

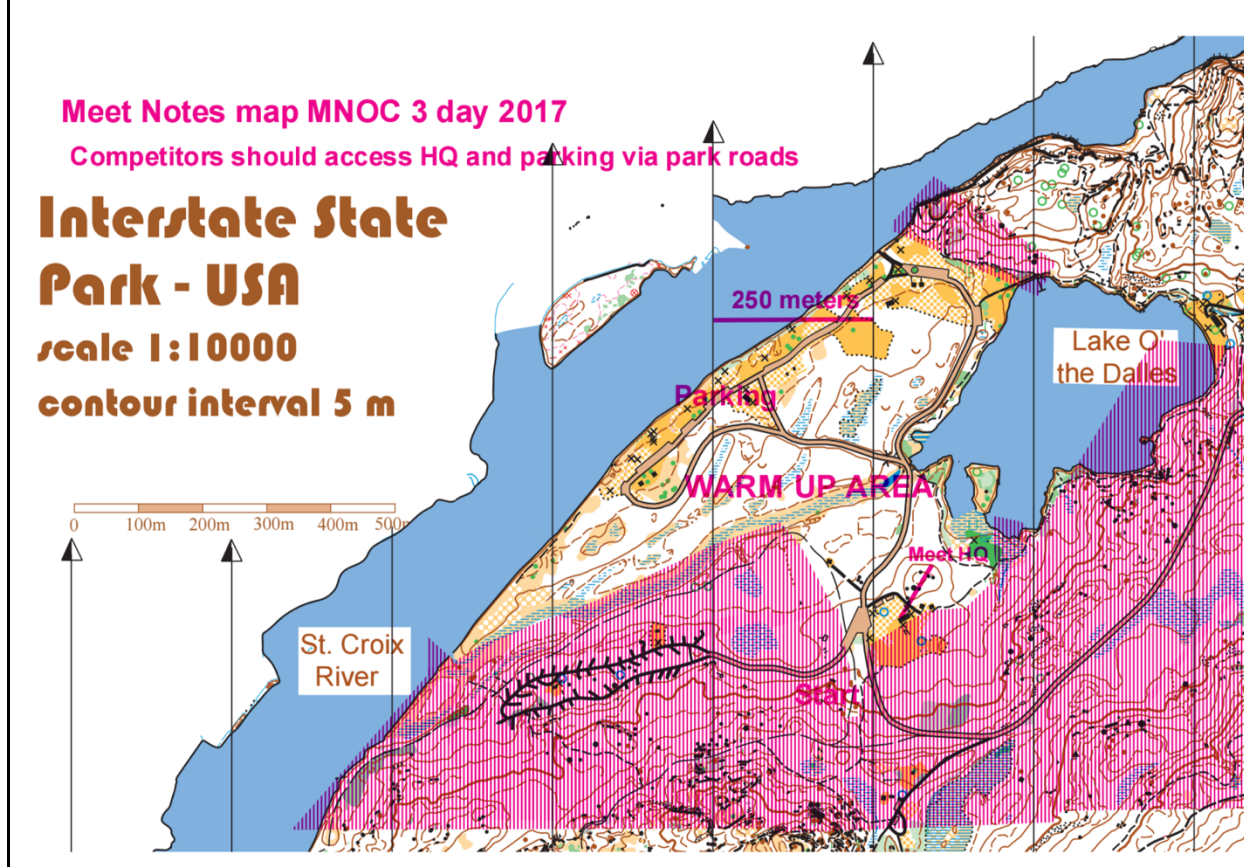


Interstate State Park Meet Notes

Location	Wisconsin Interstate State Park, WI-35, St. Croix Falls, WI 54024
Date	29 April, 2017
Time	Registration opens from 9:30 AM to 1 PM, Starts begin at 10.30 AM. Last start 1:30 pm Course closing at 3:30pm
Medical Information	<p>Medic = Phil Nicolas</p> <p>Hospital Address: St. Croix Regional Medical Center, 235 E State St, St Croix Falls, WI 54024</p> <p>Hospital Directions: Follow the Park Road to WI-35. Head North 2.9 miles starting on WI-35 and continuing straight as the road changes to S. Vincent Street and East State Street. The hospital will be on your left.</p>
Ticks and Lyme Disease	<p>The Minnesota woods are well documented as supporting ticks that carry Lyme disease. Please read this resource and take precautions before, during, and after the event.</p> 
On Course Water Provisions	A water stop is located along a trail that all of the advanced courses cross, marked on the map with a drink symbol. There is no water stop on the beginner or intermediate courses.
Park Fees	<p>Vehicle Day Pass:</p> <ul style="list-style-type: none">• \$8 - vehicle with Wisconsin plates• \$11 - vehicle with out of state plates• \$15 - bus with out of state plates <p>Interstate State Park is part of the Ice Age National Scientific Reserve. Holders of National Parks passes receive a waiver of the vehicle admission fees.</p>
Parking Information	Very limited parking available near the event center, with ample additional parking located approximately 0.5 mile beyond the event center, along the river.

Registration Location	<p>Camp Interstate Shelter (approximately 2 miles from the park entrance) MNOC signs will be placed out on the route to the start.</p> 
Meet Director	Peter Wentzel
Setter	Philip Stromme
Vetter	Peter Daniels
Course Design	Philip Stromme
Map Notes	<p>As the Ice Age ended, huge glaciers melted and the water carved the deep, steep-walled gorge known as the Dalles of the St. Croix. Frost action and weathering over the years have formed interesting rock features such as the Old Man of the Dalles.</p> <p>Other areas of the park include mature lowland forest, steep bluffs, and exposed basalt bedrock. In some sections of the park, the ground is very rocky. Both the moss-covered and exposed rock can be very slippery when wet.</p> <p>Marshes are all crossable, but may be quite wet - especially the larger marshes. Smaller marshes can be variable, depending on the weather conditions in the weeks leading up to the event.</p>
Course Notes	<p>The advanced courses have one road crossing at the end of the race. Beginner and intermediate courses have some routes that go along the main Park Road. Please use caution when crossing or following a road.</p> <p>Cliffs are generally 1-2m high and passable with care in the areas where the courses go, with the exception of one taller cliff on the orange course, which is indicated with tag lines on the map, and tall earth banks on advanced courses, also indicated with tag lines on the map.</p> <p>Ground is generally rocky and smaller boulders are not typically mapped. There is a lot of broken ground in rock areas. Where broken ground is indicated on the map, expect significant talus.</p> <p>Course details are subject to change up until maps are printed: Scale: 1:10000 Contour Interval: 5m</p> <ul style="list-style-type: none"> • Blue - 5.3km, 260m, 20c • Red - 4.9km, 210m, 16c • Green - 4.0km, 155m, 13c

	<ul style="list-style-type: none"> • Brown - 3.0km, 100m, 11c • Orange - 4.1km, 85m, 11c • White/Yellow - 2.0km, 20m, 9c
Warm up area	



Starts	Start location is approximately 150 m from registration. Starts will be called 3 minutes prior to start time
Area Visitor Information	<p>On the Wisconsin side: St Croix Falls has St Croix National Scenic River way Visitor Center in downtown St Croix Falls and a couple of nearby vineyards.</p> <p>On the Minnesota side: in Interstate park (MN) visit the Pothole area, ride a paddle steamer, rent a canoe and paddle on the river. A short drive away visit Franconia Sculpture Park, visit the old river town of Stillwater</p> <p>Hotels: Holiday Inn Express in St Croix Falls, various options in Stillwater, MN</p>