

Bravado Challenge Race Instructions - 2019

May 18, 2019

Waukesha, Wisconsin

Please read and understand these instructions for race day. There is no pre-race meeting, so it remains your responsibility to understand and follow these instructions. Please email us at bravadochallenge@mbmsporting.com with any questions.

Check-In Options

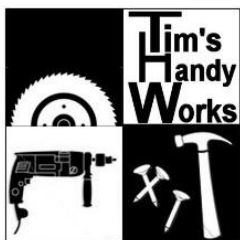
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Friday Night Check-in: runs from 5:00pm-7:00PM at Wheel & Sprocket in Brookfield ([13925 W Capitol Dr, Brookfield, WI 53005](https://www.google.com/maps/place/13925+W+Capitol+Dr,+Brookfield,+WI+53005)). Get your race packet early, support Wheel & Sprocket, and ask any questions about the race!

Saturday Race Day Check-in: opens at 7:30AM at the pavilion at Picnic Area 2 in Fox River County Park ([W264 S4500 River Road, Waukesha, WI 53189](https://www.google.com/maps/place/W264+S4500+River+Road,+Waukesha,+WI+53189)). Check-in closes at 9:15 am sharp.

Sponsors



Race Day

Step 1 - Bike Drop: Head to Hwy 18 West Restaurant (Formerly Saxs Bar and Grill) ([W325S1767 Mickle Rd Delafield, WI 53018](https://www.google.com/maps/place/W325S1767+Mickle+Rd,+Delafield,+WI+53018)). Place your bike on the available bike racks. Volunteers will be available to provide assistance or answer questions. Please do not move or alter other participants' bikes. Allow for approximately 20 minutes to drive from the Bike Drop to the Boat Drop.

Step 2 - Boat Drop: Skip this step if you are renting your canoe or kayak. Head to Waukesha Fox River Sanctuary ([810 W. College Ave., Waukesha, WI 53186](https://www.google.com/maps/place/810+W.+College+Ave.,+Waukesha,+WI+53186)). Race volunteers will assist with placing your boat. If you have rented a boat, skip this drop-off and your boat will be waiting for you at this transition area. Allow for approximately 10-15 minutes to drive from the Boat Drop to the Check-in location.

Step 3 - Check-in and Shuttles: Head to Waukesha Fox River County Park ([W264 S4500 River Road, Waukesha, WI 53189](https://www.google.com/maps/place/W264+S4500+River+Road,+Waukesha,+WI+53189)). Head to the pavilion at Picnic Area 2. Check-in ends at 9AM and the last shuttle bus will leave at 9:15AM sharp from this location and take you to the starting line. Please note there is a \$5 per car entry fee into Fox River County Park.

Race Numbers: Race numbers are provided by Road ID. Fasten your race number to your shirt with the pins provided, making sure it is visible by the timing volunteers. Teams will receive duplicate race numbers.

Parking: Participants and spectators may park in any parking spot in Fox River County Park. Bravado Challenge has rented the entire park. Please do not park on the grass or in an unmarked parking location or your car may be towed.

Shuttles: Shuttle buses will transport participants from Fox River County Park to the start line at Lapham Peak State Park Evergreen Grove ([W329N846 Waukesha C, Delafield, WI 53018](https://www.google.com/maps/place/W329N846+Waukesha+C,+Delafield,+WI+53018)). **The last shuttle bus will leave at 9:15 am sharp.**

Race Course

Leg 1: Run Course on the Ice Age Trail, 4 Miles: The run starts at 10AM sharp at the Evergreen Grove parking area and follows the Ice Age Trail through Lapham Peak State Park which is identified by yellow markers. White arrow signs will guide runners at a few points where there is an intersection on the trail. There will be two water stations available during the run: at the Lapham Peak tower and when crossing Boy's School Road. You will cross both Boy's School Road and Hwy 18. Be careful, and follow the instructions of volunteers and Waukesha County Sheriff officers. When you reach the bike transition, you can leave any gear that you do not need in a bag clearly marked with your name and provide it to a volunteer; they will ensure it gets taken to the finish line.

Leg 2: Bike Course on the Glacial Drumlin Trail, 8 Miles: The bike course starts at the transition area at Hwy 18 West (formerly Saxe's Bar and Grill) in Wales, Wisconsin. This leg follows the paved Drumlin State Trail which is a busy trail. **You must have a Wisconsin State Trail Pass, or you may be stopped by a Wisconsin DNR Officer.** Please be courteous of everyone on the trail; say "On your left" when going around anyone on this trail. There are several road crossings on this trail. Please be careful and constantly aware of traffic, volunteers, and anyone else on the trail. When you reach the paddle transition, you will leave your bike and gear, but you must pick it up by 4 pm at the latest after completing the race. **Bike helmets are mandatory! Bikers without helmets will be disqualified.**

Leg 3: Boat Course on the Fox River, 4.5 Miles: Paddling is on the Fox River, starting at the Waukesha Fox River Sanctuary. If you rented a kayak or canoe, it will be waiting for you here, along with paddles and PFDs. Rental boats are clearly marked so do not take or move personal kayaks or canoes. Solo participants will have kayaks and teams will have canoes. Please do not take the wrong kind, as it will leave someone stranded without a boat. Participants using their own boats must also supply paddles and life vests (state law requires one PFD for each person). Be careful when launching, as the riverbanks can be slippery. At the finish line, be courteous of others as you get to the finish line. Volunteers will be there to assist you and pull your boat out of the water at Fox River County Park.

Timing: Timing is done manually by volunteers so please yell your race number when you enter transition areas and ensure that volunteers have recorded your time.

Restrooms: Portable toilets will be available at the bike and paddle transition areas. Restrooms are also available at the check-in location in Fox River County Park and at start line at Lapham Peak.

Water Stations: There will be water stations at the Lapham Peak tower, Boy's School road crossing, both transition areas, and the finish line.

First Aid: Volunteers at each transition area and water station will have the ability to communicate with race officials and will have contact information for all emergency services. Local fire and emergency services are aware that the Bravado Challenge is occurring.

Post Race

Food: Free recovery food will be available for all participants at the finish line in Fox River County Park. In addition, there will be a full meal provided at the pavilion in Picnic Area 2 (same spot as morning registration).

Awards: The awards ceremony starts at the pavilion in Picnic Area 2 of Fox River County Park at roughly 1 pm. Awards will be given to the top three participants in each of the following categories: Female Solo, Female 2 Person Team, Male Solo, Male 2 Person Team, Co-Ed 2 Person Team, 4 Person Team.

Photos: Photos will be available after the race. Proceeds from photos professionally printed will be donated directly to the Birth to 3 program!

Other Info

Weather: If weather is questionable (thunder, lightning), we will make decisions in tandem with local authorities and then proceed. The Bravado Challenge will happen rain or shine. If we are forced to cancel the race, there are no refunds.

Raffle: The Bravado Challenge holds a raffle of donated items from local businesses to benefit the Birth to 3 program. Please consider participating! Tickets are \$5 each or 5 for \$20. The raffle closes at 9AM, prizes are drawn during the race, and are then available at the pavilion by 12PM.

Personal Property Policy: The Bravado Challenge and its race directors are not responsible for lost or stolen items. You will be leaving your bike at the paddle transition, where there will be volunteers watching the bikes. Please pick up your bikes before 4pm.

Refund/Cancellation Policy: Registration fees are non-refundable, and may not be deferred or otherwise transferred for any reason including race cancellation. If the Fox River is deemed unsafe, the race will become a run/bike duathlon, but boat rental fees will not be refunded.

Please thank our volunteers and sponsors and have fun!

Contact MBM Sporting bravadochallenge@mbmsporting.com with questions.

Thank you!

Ben and Mike - Race Directors