



SNOWBOUND IN THE UNDERDOWN RACE GUIDE

February 24, 2024

Prairie Dells Trail Head, Merrill, WI 54452



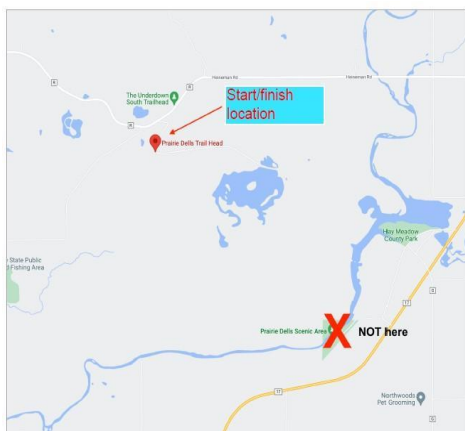
Schedule

SATURDAY, FEBRUARY 24, 2024

- 8:30 am -12:00 pm: Bib pickup
- 9:00 am: Long fat bike race start
- 9:30 am: Medium fat bike race start
- 10:00 am: Short fat bike race start
- 12:00 pm: 6 mile snowshoe start
- 12:30 pm: 3 mile snowshoe start
- Awards as soon as possible as podiums fill

Parking

- Parking available for racers and spectators at Prairie Dells Trail Head, Merrill, WI 54452 (this works in Google Maps) (located off of Heineman Rd / Cty R). Please park tightly since space is limited - outhouse available onsite
- Coordinates: 45.27290759030347, -89.5879814947932
- Here is a screenshot (be careful NOT to go to Prairie Dells Scenic Area)



Recommended Gear

- Insulated water bottle/hydration pack (limited cups available)
- Appropriate clothing for a few hours of Wisconsin winter, layers recommended
- Space blanket
- Change of clothes and shoes for pre-race/ post-race
- Hand & toe warmers
- First aid (ibuprofen/Aspirin, chapstick, blister/chafing protection, bandages, ace wraps, etc.)
- Needed medications, inhalers, EpiPens, Ibuprofen/analgesics, etc.
- Bike tools for bikers
- Sunglasses/eye protection

- Nutrition and hydration appropriate for race length
- Watch/GPS
- Cell phone and camera

Timing

- This event will be professionally timed by Wisconsin Endurance Mountain Bike Series (WEMS).
- Bikers must have your number plate on the front of their bike. Snowshoers must have your race bib clearly visible on your chest or left thigh.

Transfers, refunds, cancellations

- In the event of poor trail/low snow conditions, the race course may be modified, or the event may be cancelled. If the race is cancelled due to poor/low snow conditions, registrants that have already paid will receive a credit for any IRONBULL event.
- If we hold the event and you are unable to participate, registration may be credited to another event less a \$10 fee up to 72 hours prior to the event.
- Competing under another person's name will result in disqualification.

Course Description

- Course map including aid station locations [here](#) . Note due to snow/trail conditions, the course is subject to change. The snowshoe may be converted to a trail run if low snow.
- All courses loop, so you will start and finish in the same spot. Yield to overtaking racers. There is an outhouse available onsite, but no indoor facilities.
- Cell phone service will be spotty.
- Check out a video from the 2023 fat bike race from Nathan Long at: <https://www.youtube.com/watch?v=7hvocuboZr8>
- Routes will vary based on current snow conditions. Bikes are not allowed on groomed snowmobile or ski trails except for Horn Lake Road. Follow Underdown Dells Project on Facebook for current conditions.
- Experience fat tire biking and snowshoe racing on the unique winter trails starting at Prairie Dells. Bikers start first with a journey up the Prairie River gorge before hitting the hills and lakes of Underdown for rides of 10, 15 and 25 miles. Six-mile snowshoers will get to the majestic Prairie Dells while three-milers will take in the overlooks of the new Heinemia Loop. The wonder of this place in winter is something that has to be seen to be believed. Courses will be well-marked.
- Fat bike
 - Short Race: approximately 10 mile lap. Terrain is rolling, flowy, and scenic. A chance to ride the famous Prairie Dells River Trail
 - Medium Race: approximately 15 mile lap with a blend of fast Prairie Dells flow and a vertical loop that is one big hill after another.
 - Long Race: approximately 25 mile lap with challenging, hilly terrain. This lap adds a back country adventure over 3 ponds, 4 lakes, 6 bogs and 20 bonus hills.
- Snowshoe

- Short Race: approximately 3 mile lap. Terrain is rolling and scenic on Underdown's newest trail, Heinemania
- Long Race: approximately 6 mile lap. Terrain is rolling, flowy, and scenic with views of the majestic Prairie Dells canyon. Aid at the river cliff around the halfway point.
- An aid station may have the following beverage and food choices available (but not limited to): water, Tailwind Nutrition, soft drinks, fruit, chips, cookies, candy, pickles. The location is pending the 2024 course due to record low snowfall.

Race Rules

It's important that you use common sense, follow the rules, and be nice to ensure everyone's enjoyment, safety, and overall experience. If you break the rules or do any other shenanigans, we have the final decision in DQ'ing you. If you see someone being "one of those people," please reach race director (Chris Schotz 715-351-0107) to handle. Thanks for being nice.

- Race bib/number must always be visible on your chest or left thigh on snowshoers or front of bike to ensure accurate and efficient timing.
- All participants must yield when overtaking racers alert them (recommended alerts may include "pass", "track", "on your left", or "up").
- If you drop out of the race, call or text the race director (Chris Schotz 715-351-0107) with your name and number.
- All bikers must have tires at least 3.8" and a bike helmet on at all times while racing. Adjust tire pressure as needed to prevent damaging trails. Depending on trail conditions on the day of the race, anywhere from 2-6 psi will likely be recommended. Studded tires are allowed, and may be very useful if icy conditions.
- Snowshoes must be worn for the entire snowshoe event unless the event is converted to a trail run.
- Racers cannot stash support including nutrition, equipment, or any other gear or items on course prior to the race.
- Pacers are not allowed.
- No pets or animals are allowed on course with racers.
- Racers must stay on course. Cutting the course is not permitted and really lame.
- No littering. This applies to on-course, in the parking lot, and everywhere. Please pick up any garbage you see, no matter how small it is.
- If you come across an injured (non-life threatening) person, please get the racer's bib number and call the race director or report the situation to the following aid station. Call 911 for any emergencies. If this occurs and you forfeit your place in the race, IRONBULL will provide you an entry into a future race.
- Be considerate of other trail users, racers, and volunteers.
- Violation of any rules or regulations of race may result in disqualification. Decisions of race management and medical personnel are final.

Safety

- Trails: Trails remain open to the public.

- **Road and Snowmobile Trail Crossings:** Each course crosses low-volume gravel roads and snowmobile trails. It is still ultimately up to you as an intelligent racer to be aware of your surroundings and look both ways before crossing.
- **Hazards:** Watch for ice, low branches, thorns, bridges, and other racers and spectators.
- **Helmet:** Required to be on and fastened when riding a bike.
- **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, and trail users not associated with the event are critical to everyone's safety.
- **Wilderness:** You should be comfortable being alone and have experience taking care of yourself in the woods. Cell phone coverage is spotty.
- **Emergencies: DIAL 911.**
 - Aspirus Tomahawk Hospital
401 West Mohawk Drive
Tomahawk, WI 54487
(715) 453-7700
 - Aspirus Merrill Hospital
601 S Center Ave,
Merrill, WI 54452
(715) 536-5511
 - Aspirus Wausau Hospital
333 Pine Ridge Blvd,
Wausau, WI 54401
(715) 847-2121

Dropping out

- If you have to quit the race, **call or text the race director (Chris Schotz 715-351-0107) with your name and number.**
- You are responsible to get yourself off course and back to race headquarters.

Awards

Each finisher of every distance will receive a custom medal at the finish.

Results

- A link to results will be posted at <https://www.ironbull.org/underdown-details> within 24 hours of the event.

Social media

Make sure you tag yourself and IRONBULL on social media.

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

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

Volunteers

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 volunteer at any of the positions that are critical to making the IRONBULL as successful as we intend, please contact us at executivedirector@ironbull.org.

Lodging

Merrill and Tomahawk have several options to choose from and are the closest. Wausau offers several as well. If you're looking to take your IRONBULL race weekend to the next level, check out all the fun and affordable room options from our friends 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!

More links

The following are some links to give you information about the Underdown Recreation Area:

- Lincoln County Website – <https://co.lincoln.wi.us/forestry-land-and-parks/page/underdown-campground>
- Underdown Dells Project www.facebook.com/underdowndells
- 25 miles of fat bike singletrack are open when conditions allow. Come back in summer for 37 miles of backwoods singletrack and the Thunderdown in the Underdown / Underdown Trail Races on 8/19/24 also part of the [IRONBULL](#) race series.

Contact Info

- Chris Schotz, race director: call/text 715-351-0107, email: undergroundunderdown@gmail.com
- Andrea Larson, IRONBULL executive director: office 715-848-5949, executivedirector@IRONBULL.org

EVENT SPONSORS

CITY OF MERRILL



For visitor information, call the Merrill Area Chamber of Commerce at 715-536-9474 or visit www.merrillchamber.org

OFFICIAL PROTEIN



OFFICIAL COFFEE



PREFERRED HOTEL PARTNER



OFFICIAL BANK

