Edgar aid station. Riders in the 144 mile race leaving this aid station after **12 pm** will be short-coursed to the 85 mile route and will not be eligible for awards.
- You must finish by 7:30 pm to be an official finisher. If you choose to continue, you do so at your own risk.
- 144 mile racers finishing between 7:30 pm and 9:00 pm may receive an unofficial result and finisher medal but are not eligible for awards. Note that if you stay on course after 7:30 pm, you should bring money since aid stations may be closed. See “Aid Station” section for times each aid station will be available.

### **Crew and spectators**

- Crew/spectators are encouraged to support you from the 400 Block or various places on the course. The only place crews may not access is the private properties which are noted on the Ride With GPS map.
- Individuals providing support to participants must comply with instructions from race organizers and volunteers, and be respectful of other riders and support crews, in addition to following:
  - Crew access is allowed at all aid stations. See map for further details. <https://www.ironbull.org/routes> Make a poster to cheer on racers!
  - Littering of any kind is strictly prohibited.
  - All crew members and spectators are required to follow all traffic rules and regulations and park legally.
- Recommended places to spectate the 50, 85 and 144 mile routes include:
  - Rib Mountain State Park (state park fee required if accessing from State Park Road)
  - Red Bud Road (parking available at Nine Mile Forest chalet)
  - Nine Mile Forest near the shooting range

- Marathon City (50 mile only)
- If you're up for a country drive, Rib Falls and/or Edgar (85 and 144 mile only)
- Edgar aid station at Minnow Ponds (85 and 144 mile only) – note there's a playground onsite for the kids!
- Billy Goat Hills (north of Brokaw) (85 and 144 mile only)

### Aid Stations

- You are responsible for your bib number to be recorded at each aid station. This is for your safety!
- In an effort to minimize waste, limited cups are available. Bring your own bottles / hydration systems.
- Prior to starting Saturday, 85 and 144 mile riders will drop their LABELED drop bags off which will be delivered to the Edgar Aid Station or Averill Creek (144 mile only) (see details below). **KNOW YOUR HYDRATION/FUEL PLAN AND WHAT YOU NEED. THINK THROUGH POTENTIAL WEATHER CONDITIONS AND HOW THAT MAY IMPACT YOUR FLUID NEEDS AND GEAR NEEDS.** It's October in Wisconsin, it could be sunny warm and beautiful, cool and cloudy, or cold and raining or even snowing!
- There are five aid stations in the 144 mile race, three aid stations in the 85 mile race, and two aid stations in the 50 mile race. Please see course maps for location of aid stations.

<https://www.ironbull.org/routes>

Location	50 mile route	85 mile route	144 mile route
Wausau School Forest GPS coordinates: 44.845576051977005, -89.67420092828218 Available 7:30 am to 10:00 am Restrooms with flush toilets onsite	Mile 14	Mile 20	Mile 20
Edgar Minnow Ponds Park GPS coordinates: 44.93001902224228, -89.96800606497071 Available 9:30 am to 1:30 pm Vault toilet and potable water spigot onsite	-	Mile 50 Drop bags	Mile 50 Drop bags *12:00 pm cutoff otherwise short coursed
Cindy's Aid Station GPS coordinates: 45.08937, -89.88533 Available 10:45 am to 2:15 pm	-	-	Mile 68
Averill Creek Fire Lane GPS coordinates: 45.350348884047804, -89.88683512348628 Available 12:45 pm to 4:30 pm Port-a-potty onsite	-	-	Mile 102 Drop bags
Naugart GPS coordinates: 45.0759488366212, -89.70313604909462 Available 11:00 am to 6:45 pm Port-a-potty onsite	-	Mile 74	Mile 132



Hillcrest GPS coordinates: 45.03223372815621, - 89.69704293257216 Available 9:15 am to 12:45 pm Port-a-potty onsite	Mile 44	-	-
---	---------	---	---

- You are expected to carry your own nutrition, but we will supplement your nutrition with aid stations. The Edgar and Naugart aid stations may have the following beverage and food choices available: water, Tailwind Nutrition (official energy), pop, bananas, chips, pretzels, crackers, chicken & veggie broth, pickles, cookies, candy. The Cindy's and the Averill Creek aid station may have the following beverage and food choices available: water, Tailwind Nutrition (official energy), pop, bananas, chips, crackers, cookies, candy. The Wausau School Forest and Hillcrest aid stations will be more limited aid stations with water, bananas and crackers. Aid stations will also have feminine products and a basic first aid kit. Any additional items are at the discretion of the volunteers of the aid station.
- 144 mile racers expecting to be finishing between 7:30 pm and 9:00 pm should bring money since aid stations may be closed.
- Restrooms with running water is at the Wausau School Forest aid station. The Edgar aid station has a portable water spigot, vault toilet, and electricity. The Averill Creek and Hillcrest aid stations have a port-a-potty. Other public outhouses are noted on Ride With GPS.
- There is also water available along the course as noted on the GPS file in the 50, 85, and 144 mile routes. There are no aid stations in the 12 mile route. There are drinking fountains along the course (which may be turned off this late in the season).

#### **Drop Bags (85 and 144 mile riders only)**

- 85 and 144 mile riders will be able to access their drop bags at mile 50. 144 mile riders will also have a drop bag access at mile 102.
- Race organizers are not responsible for lost or stolen drop bags or property.
- You are allowed one drop bag per aid station. It needs to be placed in the area that is marked drop bags before you start. We will deliver your drop bag to each aid station for you to access.
- Drop off drop bags at packet/bib pick up on race morning. **CLEARLY LABEL YOUR DROP BAG WITH THE FOLLOWING:**
  - Name
  - Bib number (posted on website)
  - Drop bag location (Edgar or Averill Creek)
- Drop bags returned to the start/finish area after the aid station has been closed (estimated to be 2:30 pm for Edgar aid station and 6:30 pm for Averill Creek aid station).
- You may drive to reclaim your drop bag from the aid station before they are transported back to the start/finish area.
- Ideas of what to put in drop bag:
  - Extra clothing: socks, shorts, pants, shirts, shoes, rain gear, gloves, hats, buffs
  - Extra gear: water bottles, sunglasses, headlamps, spare tubes
  - Fuel and hydration: bars/gels, snacks, cookies, powders, drinks, electrolytes

- First aid: aspirin, chapstick, blister / chafing protection, bandages, ace wraps, sunscreen
- Small totes may be used but drop bags may not exceed 20 pounds and dimensions must be reasonably sized.
- Bags will be outdoors, in any kind of weather. Drop bags will NOT be mailed, if unclaimed, they will be disposed of or donated by the end of the week.

### Course Details/ Map/ Elevation

- GPS files and cue sheets will be available at: <https://www.ironbull.org/routes>
- **You must print your own cue sheets.** Note that Marathon County underwent re-addressing in 2019 and several road names changed. DO NOT use the Ride With GPS cue sheet download since trail sections are nondescript and Google / Ride With GPS still has not updated all the road names. We added this into the cue sheets manually available at <https://www.ironbull.org/routes> We highly advise you use an odometer to verify you are following the correct route.
- Be sure to download the GPS file before the race!
- Bike choice is based on rider preference – we have seen fatties, mountain bikes, gravel, and road bikes.
- Each course will have short sections of trails. The breakdown of each route is the following:
  - 144 mile: 60% gravel, 30% pavement, 10% off-road
  - 85 mile: 45% gravel, 44% pavement, 11% off-road
  - 50 mile: 26% gravel, 67% pavement, 7% off-road dirt
  - 12 mile: 85% pavement, 15% off-road gravel

### Course Markings

- Key turns on the 12 mile route will be marked with 12"x18" arrow sign. Nonetheless, each family is required to carry a GPS with route file and/or cue sheet in case a sign is removed or damaged on the urban route.
- All 50, 85 and 144 mile riders are expected to navigate the course with cue sheets / GPS. ONLY in areas including several trail sections (so not every trail portion), there will be arrow signs to ensure racers ride the correct trails.

### Awards

- Custom finisher medal to everyone who completes the route that is also a coaster!
- Overall 1-3 male and female in the 50, 85 and 144 mile races and "Blood of the Bull" locally produced wine (if over age 21)
- Age group winners of the 50, 85 and 144 mile races will receive custom cutting boards
  - Age groups: 18-29, 30-39, 40-49, 50-59, 60, 70 and over
  - Recognition and extra free beverage for 2<sup>nd</sup> and 3<sup>rd</sup> place riders in each age group
- Recognition will be given to kids in the 12 mile route, with all participants under 18 receiving a finisher medal and toy truck at the finish line.
- If you unable to attend the awards ceremony, unclaimed awards will not be mailed.



*Finisher medals / coasters*



*Custom cutting board awards*

### Results

- Results will be posted on 400 Block (location of finish line party) in the main tent.
- Live results link will be posted on the IRONBULL Facebook page on the event day.
- Live tracking link will be posted on the event's Facebook page.
- Results will be posted on ironbull.org within 24 hours of the event.

### Photography

- Photographers: Focal Point Photography Club

### Ironbull retail

- Official IRONBULL merchandise is available for sale on the 400 Block at the post-race festival
- Proceeds benefit the Wausau and Marathon County Parks and Recreation Foundation and IRONBULL

### Onsite services

- Hot Ruby Coffee free to all racers, volunteers, and spectators prior to race start.



- Mullins Whey with free 100% whey protein isolate packet samples.



- Mullin Cheese with free cheese samples.



- Bob Buck with free onsite bike chain clean and lubrication with the VonBuckinator. Video at: <https://youtu.be/JI8h1UBGpLA> and more info [here](#).

### Showers

- Free showers at Woodson YMCA Wausau Branch (until 5 pm)
- Must show race bib
- Bring your own toiletries and towel (towels provided at \$1)
- **Located 3 blocks from the finish line at 707 3rd Street, Wausau, WI 54403**

### Group ride

Join race director, Shane Hitz, on Friday's group ride. Shane designed the route specifically for riders to shake out their legs or for friends/family/crews to get a taste of Central Wisconsin gravel. Racers can get some race day tips from Shane or other locals.

- Friday 10/13 noon free group ride [Big Ring Fridrate](#) - departs from Bethany Lutheran Church (174071 Church Rd, Aniwa, WI 54408)

Shift into the big chainring on this fast, super easy spin while you hydrate before the big race. Ride some of the best gravel surfaces in the Wausau area on fast rolling, low traffic eastern Marathon County gravel. Highlights of this 90% gravel route include the Hewitt-Harrison Forest Unit, Ackley Wildlife Preserve and a few small farms including an apple farm scattered throughout.

### Things for friends and family to do

There are many things to do! Be sure to enjoy the fun on the 400 Block on both Friday and Saturday! (See "Festival on the 400 Block" section for more information.) In addition to cheering you on the race course, families may explore one of the many shops and restaurants in downtown Wausau.

If your family wants to venture outside, we recommend taking in the peak of fall colors at the top of Rib Mountain State Park by driving to the top (state park pass required) or hiking one of the many area trails. Supporters may enjoy a chairlift ride up Rib Mountain via Granite Peak's ski lift (11 am to 5 pm 10/14). Must purchase a pass online: <https://www.skigranitepeak.com/plan-your-trip/events-activities/fall-scenic-rides> Spectators may also walk on the River Edge Trail which the 12 mile recreational ride uses. In fact, we encourage you to sign up for a casual ride on this ride (race day registration is available).

Crews can walk the Willow Springs corn maze on the south side of Willow Springs. Willow Springs also has a pumpkin patch, barrel train, concessions and more (Sat 9:30 am – 9:30 pm, Sun 10:00 am-6:00 pm, \$7/person, free under 4 years). <https://www.willowspringsgardens.com/>

### Social media

Make sure you tag yourself and IRONBULL on social media. We will have a backdrop and selfie frame to snap shots with at the event.

- Instagram: <https://www.instagram.com/ironbullxtreme/> #ironbullxtreme and #ironbulltough
- Facebook: / IRONBULLxtreme or <https://www.facebook.com/events/895174831809125>

- Twitter: <https://twitter.com/IronBullXtreme> #ironbullxtreme and #ironbulltough
- Snapchat: IronBullXtreme

### **Green Initiative**

Ways to enjoy the race and enjoy the beauty around us with minimal impact!

- Cups are limited at aid stations - please plan accordingly by bringing your own hydration
- Compost and recycling onsite with compostable food trays – last year we generated less than two bins of garbage on the 400 Block!

### **Volunteers**

Have friends and family sign up to volunteer: <https://www.ironbull.org/volunteer-grinder>

Volunteers are IRONBULL’s lifeblood. Our willing volunteers exhibit the eagerness to participate in and support various roles throughout the event. They provide a contagious feeling of excitement for both racers and spectators alike that helps make IRONBULL an all-encompassing community event. Without the passion and dedication of our volunteers, we wouldn’t have a race.

If you feel it within yourself to participate in one or more IRONBULL races by volunteering at any of the dozens of positions that are critical to making the IRONBULL as successful as we intend, please sign up on our website. If you have questions, contact us at [executivedirector@ironbull.org](mailto:executivedirector@ironbull.org).

### **Hotel**

Looking to take your IRONBULL race weekend to the next level? Check out all the fun and affordable room options from our partners at bantr hotels! 30% off all rooms for IRONBULL athletes (using the promo code IRONBULL) and free access to bantr events during race weekend like live music, comedy shows, trivia, free drinks, and more! You’ll also receive secure storage for your bikes near the front entrance so there’s no need to worry about trekking them to your room! Reserve at: [www.bantrrothschild.com](http://www.bantrrothschild.com)

#### **bantr – IRONBULL’s Preferred Hotel**

805 Creske Avenue  
Rothschild, WI 54474  
715-241-6300

#### **Jefferson Street Inn - across the street from the start and finish line**

201 Jefferson Street  
Wausau, WI, 54403  
Call 715-845-6500 to reserve and ask for the IRONBULL Red Granite Grinder room block code 2310IRONBU)  
<http://www.jeffersonstreetinn.com/>

#### **Hilton Garden Inn – 10 minutes from the race venue**

151401 County Road NN  
Wausau, Wisconsin 54401  
715-298-5775  
<https://www.hilton.com/en/hilton-garden-inn/>



**Local Food**

Red Eye Brewing Company is located blocks from Friday’s bib pickup / Saturday’s finish line and has excellent artisan food to accompany their fantastic brews. They have a variety of menu items including vegetarian and gluten free options plus a full lineup of tasty woodfired pizzas. They source with several local farms to provide the freshest ingredients. Plus use your SWAG bag coupon!

**Red Eye Brewing Company**

612 Washington St

Wausau, WI 54403

715-843-7334

<https://www.redeyebrewing.com/>

**After Party**

Continue the fun at Malarkey’s Pub & Townies Grill (408 N 3<sup>rd</sup> Street, Wausau, WI 54403).

**Race Team Profiles**

<https://www.ironbull.org/our-team>

**Contact Info**

- Shane Hitz, race director: call/text 715-393-5568, email: [sehitz1@gmail.com](mailto:sehitz1@gmail.com)
- Andrea Larson, IRONBULL executive director: office 715-848-5949, [executivedirector@IRONBULL.org](mailto:executivedirector@IRONBULL.org)

Notes:

---



---



---



---



---



---



---



---



---



---



---

**EVENT SPONSORS**



**OFFICIAL PROTEIN**



**OFFICIAL BEER**



**OFFICIAL COFFEE**



**OFFICIAL ENERGY**



**PREFERRED HOTEL PARTNER**



**WOMEN'S SKILL CLINIC SPONSOR**



**KIDS RIDE SPONSOR**

