

# FULL GANDY RELAY

RUN | BIKE | HIKE | 47.7 MILES  
ST.CROIX FALLS TO DANBURY, WISC

## AUGUST 29, 2020



Celebrate the end of summer by tackling 47.7 miles in one day. Travel via foot and bike from St. Croix Falls to Danbury, WI in a four-person relay-style race. You'll explore the Gandy Dancer State Trail's southern segment. If you really want a challenge, take on this adventure with a three or two-person team, or tackle it solo!

Teams of 4, 3, 2 or 1 will cover 47.7 miles in sections designated for running, biking and hiking. While one of your team members is on the course, the rest of your team will drive ahead to the next transition zone. One support vehicle is encouraged per team to keep transition areas manageable.

There are a total of 7 segments, which include 3 running, 3 biking and 1 hike. The running segments range in length from 4 miles to 6 miles. The biking segments range from 6 to 11 miles. And the hiking segment is 3.7 miles. Your team collectively decides which segments each team member will take. One member of the team will be on the trail at a time. A State Trail Pass is required for team members riding bike 16 years of age and over. Passes are available at the start line. This event will happen rain or shine. If severe weather is predicted check event status at [GandyDancerTrail.org](http://GandyDancerTrail.org).

**DATE** Saturday, August 29, 2020

**TIME** 8:00am - 8:30am Race Day Registration  
9:00am Relay begins

**SUGGESTED DONATION** \$25/person (includes shirt and post race food)  
No Refunds

**STARTING LOCATION** Polk County Information Center  
710 WI-35, St. Croix Falls, WI 54024

**REGISTRATION** Online registration closes on Friday, August 14

**SHIRTS** Participants who register on or before August 14 are guaranteed a shirt on race day

**SUPPORT** One aid station will be in Frederic, Soo Line Depot

**TIMING** The race will be unofficially timed

**FINISH LINE** Enjoy post race food and fun in Danbury, WI

**REGISTER ON-LINE** [GandyDancerTrail.org](http://GandyDancerTrail.org) (COMING SOON)

