



The WhistleStop Festival • October 11 & 12, 2013 • Ashland Area Chamber of Commerce

## WhistleStop Greetings!

Welcome to the 16th running of the CenturyLink WhistleStop Marathon and Half Marathon.

We are so excited to welcome you to Ashland and the Chequamegon, (pronounced She-Wah-Me-Gon), Bay. Ashland is Lake Superior's "Hometown" and we hope that you will feel the warm hospitality from our businesses and residents as you embark on the most Scenic, Fun, Fall Marathon with the best volunteers! This race is all about YOU! So however we can make your experience a memorable one, we aim to do that. We are very proud of you first-time

runners that are using WhistleStop for your inaugural run. We want to recognize you and we know you veteran runners will also congratulate the rookies! We will recognize "first time runners" with a fluorescent pink sticker on their bib. We will also honor 32 "Locomotive" runners who have participated in ALL 16 events! You will see a fluorescent yellow sticker on their bib. So bright pink is new and bright yellow is locomotive! We will do our very best to pack and water the softer spots on the trail and let you know in your race packet of any particular spots to be aware of on

the trail. This is a trail run so please be aware of your footing. There are 15 water stations, many with food. Most of our volunteers have been with our race for more than 10 years. They are fun and very serious about their tasks and that makes for a great organized event.

The shirts are fabulous! Absolutely fabulous. Black with the stark fall colored leaves with the railroad design that mimics the newest railroad mural and an excellent running

shirt with the lower back design, pockets, and G-force wicking for moisture control. We hope you will like them as much as we do!

Please fill out our survey after the race and thank you for participating in the 16th Annual CenturyLink WhistleStop Marathon and Half Marathon.

Mary McPhetridge, Executive Director, Ashland Area Chamber of Commerce.



### GET READY, GET SET, GO!! In The Annual WhistleTot "LITTLE ENGINE THAT COULD" Toddler Run Open To Toddlers Ages 2-4 Saturday, October 12th 2:00 p.m.

Toddlers, ages 2-4, will be proud to enter this fun, walk/run race where everyone is a winner! WhistleStop Whistles will be awarded to all the toddlers in the race. Join us in cheering on these little athletes as they cross the finish line. Runners, family members, and local residents love to come and cheer on these focused little runners as they truck down the 100 foot course inside the Civic

Center. Help cheer them on and we promise you will be glad you came to watch these young athletes, (the soon to be "marathoners of the future") as they race to cross the finish line. You are guaranteed to have as much fun as the toddlers will!

The WhistleTot "Little Engine That Could", Toddler Run is free to enter. Call ahead or just come down to the Bay Area Civic Center on October 12th. Start time is 2pm. You will see pride...energy...speed and lot's of smiles when you watch your favorite little athlete in the Annual WhistleStop "Little Engine That Could" Toddler Run, Saturday, October 12th, 2013 at 2pm inside the Bay Area Civic Center, next to the Festival Tent.

### PASTA FEED AND LAKE SUPERIOR FISH BOIL

Ashland; Lake Superior's Hometown invites you to dine, visit, and listen to the sound of local, popular musicians when you take part in the Annual WhistleStop Lake Superior Fish Boil and Pasta Feed inside the Bay Area Civic Center on Friday, October 11th from 4:30pm-8:00pm. This is the perfect time to enjoy genuine Lake Superior Hometown Hospitality. Experience the taste of Chequamegon Bay... enjoy visiting with locals...make new friends...or just reminisce about past races and talk over race day expectations while you enjoy great food.

#### LAKE SUPERIOR FISH BOIL AND PASTA FEED

The 16th Annual WhistleStop Pasta Feed and Lake Superior Fish Boil will meet your "night before the race food needs" which will leave you satisfied, nourished and relaxed. The local DeepWater Grille will prepare the fish boil and pasta feed with all the trimmings, the night before the race.

Conversation will be at the top of your dinner experience as you take advantage of this fun opportunity the night before the big race to talk over marathon stories and browse through the WhistleStop merchandise while listening to the sound of "10 % Off". These musicians have performed during the

Pasta Feed from the conception of WhistleStop and can't wait for the opportunity to entertain you once again during the 16th Annual Lake Superior Fish Boil and Pasta Feed! Bring your Family and Friends and take part in the Pasta Feed and Lake Superior Fish Boil from 4:30-8:00 p.m. inside the Bay Area Civic Center, Located in the Heart of Ashland at 4th Ave. West and 3rd Street.

For ticket information call the Chamber at 1-800-284-9484/715-682-2500.

Make sure to browse through the many items on the merchandise and souvenir racks and tables.

Ease into your CenturyLink WhistleStop Marathon/Half Marathon Race Experience, starting with packet pickup, inside the Bay Area Civic Center from 3:30-9:00 p.m. When you are inside the Civic Center, check out the huge selection of WhistleStop merchandise and souvenirs available for purchase.

BULK RATE  
U.S. Postage  
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Ashland WI  
PERMIT #5

**HISTORIC MURALS of Ashland County WISCONSIN**  
Enter the Mural Treasure Hunt and Follow the Mural Brick Road!  
Starting in Southern Ashland County, follow State Hwy 13 to view 24 historical murals depicting life in Northern Wisconsin.  
For a FREE Brochure—  
[www.muralbrickroad.com](http://www.muralbrickroad.com)  
or call 800-284-9484

### Title & Presenting Sponsors



WhistleStop Marathon  
P.O. Box 746  
Ashland, WI 54806  
Change Service Requested

8:00 A.M. START HALF-MARATHON • 9:00 A.M. START FULL-MARATHON



The Ashland Area Chamber of Commerce presents...

# WHISTLE STOP FESTIVAL 2013

October 11 & 12

Ashland, Wisconsin

**FRIDAY, OCTOBER 11, 2013 • FISH BOIL • PASTA FEED**

Lake Superior Fresh Water Fish Boil & Pasta Feed 4:30 p.m. - 8:00 p.m.

Inside the Bay Area Civic Center: 320 4th Ave. W. - **With conversational music by "10% off"**

**EVERYONE IS WELCOME!**

**A LOCAL FAVORITE!!**

**SATURDAY, OCTOBER 12, 2013**

**POST RACE PARTY • 11:00 a.m. - 4:00 p.m.**

*Stop by the tent and enjoy FREE entertainment!*

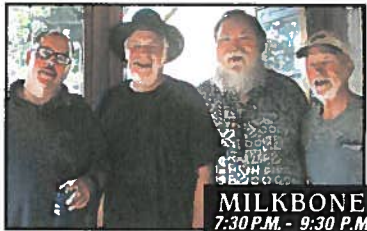
Concessions available For purchase inside the tent!

Defeating the Purpose, Northland College Jazz Band, **AHS Jazz Band** & Acoustic Relapse performing

*Help us cheer on the runners as they cross the finish line!*

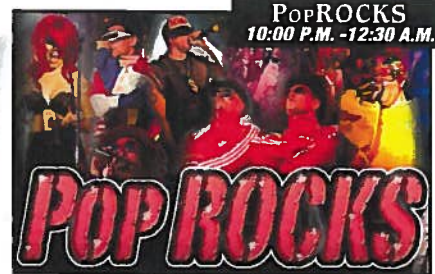
## WHISTLE STOP BLUES & BREWS FEST 2013

Saturday, October 12, 2013 starting at 7:30 p.m.



**MILKBONE**  
7:30 P.M. - 9:30 P.M.

Sample **OVER 50**  
varieties of  
**MICROBREWS**  
7:30 p.m. - 9:30 p.m.



**MUST BE 21** to attend this event. **NO ONE UNDER 21 ALLOWED**  
I.D.s will be checked. No Refunds

Friday, October 11 • Lake Superior Fish Boil & Pasta Feed • \$11.00 adults • \$6.00 children 12 & under

Saturday, October 12 • "BLUES & BREWS FEST"

Advance Tickets \$15.00 (no brews) • \$20.00 (with brew sampling) • Tickets will be \$5.00 more at the door

*All shows rain or shine under the heated Festival Tent, located in the parking lot of the*

**BAY AREA CIVIC CENTER: 320 4th Ave. W.**

For tickets & more information contact:

Ashland Area Chamber of Commerce • 1716 Lake Shore Drive West • Ashland, WI 54806

1-800-284-9484 • www.whistlestopmarathon.com



**8:00 A.M. START HALF-MARATHON • 9:00 A.M. START FULL-MARATHON**

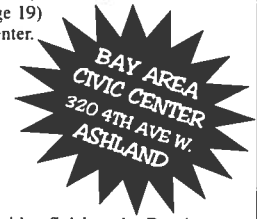
# A Full Weekend of WhistleStop!

## Friday, October 11, 2013

3:30 - 9:00 p.m. **Registration & packet pick-up** for CenturyLink WhistleStop Marathon & Half-Marathon, Bay Area Civic Center, Ashland.  
 3:30 - 9:00 p.m. **Registration & packet pick-up** for Cruisin' the Corridor 5k & 10k, Bay Area Civic Center, Ashland. (See Page 19)  
 4:30 - 8:00 p.m. **WhistleStop Lake Superior Fish Boil & Pasta Feed** - Good friends, great noodles! In the Bay Area Civic Center.  
 5:00 - 7:00 p.m. **Dinner and Conversational Music**, inside the Bay Area Civic Center, performed by "10% Off."

## Saturday, October 12, 2013

6:00 - 7:00 a.m. **Late packet pick-up** for CenturyLink WhistleStop Half-Marathon (no race day registration for any race).  
 6:00 - 8:00 a.m. **Late packet pick-up** for CenturyLink Marathon (no race day registration for any race).  
 6:00 - 7:00 a.m. **Shuttle buses** depart for half-marathon.  
 7:00 - 7:30 a.m. **Shuttle buses** depart for Cruisin' the Corridor 5K & 10K races.  
 7:00 - 8:00 a.m. **Shuttle buses** depart for full-marathon.  
 8:00 a.m. **Cruisin' the Corridor 5k & 10k** - Shorter distance, lots of fun, runners and walkers welcome. Start on the corridor, finish at the Bay Area Civic Center, Ashland.  
 8:00 a.m. **16th Annual CenturyLink WhistleStop Half Marathon** Start in Moquah, Wisconsin, finish at the Bay Area Civic Center, Ashland.  
 9:00 a.m. **16th Annual CenturyLink WhistleStop Full Marathon** - Start in Iron River, Wisconsin; finish at the Bay Area Civic Center, Ashland.  
 9:00 a.m. - 3:00 p.m. **Watch and cheer** the runners as they cross the finish line, Bay Area Civic Center.  
 10:30 a.m. **Cruisin' the Corridor 5K & 10K Awards Ceremony** inside the Bay Area Civic Center.  
 11:00 a.m. - 4:00 p.m. **Post-Race Party** - Whether you are a spectator, race participant, or volunteer, share your memories of race day. Enjoy listening to the sounds of "Defeating The Purpose", "Northland College Jazz Band", "AHS Jazz Band" & "Acoustic Relapse" - Delicious concessions & WhistleStop merchandise available for purchase! Main Festival Tent.  
 1:30 p.m. **WhistleStop Overall Top 3 Male & Female Awards** - Main Festival Tent  
 2:00 p.m. **The WhistleTot "Little Engine That Could" Toddler Run** - A fun free race for toddlers, ages 2-4. The future marathoners will "race" a 100 foot course and receive a special award for their efforts. Everybody wins! A great time for the little runner in your house. Inside the Bay Area Civic Center. Call the Chamber for more information. Spectators are welcome to come & cheer.  
 4:00 p.m. **CenturyLink WhistleStop Marathon & Half Marathon Awards Ceremony** - Main Festival Tent  
 7:30 - 9:30 p.m. **Blues & Brews Fest** - Sample scores of microbrews in the heated festival tent adjacent to the Bay Area Civic Center, Ashland. While enjoying your brew tasting, listen to the sound of blues from "Milkbone."  
 10:00 p.m. - 12:30 a.m. **Blues & Brews Fest** - "Pop Rocks" will take center stage as the headliner for the 16th Annual WhistleStop Festival.



**Advance Tickets Are Available**  
 Stop by the Ashland Area Chamber of Commerce office at 1716 Lake Shore Drive West, Ashland, WI 54806.

**Advance Tickets On Line**  
[www.whistlestopmarathon.com](http://www.whistlestopmarathon.com)

**Advance Tickets By Phone**  
 Call the Ashland Area Chamber today at 1-800-284-9484 or 715-682-2500  
 MasterCard, VISA & Discover accepted.

### Ticket Information

**Fish Boil & Pasta Feed** \$11.00 adults, \$6.00 children 12 and under

**Post Race Party Entertainment** FREE

**Blues & Brews Fest (21 & older, ID's required)** Advance Tickets \$20.00 (Beer sampling included) \$15.00 (No beer sampling)

**Tickets are an Additional \$5.00 at the door, No Refunds**

**WhistleStop 2013 Merchandise** will be available for purchase at: The Bay Area Civic Center on Friday, October 11, 2013, inside the heated Festival Tent on Saturday, October 12, 2013.

**Tickets** will be available Friday night in the Bay Area Civic Center, Saturday inside the heated tent and Saturday evening at the door or call or stop by the Ashland Chamber Office.

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**We employ a variety of treatment methods, selecting those that best meet your needs:**

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**Stephanie and Aaron Wilson**  
 of Wilson Physical Therapy are dedicated to helping you live your life to its fullest. From elite athletes to those who lead less active lifestyles, they have helped many people in the Chequamegon Bay area.

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Call now to schedule your consultation and assessment with an experienced and friendly physical therapist.

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[wilsonphysicaltherapy.net](http://wilsonphysicaltherapy.net) • Check us out on Facebook



SPORTS IN MOTION  
Premiere sports photography

Race Photos  
By Sports In Motion

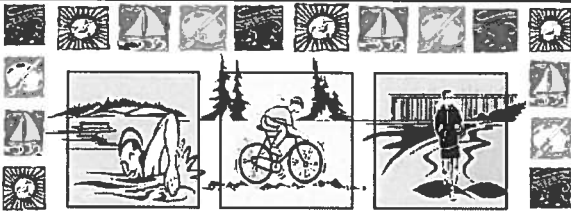
The CenturyLink WhistleStop Marathon & Half - Marathon welcomes Sports in Motion Photography as the official photographers for the 2013 race.

Sports in Motion Photography specializes in digital sports photography. Their photographers shoot marathons, triathlons, and road races of different lengths. They also enjoy shooting adventure sports and mountain bike races.

On race day, their photographers are

ready and geared up to catch you in action along the course, as well as at the start and finish lines. They also anticipate taking quality candid photos throughout the event to capture some of the essence of the CenturyLink WhistleStop Races. So when you see a photographer, HAM IT UP for them. Wave, smile, do a kick in the air, whatever, just have fun with it. After race day, the next few days are spent identifying you amongst the few thousand photos that are taken on the day of the event. They use your race number, so make sure you have it visible on the front of your body. After they identify you, they post the photos to the company website at <http://www.simphotos.com/tw/whistle.html> where you can view and purchase, if you like,

through the secure site. If you have your email address included when you register you will get an email with a link directly to your images within 5 business days of the event. It is the company goal to provide an environment that's not only fun for the athlete, but for their photographers as well. They pride themselves on capturing the spirit and excitement of competition and the thrill of challenge and accomplishment. Look for more information in your race packet. You will have the prints and they offer a Facebook option to purchase either digital or image too.



CHEQUAMEGON BAY SPRINT TRIATHLON  
AT  
**BAY DAYS**  
ASHLAND, WI

Swim 500m • Bike 15 miles • Run 5k (3.1mi)  
**SUNDAY, JULY 20, 2014**

For more information call 1-800-284-9484  
or check out our website [www.cheqbaysprint.com](http://www.cheqbaysprint.com)

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for  
WhistleStop Merchandise



- ★ In-Training T-shirts
- ★ Socks
- ★ Sports Bags
- ★ Hats
- ★ Sweatshirts
- ★ and a Whole Lot More!



[www.whistlestopmarathon.com](http://www.whistlestopmarathon.com)

**COUPON**



2200 East Lake Shore Drive  
Ashland, WI 54806  
[www.timelesstimber.com](http://www.timelesstimber.com)  
Phone: 715-685-9663

Thinking of a unique gift for that very special occasion? Consider a gift of Timeless Timber. We offer a wide variety of beautifully crafted wood items you can't find anywhere else, from cutting boards and serving trays to bowls, carvings and other gift items.

Each is made from old-growth timber that has been recovered from the lakes and rivers of North America. Fine grained and beautifully colored, these gift items offer a timeless piece of history. We also sell lumber, flooring and countertops, and can custom make any type of furniture you desire. Custom laser engraving is also available. Group & Bus Tours-Please call for information.



Hours: Monday-Friday 8:00 a.m.-4:30 p.m.  
WhistleStop Saturday Open 9:00 a.m.-3:00 p.m.

**COUPON**

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**Book**  
across the Bay

**February 15, 2014**

Book Across the Bay, the Midwest's most unique ski race! The 10-kilometer race crosses the frozen Chequamegon Bay of Lake Superior, beginning in Ashland and ending in Washburn, Wisconsin.

For More Information call:  
Ashland Chamber of Commerce  
**1-800-284-9484 • [www.batb.org](http://www.batb.org)**

**APOSTLE ISLANDS**

LAKE SUPERIOR MADELINE ISLAND

INLINE MARATHON

**June 14, 2014**

Full Marathon, an ALMT (a little more than) Half Marathon and a Mad Fun Race - something for every inline skating enthusiast.

The course will easily accommodate skaters of all skill levels...  
and it's on an island!

[www.apostleislandsinline.com](http://www.apostleislandsinline.com)

8:00 A.M. START HALF-MARATHON • 9:00 A.M. START FULL-MARATHON

# 16th Annual WhistleStop Blues and Brews Festival

## With Top Notch Blues Music, Rock Music and the finest Brews in the Midwest

### Don't Miss Out...Stick Around for the Grand Finale!!!!!!

Saturday night, marathon runners, visitors and area residents will enjoy dancing the night away while listening to the sound of two spectacular bands. The Blues and Brews Night of fun will include being served the finest micro-brews our region has to offer. The night starts out with the talented blues band Milkbone from Minnesota. While listening and dancing to this high energy, blues band, indulge yourself by sampling the many brews and wine served to you by the best micro-brews and winery the Midwest has to offer. With the evening just starting to roll, hang on to your seats as "Pop Rocks" takes center stage as the headliner for the evening. This band will take it to the top with fun, excitement and fabulous musical sounds of the best top recordings. They are a fun energized group of musicians and will play music and perform on stage like you have never heard it. You will want to engage

in all the fun this high energy band has to offer. You will laugh...You will dance...and you will be so intrigued by their performance that you will grab a chair and watch as the night unfolds a musical sound that can't be beat! You will need to try and keep up with all the costume changes and musical numbers the headliner has to offer during their performance! Great food and drink will be available all night long under the heated festival tent featuring the brews of Ashland's own South Shore Brewery, home of the "Nut Brown Ale". Taste Test the finest brews and wine the Midwest offers. The 16th Annual Blues and Brews Festival is the Grand Finale of the WhistleStop Festival. Must be 21 and over to attend...id's will be checked. Tickets can be purchased in advance at [www.whistlestopmarathon.com](http://www.whistlestopmarathon.com)

## The 16th Annual Blues and Brews Festival

### Featuring Opening Band, "Milkbone"

WhistleStop Blues & Brews Fest are excited to bring back Milkbone Blues/Rock Band to the Center Stage to play for the 16th Annual WhistleStop Blues and Brews Fest, Saturday, October 12th from 7:30pm to 9:30 pm inside the heated festival tent in Ashland.

This blues band tosses in Jazz, Folk and authentic Rock and Roll to their already popular blues sound. For a *gravy train* list of Blues Songs, come to the Blues and Brews Fest, 7:30 pm - 9:30 pm on October 12th.

They have been playing "foot stomping old Chicago style blues" since 1996. They insist they are all the musical anchors that have helped build the sound of one of the most listened to blues bands in MN. These musicians write their own music, play originals and show superb talent as they rock the night away! Milkbone has played in Blues Festivals and other hotspots from Duluth to Minneapolis and Ely.

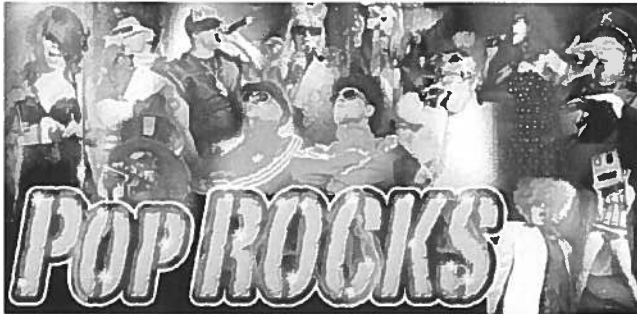
Milkbone will be performing at the 16th Annual WhistleStop Blues and

Brews Fest, October 12th, 7:30-9:30pm. Don't miss out!



"Milkbone" Performing 7:30 p.m.-9:30 p.m.

## Get Ready To Party...Rock the Night Away and Dance, Listen, Watch and Totally Enjoy the Sound of a really fun Band!!!!!!



"Pop Rocks" Performing 10:00 p.m.-12:30 a.m.

Pop Rocks is ready to entertain Ashland and the Annual WhistleStop Festival. Pop Rocks is an unparalleled live show that has been rocking the club, corporate, festival, and private party scene across the entire Mid-West since 2006. Pop Rocks is not just a band; they are a HIGH ENERGY LIVE MUSIC SHOW that plays the best of today's hottest hits, 80's rock, throwback hip-hop, pop country, and timeless classics all mashed up and delivered in a PARTY ZONE format!

BUT VISUALLY, Pop Rocks is what you get when you combine the music of a DJ, the theatrics and costuming of a Broadway musical, and the live energy of an Arena Rock extravaganza! With over 45 costume changes and 100+ songs in a show, you should get ready for a night of entertainment you won't forget!!

Something old, something new, something for EVERYONE! Now lets get this party started!!!!

Advance Tickets \$15.00 (no brews) • \$20.00 (with brew sampling)

**Don't wait! Purchase your tickets in advance! Ticket Prices will be \$5.00 more at the door**

**Must be 21 & older to attend**

### Chick-uamegon 5K & 10K WALK/RUN

In Beautiful Ashland, Wisconsin on Chequamegon Bay  
NOVEMBER 9, 2013 AT 10 A.M.

Spend the whole day at the  
The Garland City Women's Expo  
at the Lake Superior Elementary School  
Registration & Packet Pick Up,  
Race Start and Race Finish at the  
Lake Superior Elementary School

Presentations, Retail Vendors, Zumba, Food & Fun!

**GROOYY** Pink Shirts/Finisher Medals  
and Awards will be given to  
**1st, 2nd and 3rd place**  
in the 5K & 10K Run

• Prize to the Top Three Blingiest Chicks!

• Three Drawings for Finishers (must be present to win) after the race

Registration Information Can Be Found At [www.chick-uamegon.com](http://www.chick-uamegon.com)

Chick-uamegon



### "Little Engine That Could" Toddler Run/Walk

Saturday, October 12, 2013

2 p.m.

Sponsored by the  
Ashland Area Chamber of Commerce

Bring your toddler (ages 2-4) to the Bay Area Civic Center to enjoy this fun family event. Your toddler will feel just like the marathon runners on a safe and age appropriate course. They will be treated to race excitement, goodies and a special participation award from the Ashland Area Chamber of Commerce.

Everyone will be a winner!

Check-In: 1:30 - 2:00 p.m.

In the Bay Area Civic Center

(Third Street and the Civic Center Parking Area Will Be Closed To Car Traffic For the Marathon From Vaughn Avenue To Third Avenue West. Please Allow Yourself Additional Time.)

Race Time: 2:00 p.m.



# Ashland Wisconsin, Lake Superior's Hometown Is Ready To Welcome All Runners, Families and Fans!!!

When you come into Ashland on Friday, October 11th, you will be greeted by the Greatest of the Great Lakes, Lake Superior and Chequamegon Bay. We invite you to explore all the activities and attractions Ashland has to offer. Murals, Parks, Walking Trails, An Underpass that offers you a safe walk to the Lake Front, Historic Main Street, and beautiful Lake Shore Drive, Natural Spring Artesian Well Water all waiting for you to soak up the charm Ashland has to offer! But the best welcome you will receive is from the friendly people who live in this beautiful city in the Northland.

Make time to visit the retail stores in Ashland. Many stores are locally owned and located in historic brownstone buildings just a block away from the Festival. Ashland High School Homecoming Parade will be on Historic Main Street Friday, October 11th, 4:30 p.m. Come and watch! Floats, Bands and Oredocker Pride! A visit to the Northern Great Lakes Visitor Center is always a favorite. Located just 3 miles west on US Hwy. 2. They have an exhibit hall, an observation tower, a gift store, and a new kids kiosk.

Of course a walking tour of the *historic murals* is a *must see* during your visit. In 2005 Ashland was named the "Historic Mural Capital of the State of Wisconsin". Make sure you bring your cameras for a photo opportunity of the murals and of course the pristine view of Chequamegon Bay and Lake Superior.

The WhistleStop Merchandise table will be well stocked inside the Bay Area Civic Center on Friday and in the Festival Tent on Saturday Afternoon and will have something for everyone. Sweat Shirts, Jackets, Running Shirts, Hats, Mugs, Socks, Gloves, Cheering Bells, and much more!

Ashland Wisconsin; Lake Superior's Hometown anxiously awaits your visit to the 16th Annual CenturyLink WhistleStop Marathon/Half Marathon.



## Smile! The Race is Over and it's Time to Relax with Great Entertainment during the Post Race Party for Runners and Spectators. Check out this line-up!

Stop in the *festival tent* for an afternoon of great entertainment. Starting at 11am, "*Defeating The Purpose*" will kick off the entertainment with re-energizing music. These two local musicians will entertain you after a great race. Sit back and relax with the great sound of Ben Cashman and Joe Fredericks. Next on the afternoon musical roster will be *Jazz Music* starting at 12 noon. The Northland College Jazz Band under the direction of Joel Glickman will take center stage during the Post Race party inside the festival tent with the true sound of peppy, energizing *Jazz Music*.

Christine Hulmer and the Ashland High School Jazz Musicians will entertain you with a "young but professional" sound!

It may be Ashland High School Homecoming weekend but these high school musicians were excited to set aside the time to entertain on the center stage at 1pm during the Post Race Party. Thanks Kids!!!!

They're back and ready to play; "*Acoustic Relapse*" has played for the Post Race party for many years. This band consists of three local musicians who play at many local establishments and also open for Ashland's Annual Bay Days Festival. These 3 musicians can fill a huge area with a sound you won't want to miss, playing and singing your favorites. A love for music and performing for audiences has led these musicians to play with passion and conviction. Acoustic Relapse is talent times 3!!! Don't miss them at 2pm.

*Great Food and Beverages* will be available for purchase inside the festival tent. *Enjoy the music...Enjoy the Food and Beverages...Enjoy* visiting with fellow runners and fans. Stop in to cheer on the finishers at the 16th Annual WhistleStop Post Race Party, Saturday, October 12th with Free entertainment and open to everyone!!

**Black Cat Coffeehouse**  
Featuring...  
Fresh Baked Goods,  
Specialty Coffee Drinks,  
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And Organic Ingredients

**GOOD LUCK RUNNERS!**

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**Ashland Super 8**  
Pride of Super 8

**Super 8**

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MUSIC: Richard Rodgers  
LYRICS: Oscar Hammerstein II  
BOOK: Howard Lindsay & Russel Crouse  
Suggested by "The Happ Family Sequel" by Maria Augusta Trapp

All Performances at the Historic  
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210 5th Ave. E., Ashland  
715-682-5554  
Evening Shows @ 7:30  
Sunday Matinees @ 2:00

**TICKETS**  
Musical: \$15  
Play: \$10  
Children's Theatre: \$5

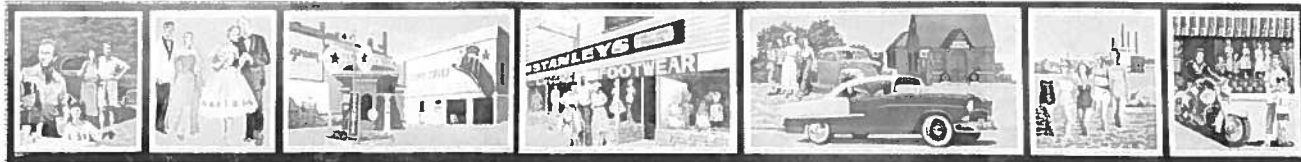
**SEASON TICKETS**  
\$40 for all 5 productions

Performances: October 11-13, 17-20, 2013  
TICKET OUTLET Moore's Clothes 'n Things, 501 Main St. W. • 715-682-8012

**Golden Glow**  
CAFE AND ICE CREAM PARLOUR

519 West Main Street • 715-682-2838 • Open at 6:30 a.m.  
Just walking distance from the finish line.

**WHISTLESTOP SATURDAY SPECIAL**  
2 Eggs with Ham or Bacon or  
Sausage, Hashbrowns & Toast ..... **\$7.29**



## Historic Downtown Ashland!!

Take time during the day to check out the many unique Retail Stores located downtown Ashland and on Lake Shore Drive. Retail Business Owners are excited to welcome the many WhistleStop Racers, Families, Spectators and local Residents with WhistleStop in-store specials and sidewalk sales for the weekend.

While you are visiting Ashland and Ashland County check out any of these assets or better yet...plan a future trip to Ashland; Lake Superior's Hometown where our #1 asset is: *Lake Superior on Chequamegon Bay*, our #2 asset are the *Friendly people* and the #3 asset are the *Murals* that have resulted in Ashland being designated as "The Historic Mural Capital of Wisconsin".

- ~ 12 beautifully painted outdoor building Murals located throughout the City, depicting the heritage and history of Ashland.
- ~ Mouth watering cuisine available at a wide variety of dining establishments.
- ~ Numerous selection of Lodging
- ~ Historic Main Street with renovated brown stone buildings, housing quaint and unique businesses and gift shops which many are locally owned and operated.
- ~ Award Winning South Shore Brewery, home of the Nut Brown Ale.
- ~ Ashland 140 slip Municipal Marina
- ~ Band Shell, located in Memorial Park in the center of Ashland on U.S. 2 with summer outdoor open air concerts.

- ~ Artesian Well, Natural Spring Bubbling Water located at Maslowski Beach and Prentice Park.
- ~ Railroad Engine Decapod 950, located across from the Historic Soo Line Depot Building
- ~ Lakefront Trail along the shore of Chequamegon Bay and Lake Superior.
- ~ Beaches, Parks, picnic areas, campgrounds, and an 18-hole golf course.
- ~ Northern Great Lakes Visitor Center
- ~ Ashland Museum...509 West Main St.
- ~ Ashland Area Chamber of Commerce...1716 West Lake Shore Drive.
- ~ The Apostle Islands, an archipelago of 22 Islands located just one half hour north, and part of the Apostle Island National Lakeshore.
- ~ Madeline Island, located in Ashland County, rich in beauty and a unique atmosphere everybody loves to take in.
- ~ Southern Ashland County, abundant with wildlife and quaint towns.
- ~ Outstanding Waterfalls at Copper Falls State Park and Morgan Falls...South of Ashland on State Hwy. 13
- ~ Enjoy some of the most breathtaking views of sunsets on tree-lined shores over the glistening water of Lake Superior.
- ~ Discover abundant fish and wildlife.

Outdoor recreational opportunities are abundant in the Ashland area, and the city is surrounded by much natural beauty. There are many gorgeous natural places in the vicinity, such as Lake Superior, the Whittlesey Creek National Wildlife Refuge, and the nearby Chequamegon-Nicolet National Forest.

Get ready to have fun!!!!

Wisconsin is known for fun and Ashland is a "Role Model for Fun"  
Come and visit soon! [www.visitashland.com](http://www.visitashland.com)

## We Invite You to Return To Chequamegon Bay for 2014 Events



### February 15 Book Across the Bay

10k Cross Country Ski race and snowshoe trek across the Chequamegon Bay. This race is an evening event with the course beautifully lit with luminaries.

[www.batb.org](http://www.batb.org)

### June 28 Superior Vista Bike Tour

Loops of 13, 19, 34, 40, 52, 70 & 100 miles. Ride scenic, paved, low traveled roads and enjoy rolling hills with views of Lake Superior and the surrounding forest & countryside.

[www.superiorvistas.org](http://www.superiorvistas.org)



### May 15-17 Thurs.-Sat. Chequamegon Bay Birding & Nature Fest

A weekend of birding and nature activities on Wisconsin's south shore of Lake Superior at the peak of spring migration.

[www.birdandnaturefest.com](http://www.birdandnaturefest.com)



### July 18-20 Bay Days, Ashland

Races, Strongman Contest, Cardboard boat races, food, arts & crafts, musical variety show & Battle of the Bands.

[www.ashlandbaydays.com](http://www.ashlandbaydays.com)



### July 19

### Bay Days 5K & 10K Fun Run

Run along the waterfront trail in Ashland, WI



### June 14 Apostle Islands Inline Marathon & (ALMT) Half Marathon On Madeline Island

[www.apostleislandsinline.com](http://www.apostleislandsinline.com)



### July 20

### Chequamegon Bay Sprint Triathlon & Little Minnow Kids Triathlon

Swim, Bike, Run.

[www.cheqbaysprint.com](http://www.cheqbaysprint.com)



## October 11, 2014 • 17th Annual WhistleStop Marathon

Call the Ashland Area Chamber of Commerce for more information • 1-800-284-9484

Or visit our Website: [www.whistlestopmarathon.com](http://www.whistlestopmarathon.com) • [www.visitashland.com](http://www.visitashland.com) • e-mail: [ashchamb@centurytel.net](mailto:ashchamb@centurytel.net)



### START TIMES

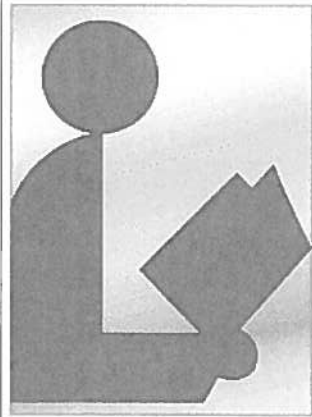
Half-Marathon, 5K & 10K Start 8 A.M.

Full-Marathon Start 9 A.M

See pages 9 thru 12 for more information.



Finish Line Announcers, Skip & Scott.



**Vaughn Public Library**  
 502 W. Main Street  
 Ashland, WI 54806  
 715-682-7060  
 FAX 715-682-7185

<http://vpl.wislib.org/>

[www.facebook.com/VaughnPublicLibrary](http://www.facebook.com/VaughnPublicLibrary)

*Celebrating 125 years of service  
 in 2013!*

*Thanks for supporting the library  
 by participating in the  
 19th Annual Cruisin' the Corridor  
 10K/5K Run/Walk.*

- **PACKET PICK-UP**
- **PASTA FEED/FISH BOIL**
- **MORNING SHUTTLE BUSES  
 TO RACE START LINES**
- **RACE FINISH LINE**
- **TODDLER RUN**
- **BLUES & BREWS FEST**
- **MUSIC & FESTIVAL TENT**

**ALL LOCATED AT**  
**BAY AREA CIVIC CENTER**  
**320 4TH AVE. W., ASHLAND 54806**

**Annual WhistleStop Marathon**  
 Knights of Columbus  
**PANCAKE & SAUSAGE  
 BREAKFAST**

**SUNDAY, OCTOBER 13, 2013**  
 Serving 8:00 a.m. to 11:30 a.m.

Adults \$6.00 Youth 6-12 \$4.00  
 Family \$15.00 Maximum  
 Five & Under are Free!

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**WhistleStop Title & Presenting Level Sponsors**



**WhistleStop Participating Level Sponsors**



8:00 A.M. START HALF-MARATHON • 9:00 A.M. START FULL-MARATHON

## Runner's Race Weekend Information

Welcome to our 16th Annual CenturyLink WhistleStop Marathon & Half-Marathon! Thank you for helping us to continue a tradition in the world of marathons. We ask that you read the following material carefully, as it contains vital information, which will answer many of your questions and make the race a more enjoyable experience.

### SPECTATORS AND SUPPORT

There will be no bikes, baby-joggers, pets or other unauthorized vehicles allowed on the course. Spectator points allow parking only on one side of access road. There will



be several spectator points from which friends and family will be able to cheer on runners or provide logistical support. Suggested spectator sites are at all aid stations on the course map. **Do not bring pets to these sites.**

### FRIDAY, OCTOBER 11TH PASTA FEED 4:30-8, PACKET PICK- UP 3:30-9

The 16th Annual Pasta Feed and Lake Superior Fish Boil will be held in the Bay Area Civic Center from 4:30-8 p.m. on Friday, October 11. All marathon & half-marathon registrants receive a complimentary ticket to this event in their race packet. Additional tickets may be purchased in advance or at the door for \$11.00 for adults & \$6.00 for kids 12 & under. As in previous years, packet pick-up will be inside the Bay Area Civic Center from 3:30-9 p.m. on Friday.

### SATURDAY, OCTOBER 12

Late Packet Pick-up at the Bay Area Civic Center

6:00 a.m.-7:00 a.m.  
for the Half Marathon,

6:00 a.m.-8:00 a.m.  
for the Full Marathon

### ENTERTAINMENT

Be sure to attend the musical entertainment scheduled for the weekend as described in other sections of this guide. See page 3.

### TIMING TECHNOLOGY

CenturyLink WhistleStop Marathon & Half Marathon participants will experience a streamlined timing setup.

Runners will find their timing tag in their race packet attached to your bib. Just after you finish, you will have the opportunity to check your time inside the Bay Area Civic Center. Your bib number will be required for a timing slip print out. For complete race results consult the [www.itiming.com](http://www.itiming.com) shortly after completion of the day's events.

### SHUTTLE BUSES FOR RACERS

Bus transportation to the race start locations is available for runners only. You must have your official WhistleStop race number visible to board the buses. MARATHON AND HALF-MARATHON buses will be departing from east of the Bay Area Civic Center (Depot side). CRUISIN' THE CORRIDOR buses will be departing on 4th Ave. West by Associated Bank

- Half-Marathon Shuttle Starting At 6:00 a.m. Last Bus At 7:00 a.m.
- Cruisin' the Corridor 5K & 10K Starting At 7:00 a.m. Last Bus At 7:30 a.m.
- Full-Marathon Shuttle Starting At 7:00 a.m. Last Bus At 8:00 a.m.

Make sure you are on the correct bus! There will be no return shuttles back to the start lines from the finish. At the South Shore Sand & Gravel (SSSG) a special shuttle will begin picking up runners and spectators for the full marathon at 8:00 a.m. last bus at 8:30 a.m. sharp. **All runners & spectators must** take the shuttle buses from the South Shore Sand and Gravel (SSSG) to the Full marathon start line. There is **NO**

**spectator parking or drop off at the Full Marathon start line.** SSSG is located less than 1/2 mile west of FR 242 on U.S. 2. FR 242 is the entry road to the marathon start. **There will be no packet pick-up at the shuttle and no return to SSSG after the race.**

### RACE DAY PARKING

There is ample parking in various lots within three blocks of the Bay Area Civic Center. These include lots on Ellis Avenue/STH 13 at BMO Harris Bank, Select Benefit and the Superior Anesthesia Associates. There are city lots just one block east as well as numerous on street spaces throughout the downtown area. **However, we ask that you DO NOT PARK on Main Street.**

**Parking at the start line of the Full-**

**HUGO'S PIZZA**  
Sanborn Ave., Ashland

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Seating For 120 People  
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Ashland's locally owned outdoor store has your race day gear and more!

Bring in this ad for  
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RACE WEEKEND HOURS  
Friday 10:00 am-9:00 pm  
Saturday 9:00 am-5:00 pm  
Sunday 11:00 am-3:00 pm



Register early Friday for  
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- FRIDAY FISH FRY
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- BREAKFAST SERVED ALL DAY

1808 East Lake Shore Dr., Ashland  
**715-682-8388**

**Marathon is not allowed.** Please use the shuttles provided. Parking at the Half-Marathon start is allowed. We strongly encourage runners to utilize the shuttle busses that will be provided. If you decide to drive to the half marathon start line please carpool!

**WARM-UPS**

Warm-ups may be dropped off in one of the trucks at the start lines. Please use your warm-up bag for this purpose. There will be a bright orange sticker in your packet. Be sure there is a number written on your sticker and that it matches your bib number. If you are going to use your bag, please affix the sticker to the bag. The bags will be brought to the finish line where they will be arranged in the Bay Area Civic Center in lanes

according to your race number. Volunteers will be on duty to assist you in locating your bag. Please do not leave valuables in your bag and make sure your bag is closed and tied. Race officials are not responsible for loose clothing or clothes dropped off along the race course. If items are dropped along the course they will not be back to the Civic Center until 3:30 p.m.

**SHOES AND COURSE SURFACE**

A note about shoes. The limestone paving on the Tri-County Corridor is an excellent running surface, but being a multi-use recreational trail, the course does have occasional 1/2" to 1" stone on it. This is particularly true from mile 1 to mile 6. Therefore,

we are not recommending racing flats for this event. In addition, pea sized limestone may get into your shoes while running. Don't wait until you get a blister to remove the stone; do it right away! Your feet will thank you at mile 20.

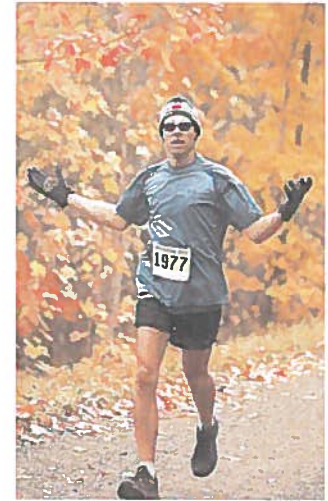
The Tri-County Corridor is primarily within woodlands. The creatures of the forest sometimes make their home close to the trail. Therefore, there are occasional varmint holes on the course. We will make every effort to patch those before race day, but animals are known to be persistent, so please be aware of your footing.

**RACE COURSE COURTESY**

Walkers are asked to use racer etiquette, this includes:

- Please line up after runners at the start line
  - Please do not walk 3 or 4 abreast on the trail
  - Stay on the right side of the trail
  - Make sure you allow runners to pass on the trail, many are trying to qualify for the Boston Marathon.
- Each participant should consider courtesy on the course. Please keep the following in mind:
- At the starting line and along the course, be respectful of residents' property. Please use the portable toilets provided, rather than private yards or gardens, and use discretion along the course in this respect.
  - Please hang on to energy bar and gel wrappers until you can drop them at a water station.
  - Remember emergency vehicles have the right-of-way at all times during the race. The police and traffic

control volunteers have YOUR safety in mind and deserve to be treated respectfully by runners and spectators alike.



• Runners who have finished the race are to be considerate of their fellow runners when leaving the finish area by avoiding interference with those runners approaching the finish line.

**ON-COURSE MOTORIZED VEHICLES**

The Tri-County Corridor, which makes up 95 percent of the course, is a multi-use recreational trail with ATVs being an allowable use. We are expecting minimum use of the Corridor by non-race related ATVs, but be aware there may be the possibility of isolated ATV use. Our local ATV owners are known to be very

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 Ashland, WI 54806  
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**HUHN RX DRUG**

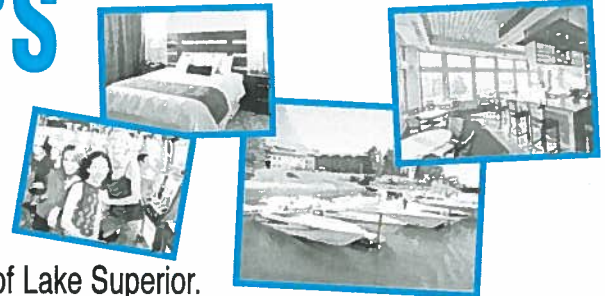
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 (800)226-8478 | Red Cliff, Wisconsin

courteous. Crossing guards will be on hand to stop traffic at all significant intersections. However, there are rarely traveled forest roads that will be left unattended. Runners should use normal cautionary measures when crossing any road on the course.

### STARTING LINE

Starting time is 8 a.m. for the Half marathon and 9 a.m. for the Full marathon. No early starts will be allowed. There will be pre-race announcements at each start line at approximately 15 minutes before the start. There will be no facilities at the start for dressing. *There will be no heated waiting area at the starts and very limited rain shelter. Be prepared for inclement weather!*

Runners who have run a 3:00 hour marathon or 1:30 hour half should line up on the first starting line. All other runners should line up according to their projected finishing times, after that. Those interested in walking the half marathon please stay toward the rear of the start group.

**THE FULL MARATHON** will be starting near Iron River at Tri-Lakes Timbers Resort and Campground on East Long Lake Road. If you would like to see the full marathon start line before race day here are the directions, however on race day you will not be allowed to drive to the full marathon start line, you must take the shuttle buses from the Ashland or South Shore Sand and Gravel parking area. To get there from the Bay Area Civic Center, proceed north on Fourth Avenue West to US



Highway 2; turn West (left) on US Highway 2; travel 23 miles to East Long Lake Road (FR242) and turn right; travel 1.2 miles to Tri-Lake Timbers Resort & Campground and the race start.

**THE HALF-MARATHON** will be starting at the Moquah Town Park. To get there from the Bay Area Civic Center, proceed north on Fourth Avenue West to US Highway 2; turn west (left) onto US Highway 2; travel 3.8 miles to County Highway G by the Northern Great Lakes Visitor Center and turn right; travel 5.6 miles to the Moquah Town Park and the race start. There is NO return shuttle bus after the race to the start lines.

### AID STATIONS

Water and Red Powerade will be available at 15 aid stations (refer to course map on page 15). Some aid

stations will include food. Every mile will be marked on the course on a stand-up sign. Every aid station will be equipped with basic first aid supplies to include band-aids, vaseline, and non-aspirin pain reliever. We will have a vehicle checking the aid stations to pick up anyone who cannot finish.

Runners can trust the fluids received from the official aid stations. It is suggested that you use discretion in accepting fluids from sources other than official aid stations. Each aid station will be equipped with a cell phone to notify emergency personnel of injured runners. If you should become injured, please attempt to walk to next aid station for assistance or ask a fellow runner to notify the next aid station to send assistance. Ambulances will be on the course

until 3 p.m.

### MILE MARKERS

Mile markers are well marked and are located at each mile on the course on a stand-up sign.

### OFFICIAL TIMES

Official times will be recorded until 3 p.m. White River Sports will provide professional timing. Your Timing device for this event is the ChronoTrack B-Tag System.

### FINISH LINE SERVICES

The following items will be available in the tent for runners: Powerade, water, bananas, yogurt, cookies and donut holes. Other concessions will be available for a modest charge.



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---

**HUGE LIQUOR INVENTORY**

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**COLDEST BEER IN TOWN**

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Homestyle Restaurant & Pizzeria



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- Friday Fish Fry
- Homemade Desserts

### PIZZA BUFFET

10:30 a.m. to 10 p.m.  
On WhistleStop  
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Food Served Late Fri & Sat. Till Midnight

Northern Wisconsin's First Award Winning Microbrewery

THE

SOUTH SHORE BREWERY is WhistleStop's hometown sponsor!

Showers will be available in the Bay Area Civic Center from 9 a.m. to 4 p.m. on Saturday. Bring a towel.

### FINISHER SHIRT

Once again racers will receive the ultimate finisher shirt. These shirts are unisex.

### WHISTLESTOP AWARDS

Top finisher CenturyLink WhistleStop Awards will take place at 1:30pm and all WhistleStop Awards will be presented at the 4 p.m. ceremony inside the main festival tent and both award times are free and open to the public.

### MASSAGE THERAPIST

Area massage therapists will be giving

post-race massages. They will be giving the massages in the Bay Area Civic Center near the entrances to the showers. There will be a nominal charge for a 15 minute massage. Sign up sheets will be located near the massage tables.

### MEDAL ENGRAVING

Medal engraving will be taking place inside the Bay Area Civic Center. For a nominal fee you can have your time engraved on your medal. Extra medals will be available for purchase if you are interested in having one at work as well.

### RACE RESULTS

Preliminary results will be posted as available near the timing van or within the main festival tent. Printouts of

your race results will be available inside the Bay Area Civic Center. This is a receipt like printout of your name, bib # and the time in which you completed the race.

### FINISH LINE

The finish line is the most exciting spot to be during the CenturyLink WhistleStop Races. The great thing about longer distance races is that every finisher can provide a little drama. The joy of victory on the winners faces is matched only by the joy of someone completing their first marathon.

As the finishers begin to accumulate, the WhistleStop Festival area becomes a collage of brightly colored running gear, reflective blankets, finishers medals and countless stories of the experience. It is hard not to feel the energy of the moment. Throw in some music and great concessions and you have a great afternoon.

There will be runners coming across the finish line continuously from around 8:15 a.m. to 3 p.m. The best time to see winners come across the finish line is between 9 a.m. and 1 p.m. Here are the expected finish times of the various winners, give or take a few minutes and assuming the races start on time:

#### (EXPECTED FINISH TIMES)

Cruisin' the Corridor 5K  
8:15 a.m.

Cruisin' the Corridor 10K  
8:35 a.m.

WhistleStop Half-Marathon - Male  
9:15 a.m.



WhistleStop Half-Marathon  
- Female  
9:25 a.m.

WhistleStop Marathon - Male  
11:35 a.m.

WhistleStop Marathon - Female  
12:00 p.m.

All accessible vantage points for the CenturyLink WhistleStop Races are also water stations. Please be careful to not interfere with the runners and volunteers as you approach the area. If you must cross the course to park, please wait for a volunteer to wave you across when there are no runners coming. Animals are NOT allowed to these spectator points as the points are along the corridor. Watch for and obey No Parking Signs for emergency entrance (refer to course map on page 15).

*The CenturyLink WhistleStop races welcomes you to watch and enjoy the big race day!*

## MIDLAND SERVICES INC.

**Two Convenient Locations**

**Convenience Store**

**Sanborn Avenue Station**  
411 Sanborn Ave.  
Phone: 715-682-2745

**Ashland, WI**

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**24**

Hour Access

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- Serving Lunch & Dinner, Take-Out, Delivery On Large Orders
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- Fresh Soup & Salad Bar Daily

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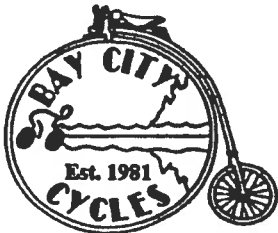
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# Focus On Volunteers:

## Long Lake Property Owners Association, Tri Lake Timbers Resort and Town of Moquah

The CenturyLink WhistleStop Marathon and Half-Marathon could not be possible without the efforts of nearly 550 volunteers who contribute time and talent each and every year. The entire race organization salutes these dedicated people, many of whom have been involved with the race from its inception.

Among those charter volunteers are the Long Lake Property Owners Association and the Tri-Lake Timbers Resort. Since 1998, Daryl Baumgartner owner of the Tri Lake Timbers Resort as been a gracious host on race morning, providing some cover for runners waiting for the race to start during the rainy and snowy years of 2000, 2001 and 2006. The Tri-Lake Timbers Resort is nestled amongst three spring fed lakes and offers the outdoor enthusiast easy access to the Chequamegon National Forest through several marked trails. The resort features five modern cabins and full service bar and restaurant and is open year round. For reservations and more information give Daryl a call at 715-372-4627.

One of the lakes that the Tri Lakes Timbers Resort is located on is Long Lake. The lake is ringed by homes and cabins owned by seasonal and permanent residents who have formed the Long Lake Property Owners Association (LLPOA). This active group stepped forward and volunteered to be the start line crew for the marathon and have done a tremendous job for all 14 years. During the year the nearly 80 members of LLPOA meet regularly to discuss issues important to property owners around the lake. These issues include shore land zoning, water quality, and the enhancement of lake's fishery to name a few. The group enjoys social occasions too and has annual special events for members. One of the social events is the WhistleStop. Each year since 1998, LLPOA has provided 25 volunteers to cover the start line activities including traffic control and providing a start line aid station. The group also provides the bag truck(s) and manages the first water station

at Topside Road.


The Town of Moquah has also supported the CenturyLink WhistleStop Marathon & Half Marathon by allowing the start of the 1/2 marathon to take place in this beautiful countryside town. The town board graciously allows us usage of their property, town hall building, Town Park and recreation building.

Thank you to the 1/2 start captain Debb Joanis and crew and thank you to the Moquah Men's Club for volunteering to direct parking.

BayNet our area Christian Youth Group is responsible for the great music at the 1/2 start and we thank Joe Mosseau.

The CenturyLink WhistleStop Marathon and Half-Marathon race committee welcomes all runners and asks them to join us in thanking our many volunteers. Marathon runners should be sure to give a special thanks to our volunteers.





### Volunteers Always Welcome!

The WhistleStop Festival needs over 550 volunteers to produce an event of this magnitude. Be a part of Ashland's big weekend by volunteering. No matter what amount of time you can give, we have an opportunity for you. Everyone who helps out will receive a special WhistleStop shirt available only to volunteers! Stop by or call the Chamber office at 715-682-2500 or 1-800-284-9484 for more information

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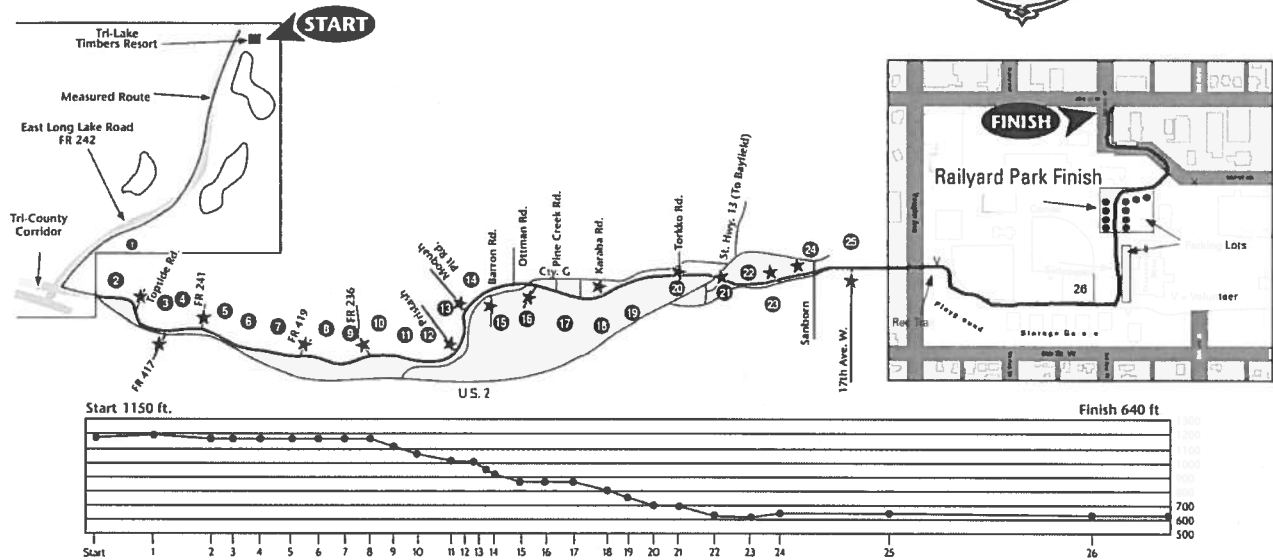
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# WHISTLESTOP FULL MARATHON

Iron River, WI to Ashland, WI

**9 AM Start**

• **COURSE MAP AND ELEVATION CHART** •



★WhistleStop Marathon Aid Stations & Locations★		Distances Between Aid Stations	
Start: (limited parking)	★ Moquah Town Park (16.0 mi)	• Aid Station 1: 2.5 miles	• Aid Station 9: 1.4 miles
★ Topside Road (2.5 mi)	★ Karaba Road (18.0 mi)	• Aid Station 2: 1.4 miles w/food	• Aid Station 10: 2 miles w/food and Goo
★ FR 417 (3.9 mi)	★ Torikko Road (20.6 mi)	• Aid Station 3: 1 mile	• Aid Station 11: 2.6 miles w/food
★ FR 241/Pumping Station Road (4.75 mi)	★ Experiment Farm (21.6 mi)	• Aid Station 4: 3.1 miles	• Aid Station 12: 1 mile w/food and Goo
★ FR 419/Spider Lake Road (7.9 mi)	★ Morgan Meyers Road (22.9 mi)	• Aid Station 5: 2 miles w/food	• Aid Station 13: 1.3 miles w/ food
★ FR 236/Ino Road (9.9 mi)	★ Golf Course Road #2 (23.7 mi)	• Aid Station 6: 2.3 miles	• Aid Station 14: .8 miles w/food
★ Pristash Road (12.2 mi)	★ 17th Ave. West (25.0 mi)	• Aid Station 7: 1.5 miles w/food and Goo	• Aid Station 15: 1.3 miles w/food
★ Moquah Pit Road (13.7 mi)	Finish: 3rd Avenue & 3rd Street (26.2 mi)	• Aid Station 8: .9 miles	• Finish line: 1.1 miles w/finish line w/ food
★ Barron Road (14.6 mi)			

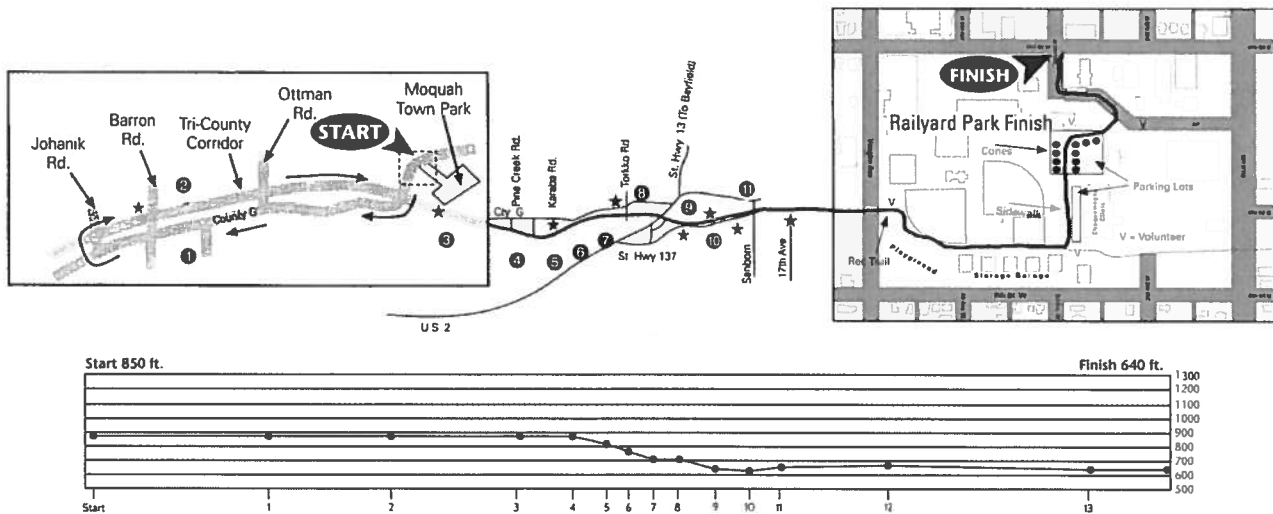
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**HALF MARATHON START LINE**  
 23700 Pilsen Town Hall Rd. Moquah WI

# WHISTLESTOP HALF MARATHON

Moquah, WI to Ashland, WI

**8 AM Start**

• **COURSE MAP AND ELEVATION CHART** •



★WhistleStop Marathon Aid Stations & Locations★		Distances Between Aid Stations	
Start:	★ Golf Course Road #1 (9.9 mi)	• Aid Station 1: 1.4 miles	• Aid Station 6: .8 miles w/food
★ Barron Road (1.6 mi)	★ Golf Course Road #2 (10.7 mi)	• Aid Station 2: 2 miles w/food and Goo	• Aid Station 7: 1.3 miles w/food
★ Moquah Town Park (3 mi)	★ 17th Ave. West (12 mi)	• Aid Station 3: 2.5 miles w/food	• Finish line: 1.1 miles w/finish line w/ food
★ Karaba Road (5 mi)	Finish:	• Aid Station 4: 1 mile w/food and Goo	
★ Torikko Road (7.6 mi)		• Aid Station 5: 1.3 miles w/ food	
★ Experiment Farm (8.6 mi)			

**No Pets Allowed At Spectator Points**



## Locomotive Club

The members of this club have run the WhistleStop all fifteen years.

2012 marked the 15th anniversary of the WhistleStop Marathon and Half Marathon. With over 26,876 participants total for all the fifteen years, only 32 have run with us all fifteen years making this an elite group. These people have enjoyed our successes and patiently endured our less than perfect moments. These runners will

receive a special club insignia on their race bib so everyone will know who they are!

Check the list of Locomotive Club members who have ran in all fifteen WhistleStops. If you have run with us all of the past fifteen years and your

name is not on the list, please contact us so we can correct our records. The entire organizing committee wishes to thank all the runners that have joined us over the years but we specially thank those charter runners who year after year have helped make our race the success it is!

Jefferey V Anderson, Karen L Bade, Steven D Bade, Debby Bocnuk, Amy J Bublitz, Jane K Burseson, Jeffrey D Burseson, Arlene Elden, Monte L Fjosne, Steve Fredrickson, Don E Fritz, Joanne Gorski, Steve R Hagedorn, Gail A (Musolf) Hansen, John F Husa, Steve F Jurek, Kevin Lakowske, Jane A Levenson, Elden Miller, Donald P Moreland II, Sam Opresik, Cliff Reithel, John R Rikkola, Amy L Rogge, Todd Roswold, Judy Schmidt, Larry Schmidt, Margaret (Geary) Schmidt, Mark Stodghill, Charles J Weydt, David Wherritt, Kevin Zimmer

Again if you have run all fifteen WhistleStops and are not listed above please contact our office at 800-284-9484/715-682-2500 or ashchamb@centurytel.net.



## The Locomotive Aid Stations

In addition to our runners who have run all of the WhistleStops, we have several Aid Stations that have volunteered for *all* of the WhistleStops.

We would like to thank all of these folks for helping WhistleStop become the success it is since 1998!

- Tri Lakes Timbers Resort and the Long Lake Property Owners Association Start Line and Aid Station #1
- The Yachinach Family and Friends Aid Station #3
- Ino Valley 4 H Group Aid Station #5
- Country Blossoms/Northern State Bank/ Aid Station #10
- The Chequamegon Bay Karate Club Aid Station #12
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# CRUISIN' THE CORRIDOR

## 5K/10K Vaughn Public Library Fundraiser

### SATURDAY, OCTOBER 12, 2013

### START TIME 8:00 AM

The Vaughn Public Library will hold its 19th annual fall fundraiser The Cruisin' the Corridor 10k/5k on Saturday, October 12. This year all participants will receive a long sleeve soft-side fleece shirt with a full front zip with their \$35 registration fee. This year there will be no walking division. "There was too much controversy with people who won or medaled as to whether they walked the whole route or ran/walked" says race director Lynn Garrington. "However, we welcome walkers to participate and they will receive a medal if they are eligible." Also new this year age class winners will be three places instead of two. There will be great post-race food; soup, fruit, donuts, and bagels will be offered. "We are able to offer a quality race thanks to local businesses and individuals who donate their money and time to support the library", says race co-director David Wherritt. The wild-rice soup has been a hit with the runners and walkers. The Breakwater Restaurant does an excellent job and it's all donated by Mark Gutteter. Trophies this year will be by local artist Sara Balbin from Cable and custom age class awards by Ashland's Lake Superior Laser.

This wouldn't be possible without our sponsor's support. We would like to thank our major sponsors for 2013: Northern Clearing; BMO

Harris and Northern State Bank. Other participating sponsors are Lakeview Dental Center; CG Bretting Mfg; Mattson Properties; River Rock Inn & Bait Shop; Moore's Army-Navy; Xcel Energy; Ringenberg Financial Group and Wildwood Campground. If you won't be doing the race, we can use volunteers to help us make this the best event ever. Race participants are so appreciative of all our volunteers. Call the Vaughn Public Library at 715.682.7060 if you can spare a few hours on Friday evening or Saturday morning.

This fundraising event has been able to give the Vaughn Public Library just over \$75,000 in the last 18 years. Help support your local library by registering to participate in this year's race. Register by September 14 and the entry fee is \$35. After September 14 the entry goes to \$40. Registration on Friday, October 11 will be at the Bay Area Civic Center from 3:30 - 9:00 PM.

You can register online at <https://register.bazumedia.com/reg/form?eventID=3451>. Registration forms can be picked up at the Vaughn Public Library until Thursday, October 10 or print a registration form at the library web site [www.vpl.wislib.org](http://www.vpl.wislib.org). Call the library at 715.682.7060 and ask for Lynn Garrington for more information.

Attention Runners and Fans! View the Beautiful Historic Murals of Ashland County and you may WIN \$1,000 in prize money! Have fun during your visit and play the "Follow the Mural Brick Road Treasure Hunt" in Ashland County. Visit [www.muralbrickroad.com](http://www.muralbrickroad.com) to get a form. This contest is for everyone!!! You can play online, on your iPhone or on a paper copy. Answer all the clues and email or mail it to the Ashland Chamber and your name will go in a drawing where you could be one of three \$1,000 cash prize winners!!! For more information call the Ashland Chamber at 715-682-2500.



## CenturyLink WhistleStop Marathon & Half-Marathon Course Records

Marathon			Half-Marathon		
<b>Men</b>			<b>Men</b>		
Eric Hartmark '07	2:28:41		Abraham Wengel '06	1:08:36	
<b>Women</b>			<b>Women</b>		
Jenelle Deatherage '12	2:47:19		Sarah Anderson '99	1:21:43	
<b>Masters Men</b>			<b>Masters Men</b>		
Arnie Schraeder '05	2:41:42		Gregg Robertson '11	1:14:48	
<b>Masters Women</b>			<b>Masters Women</b>		
Kimberly Anderson '09	2:58:43		Karen Schoenrock '05	1:24:00	
<b>Local Men</b>			<b>Local Men</b>		
Luke Beirl '12	2:41:05		Ben Cogger '11	1:14:16	
<b>Local Women</b>			<b>Local Women</b>		
Anette Pufall '07	3:07:14		Maria Langholz '11	1:29:59	
<b>Age Classes</b>	<b>Men</b>	<b>Women</b>	<b>Age Classes</b>	<b>Men</b>	<b>Women</b>
12-18	3:19:54	3:22:58	12-18	1:24:51	1:38:25
19-24	2:39:12	3:07:14	19-24	1:08:36	1:21:43
25-29	2:28:41	2:58:07	25-29	1:11:56	1:23:52
30-34	2:42:10	2:51:52	30-34	1:08:25	1:24:14
35-39	2:37:47	2:47:19	35-39	1:12:23	1:16:42
40-44	2:41:42	2:58:43	40-44	1:14:48	1:24:00
45-49	2:47:51	3:14:37	45-49	1:10:45	1:27:41
50-54	2:51:05	3:36:40	50-54	1:18:45	1:31:05
55-59	3:02:34	3:54:30	55-59	1:22:10	1:33:13
60-64	3:19:32	3:51:57	60-64	1:23:26	1:32:37
65-69	3:35:53	5:05:46	65-69	1:32:51	2:13:07
70+	3:57:11	5:13:55	70+	1:37:24	2:42:14



WHY SHOULD ALL THE ADULTS HAVE ALL THE FUN!



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