

WHISTLESTOP EVENT GUIDE 2026

WHISTLESTOP FESTIVAL • OCTOBER 9 & 10, 2026 • ASHLAND AREA CHAMBER OF COMMERCE

WhistleStop Greetings!!

Welcome to the 28th running of the Tamarack Health WhistleStop Marathon, Half Marathon, 10K & 5K — right here in beautiful Ashland, Wisconsin!

We are thrilled to welcome every single runner joining us this year. Whether this is your first WhistleStop or you've been running with us for decades, we are so glad you're here!

And speaking of decades, a very special shoutout goes to our incredible Locomotive & Caboose Runners — the loyal athletes who have been part of WhistleStop since the very beginning! This year, 16 Locomotive Runners will proudly wear their special sticker. We'll honor them with our traditional group photo on Friday, October 9, at 7:00 p.m. inside the Bay Area Civic Center. What an amazing accomplishment and tradition!

You Are Going to LOVE This Year's Finisher Shirt!

We think this year's Marathon and Half Marathon Finisher Shirt is going to be one of our all-time favorites! It's a beautiful blue, has a hood, and is perfect for running, walking, traveling — or just socializing and showing off that WhistleStop finish! We can't wait to see our runners wearing them all over Ashland and long after race weekend is over.

The Pasta Feed is BACK!

The traditional WhistleStop Pasta Feed is back and will be held INSIDE the Bay Area Civic Center, where it will be warm, bright and comfortable! Enjoy hearty pasta and all the fixings to fuel you for race day, including a gluten-free option. The Pasta Feed is complimentary for all registered Marathon and Half Marathon runners, with \$3 off for 5K/10K runners and affordable tickets available for family and friends who want to join the fun.



About the Course

We know you've trained hard — and we've been working hard, too! Remember, much of the WhistleStop course travels along a recreational trail, so runners should be prepared for natural trail conditions. Work has been completed on portions of the corridor this summer, including some bridge patching. Our race crew will identify and mark any areas where runners should use a little extra care.

Everything Under One Roof!

This year, both the Pasta Feed and Post-Race Party will be inside the Bay Area Civic Center. At the finish line, you'll still find our outdoor Medical Tent, Finish Line Food Tent and Athlete Recovery Area. Then head inside the Civic Center for everything else — Finisher Shirts, Merchandise, Showers, Awards and, yes...BEER, brats and chili!

Brews, Blues & a WhistleStop Celebration!

Once those miles are behind you, it's time to celebrate! The Post-Race Party and Brews & Blues Festival will be waiting. We will host a two-hour tasting session, with advance tickets available for just \$10. From 7:00–9:00 p.m., enjoy the sounds of Milkbone. After

months of training and all those miles on the trail, you've earned some music, dancing, refreshments and WhistleStop camaraderie!

The Best Volunteers in the World

If this is your first WhistleStop, get ready to meet some pretty incredible people. Our volunteers will be out on the course, at the finish line and throughout the Civic Center cheering you on, helping you along the way and doing everything they can to get you across that finish line.

Many of our volunteers have been with us throughout WhistleStop's history, and their enthusiasm, dedication and Northwoods hospitality are a huge part of what makes this race so special.

WhistleStop truly is a celebration for the entire Ashland community. Around here, we like to say: "If you're not running, you're sponsoring, volunteering, or helping someone who is!"

So welcome to WhistleStop. Run strong, enjoy the journey, celebrate BIG, and know that an entire community is behind you all the way.

Welcome to Ashland!

Mary McPhetridge Race Director Tamarack Health WhistleStop Marathon & Half Marathon

ALL RACES START AT 8:30 AM

2026 WhistleStop Weekend Schedule

FRIDAY, OCTOBER 9, 2026

- 12:00 - 9:00 p.m.** **Packet pick-up** for WhistleStop Marathon/Half-Marathon/5K/10K.
- 4:30 - 8:00 p.m.** **Pasta Feed** – Good friends, great noodles! In the Bay Area Civic Center. Open to ALL!
- 4:30 - 7:00 p.m.** **Dinner and Conversational Music** at the Pasta Feed, performed by Russ Darwin with Kevin Kitchak
- 5:30 p.m.** **Loose Caboose** - A FREE 1/2K and 1K foot race for children 11 years & younger at the Central Railyard Park, behind the Bay Area Civic Center. All participants receive a free t-shirt and medal. Pre-registration at 4:30 pm, Races begin at 5:30 pm
Brought to you by the Ashland Parks & Rec., 715-682-7059.

All Activities happen
inside the
Bay Area Civic Center

SATURDAY, OCTOBER 10, 2026

- 6:00 - 7:15 a.m.** **Late packet pick-up** for WhistleStop Half-Marathon/5K/10K race (no race day registration for any race).
- 6:00 - 7:15 a.m.** **Late packet pick-up** for WhistleStop Full-Marathon (no race day registration for any race).
- 6:15 - 7:30 a.m.** **Shuttle buses** depart for Tamarack Health WhistleStop Half-marathon, East of the Depot Building.
- 6:30 - 7:30 a.m.** **Shuttle buses** depart for Tamarack Health WhistleStop Full-marathon, East of the Depot Building.
- 7:15 - 7:45 a.m.** **Shuttle buses** depart for Tamarack Health WhistleStop 5K & 10K races, across the street from Associated Bank.
- 8:30 a.m.** **Race start time** for Tamarack Health 5k & 10k. Finish at the Bay Area Civic Center.
- 8:30 a.m.** **Race start time** for 28th Annual Tamarack Health WhistleStop Half-Marathon Start in Moquah, WI; Finish at the Bay Area Civic Center, Ashland.
- 8:30 a.m.** **28th Annual Tamarack Health WhistleStop Full Marathon Start** in Iron River, WI; Finish at the Bay Area Civic Center, Ashland.
- 9:00 a.m. - 2:30 p.m.** **Watch and cheer** the runners as they cross the Finish Line.
- 9:00 a.m. - 3:30 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 “Ashland High School Jazz Band” and “Russ Darwin w/guests Ken Wynn and Kevin Kitchak.” Delicious concessions & WhistleStop merchandise available for purchase!
- 10:30 a.m.** **Tamarack Health WhistleStop 5K & 10K Awards Ceremony.**
- 2:30 p.m.** **Tamarack Health WhistleStop Marathon & Half-Marathon Awards Ceremony.**
- 7:00 - 9:00 p.m.** **WhistleStop Blues & Brews Fest** - Sample scores of microbrews. While enjoying your brew tasting, listen to the sound of blues from “MilkBone.”

Ticket Information

Pasta Feed – \$15.00 adults,
\$7.00 children 4-11 and
3 and under FREE

Post-Race Party
Entertainment FREE

Blues & Brews Fest
(21 & older, IDs required)

Blues & Brews Fest Tickets
are an additional \$5.00
at the door, No Refunds.

Advance Tickets

\$10.00 (Beer sampling
included)

\$5.00 (No beer sampling)

Advance Tickets Are Available

Stop by the Ashland Area
Chamber of Commerce office
1716 Lake Shore Drive West,
Ashland, WI 54806

Advance Tickets Online

www.whistlestopmarathon.com

Advance Tickets By Phone

Call the Ashland Area Chamber
at 715-682-2500

**MasterCard, VISA &
Discover accepted.**

Tickets will be available Friday and Saturday at The Bay Area Civic Center and Saturday evening at the Door.

**WhistleStop 2026
Merchandise** will be
available for purchase at
The Bay Area Civic Center
on Friday, October 9, 2026,
and on Saturday,
October 10, 2026.

2026 RACE START TIMES

New time: 5K & 10K – Start 8:30 am

Half-Marathon – Start 8:30 am

Full-Marathon – Start 8:30 am

ALL RACES START AT 8:30 AM

The Ashland Area Chamber of Commerce presents...



October 9 & 10, 2026
Ashland, Wisconsin

WHISTLESTOP FESTIVAL 2026

Pasta Feed

FRIDAY, OCTOBER 9, 2026

4:30 - 8:00 pm
Bay Area Civic Center
320 4th Ave. W

A LOCAL
FAVORITE!

Conversational Music by Russ Darwin with Kevin Kitchak

EVERYONE IS
WELCOME!

SATURDAY, OCTOBER 10, 2026

POST RACE PARTY

9:00 am - 3:30 pm

Stop by the Bay Area Civic Center
and enjoy FREE entertainment!

Concessions and
Merchandise available
for purchase!

The Ashland High School Jazz
Band and Russ Darwin joined
by Ken Wynn & Kevin Kitchak

EVERYONE IS
WELCOME!

WHISTLESTOP BLUES & BREWS FEST 2026

Saturday, October 10, 2026 starting at 7:00 pm



MILKBONE
7:00 - 9:00 PM

Sample OVER 50 varieties
of MICROBREWS
AND WINE
7:00 - 9:00 pm

FRIDAY, October 9 • WhistleStop Pasta Feed \$15.00 Adults • \$7.00 Children 4-11 • 3 & under Free

SATURDAY, October 10 • Blues & Brews Fest Advance Tickets \$5.00 (no brews) • \$10.00 (with brew sampling) • Tickets will be \$5.00 more at the door

ALL shows rain or shine in the BAY AREA CIVIC CENTER: 320 4th Ave. W.

715-682-2500 • www.whistlestopmarathon.com

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ALL RACES START AT 8:30 AM

WhistleStop Blues & Brews Festival

Celebrate Race Weekend with Music, Dancing and Great Brews!

You've trained for it. You've run it. Now it's time to **celebrate!**

Make plans to cap off your WhistleStop race weekend on **Saturday, October 10**, at the **WhistleStop Blues & Brews Festival** at the **Bay Area Civic Center in downtown Ashland.**

Whether you're taking on the **marathon, half-marathon, 10k, or 5k**, cheering on a runner, or simply enjoying the weekend with family and friends, this is the perfect way to keep the race weekend energy going after you cross the finish line.

The evening kicks off from **7:00-9:00 p.m.** with **Minnesota's acclaimed blues/rock band, MilkBone.** Known for their high-energy performances, MilkBone combines foot-stomping blues with jazz, folk, and classic rock 'n' roll for a lively soundtrack to your post-race celebration.

MilkBone is all about energy, passion, and that irresistible bluesy groove. They mix classic Chicago style blues with a rock 'n' roll attitude, drawing on influences from the Allman Brothers, ZZ Top and more. From their own original tunes to reimagined blues and rock classics, this trio knows how to get a crowd moving, singing and dancing all night long.

Formed in 1996, MilkBone has rocked stages all over Minnesota and Wisconsin, earning a reputation for dynamic, high-energy shows. Their blend of blues, rock, and original jams makes them the perfect way to kick off a night of craft brews, dancing and pure festival fun.

Grab your friends, lace up — or kick off — your running shoes, and enjoy an evening of **live music, dancing, food, beverages, and craft beer sampling.** Sample a variety of Midwest microbrews while you relax, swap race stories, celebrate your finish, and soak up the atmosphere of WhistleStop Weekend.

Whether you're celebrating a marathon finish, completing your first 5K, chasing a personal best, or simply cheering from the sidelines, the **WhistleStop Blues & Brews Festival** is a great way to end an unforgettable race weekend.

Tickets With Beer Sampling \$10 in advance; \$15 at the door

Without Beer Sampling \$5 in advance; \$10 at the door

Must be 21+ to attend. IDs will be checked.

Get your tickets online at **visitashland.net/prestashop/18-whistlestop** or **www.whistlestopmarathon.com**, or call the **Ashland Chamber at 715-682-2500.**

Finish Strong. Celebrate Big.

Don't miss the grand finale of WhistleStop Weekend! Bring your fellow runners, family, and friends and celebrate your race-day accomplishments with an evening of **blues, brews, dancing, and good times in downtown Ashland.**

You've earned it — come celebrate your finish!



TITLE & PRESENTING SPONSORS



ALL RACES START AT 8:30 AM

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Hours of Operation

Friday, October 9, 2026
5 AM - 8 PM

Saturday, October 10, 2026
5 AM - 8 PM

FRIDAY, OCTOBER 9, 2026
5 AM - 8 PM

Fish Fry



WHITEFISH TACOS	\$10.00
WHITEFISH FRY	\$18.00
COD 2 PC	\$10.99
COD 3 PC	\$13.99
4 PC JUMBO SHRIMP	\$9.99



SATURDAY, OCTOBER 10, 2026
5 AM - 8 PM

Prime Rib



QUEEN \$20.00

KING \$26.00



Check out our

NEW BAR AREA

We serve cocktails, mocktails, hard ciders, and bottled beer.

ALL RACES START AT 8:30 AM

MT. ASHWABAY

TWO RACES, ONE HILL



**50K, 25K, 10K TRAIL RUNS
5K FUN RUN WITH OBSTACLES**



WhistleStop PASTA FEED

Fuel Up. Connect. Get Ready to Race!

There's no better way to kick off WhistleStop Weekend than with a hearty meal and a room full of fellow runners, family, and friends! Join us for the **WhistleStop Pasta Feed on Friday, October 9, from 4:30–8:00 p.m.** at the **Bay Area Civic Center, 320 4th Avenue West in Ashland.**

A longtime WhistleStop tradition, the Pasta Feed is the perfect opportunity to **fuel up before race day, meet fellow participants, and get into the WhistleStop spirit.** Whether you're gearing up for the marathon, half-marathon, 10K, or 5K — or simply joining us to enjoy a great meal — you're welcome at the table!

This racer-friendly feast, prepared by **The Breakwater Restaurant**, features **regular and gluten-free noodles, homemade vegetarian and meat sauce, salad, and a dinner roll.**

Every **Tamarack Health Full and Half Marathon participant receives a complimentary Pasta Feed ticket.**

5K & 10K participants receive \$3 off one Pasta Feed ticket.

Additional tickets are available online at whistlestopmarathon.com, by calling the Ashland Chamber at 715-682-2500, or at the door. Dinner Prices Adults: \$15; Kids ages 4–12: \$7; Children 3 and under: Free.

Live Music & Race-Weekend Fun

Enjoy your meal while listening to **Russ Darwin & Kevin Kitchak**. With favorites from America, Fleetwood Mac, U2, The Moody Blues, and more, they'll provide the perfect soundtrack for an evening of food, fun, and pre-race camaraderie.

The Pasta Feed is more than just dinner — it's where **race stories begin, friendships are made, and the excitement for race day starts to build.**

While you're at the Civic Center, take care of some race-weekend essentials, too.



The **WhistleStop merchandise booth is open from 12:00–9:00 p.m.**, giving you plenty of time to pick up race gear and souvenirs. **Packet pickup is also available from 12:00–9:00 p.m.**, making the Civic Center your one-stop destination for getting ready for race day.

Locomotive and Caboose Members group photo will take place at 7:00 pm. Help congratulate the 16 participants that have done all 27 races so far!

So bring your appetite, your family, your neighbors, and your running buddies. **Fuel up, soak in the atmosphere, and get ready to make race day one to remember!**

Come hungry. Leave happy. Race ready!



ALL RACES START AT 8:30 AM

THANK YOU SPONSORS

Please Support Our Sponsors!

Be sure to stop by and visit the sponsoring businesses featured on **pages 8-10**! Their support plays an important role in making the **Tamarack Health WhistleStop Festival** possible, and we are incredibly grateful for their investment in our community. While you're enjoying the event, take a moment to shop, dine, and do business with these local sponsors. **Your support helps the businesses that support our community.**

Interested in becoming a **2027 sponsor**? We'd love to hear from you! Contact the Ashland Chamber at 715-682-2500 to learn more.



WELCOME TO ALL PARTICIPATES & FAMILIES JOINING US IN ASHLAND FOR THE WHISTLESTOP

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Congratulations to all WhistleStop participants!

A Big Thank You to the many Volunteers!

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Tamarack Health

ALL RACES START AT 8:30 AM



**When you hit a wall,
make a window!**

see you at the 25-mile mark



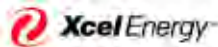
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Good Luck Runners!



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ALL RACES START AT 8:30 AM

Good Luck Runners!



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FLOW NORTH!

ALL RACES START AT 8:30 AM

The Heart of WhistleStop: Our Volunteers

The **Tamarack Health WhistleStop Marathon, Half Marathon, 10K & 5K** is more than a race — it's a community celebration. And it simply wouldn't be possible without the **nearly 500 incredible volunteers** who bring their time, energy, and enthusiasm to race weekend every year.

From the very first WhistleStop race to today, our volunteers have been the true heart and spirit of the event. They're the friendly faces at packet pickup, the helping hands along the course, the people keeping things moving behind the scenes, and the voices cheering you toward the finish line. They're **always smiling, always helping, and always ready to encourage our runners.**

We absolutely LOVE the pride and ownership our volunteers bring to WhistleStop, and we are especially grateful for those who have been part of the race for all 27 years. Their commitment is a remarkable part of what makes this event so special.

Longtime Friends of WhistleStop

Among our charter volunteer groups are the **Long Lake Property Owners Association** and **Tri Lake Timbers Resort**.

Since 1998, **Daryl Baumgartner**, owner of **Tri Lake Timbers**, has graciously opened his doors on race mornings, helping create the friendships, traditions, and memories that keep people coming back year after year. Nestled among three spring-fed lakes with access to the Chequamegon-Nicolet National Forest, **Tri Lake Timbers** offers five modern cabins along with a year-round bar and restaurant — another wonderful example of Daryl and his team's commitment to community.

A heartfelt thank-you also goes to the **Town of Moquah** for hosting the Half Marathon start. Their generosity in sharing property, town buildings, and recreational spaces helps make the race possible. And a special shout-out to the Moquah crew for managing parking and keeping everything running smoothly on race morning!

We're also grateful to **BayNet**, the Ashland-area Christian youth group that brings energy and enthusiasm to the start line with live music. Thank you to **Joe**



Mousseau and the BayNet team for helping create such a welcoming and uplifting atmosphere for our runners each year.

More Than 500 Ways to Make a Difference

With more than **500 volunteer spots filled throughout race weekend**, it takes an incredible community effort to bring WhistleStop to life.

And the impact doesn't go unnoticed. Time and again, runners tell us that **WhistleStop volunteers are one of the very best parts of the race experience.** From a smile and a cup of water to an enthusiastic cheer when the miles get tough, our volunteers remind every runner that this is more than a race—it's a community that believes in you.

To every volunteer, past and present: Thank you. WhistleStop simply wouldn't be WhistleStop without you!

See what our racers have to say about this race and the volunteers:

Outstanding! Thank you for all your hard work putting on this event every year! Wonderful!

This was a fun and well-organized race that is just the right size. I have run Grandma's full and half marathons and that was a great experience but I find that the smaller venues are more fun and easier from a logistics perspective. It seems like there was at least one more aid station than I would typically see in a half marathon but that was appreciated. The variety of snacks and the enthusiasm of the volunteers was excellent. Overall, it was a great experience.

We loved this race. My husband and I have done several races with friends and family in the past and this was our favorite!

The Lodge at the start of the full marathon (Tri Lakes) was such a wonderful, one-of-a-kind experience. The place reminded me of the Lodge from the movie The Great Outdoors. It was classic americana and I will treasure my memories of this marathon.

I love this race, I take photos during my run/walk every year, it's spectacular. From our bus driver (Hi Chris!) to Bruce the gentleman at aid station 8 (or 9?) in the tuxedo shirt, everyone is AWESOME. I didn't even have to carry fuel because this race is THAT supported. THANK YOU.

Fantastic race! Great route, volunteers, and all the details were covered! Loved it!

Beautiful, good first-time marathon too.

I think the race is a perfect time in the year where it is cold but not too cold. Also the fall colors make it a really pretty course. The course is also really nice, no hills, don't have to worry about getting lost, and not on pavement the whole time.

Well organized, great volunteers, plenty of water stops, beautiful course. For the reasons mentioned above – flat, beautiful, well organized and typically a great shirt. Beautiful area. Super friendly and welcoming community. Great surface to run on.

So when you see a volunteer during race weekend – whether they're handing you water, guiding you to the start, or cheering you across the finish – take a moment to smile, wave, and say THANK YOU! They are the true heroes of WhistleStop.

ALL RACES START AT 8:30 AM

Where You'll Find Yourself Next to the Water

You came to Ashland to run, but we hope you'll stay awhile and discover why so many visitors find themselves wanting just a little more time here.

Sitting along the beautiful shores of Lake Superior and Chequamegon Bay, Ashland is a community filled with locally owned shops and restaurants, miles of waterfront trails, incredible public art, fascinating history, and some pretty special surprises you may not expect to find along the way.

Take a Drink of Ashland

One of those surprises is waiting for you at Maslowski Beach. Ashland's artesian well flows with cold, clean, clear, crisp water 24 hours a day, 365 days a year. Locals and visitors stop throughout the year to fill water bottles and jugs straight from the flowing well.

There's something wonderfully simple about it. Pull up, fill your bottle, take a drink, and enjoy one of Ashland's natural treasures. After a weekend of running, walking, exploring, and celebrating, that cold artesian water tastes especially good!

While you're there, take a few minutes to enjoy Maslowski Beach and the view across Chequamegon Bay. It's one of those places that reminds you exactly why our community's invitation is to Find Yourself Next to the Water.

A New Mural Along Your Race Route

Ashland is known for its murals, mosaics, and public art, and this year WhistleStop runners will experience one of our newest mural applications in a very special way. As you near the finish line, you'll cross the bridge featuring the newest addition to Ashland's public art collection. After miles on the course, it's a colorful welcome into the final stretch and another piece of Ashland's story that becomes part of your WhistleStop experience.

When the race is over, go back and take a closer look. Then explore the rest of Ashland's murals throughout downtown. Our public art tells the stories of the people, industries, history, and natural beauty that have shaped this community.

Walk Main Street

Spend some time exploring Historic Main Street and you'll quickly discover that Ashland

is still a place where locally owned businesses are at the heart of the community.

Browse more than 30 locally owned shops, boutiques, galleries, and specialty stores offering everything from outdoor gear and Northwoods treasures to clothing, home décor, art, chocolates, toys, and one-of-a-kind gifts.

When it's time to eat, Ashland has plenty of locally owned restaurants, coffee shops, pubs, and gathering places to choose from. And if a locally brewed beverage sounds good after your race, stop at South Shore Brewery and sample one of Ashland's hometown brews.

Take your time. Wander a little. Look up at the murals. Talk to the shop owners. This is the kind of downtown that is best discovered on foot.

Follow the Water

Lake Superior is never far away in Ashland. The Ashland Rails to Trails System and Waterfront Trail stretches for miles along the shoreline, connecting Maslowski Beach with parks, beaches, fishing areas, public art, historic sites, colorful boathouses, and beautiful views of Chequamegon Bay.

For runners, it's a great place for an easy shakeout walk before the race or a relaxing stroll afterward. For families and friends, it's one of the easiest ways to experience Ashland at your own pace.

Along the way, be sure to find the pedestrian tunnel decorated with colorful mosaic artwork connecting the waterfront with downtown. In Ashland, even the route from one place to another can become part of the experience.

Discover a Little History

Ashland has some stories to tell. Visit the Ashland Historical Society Museum to learn more about the people, businesses, industries, and events that shaped the community. Check out the historic Soo Line locomotive near the Depot, explore our parks and waterfront, or simply walk through downtown and let the historic buildings and murals tell some of the story for you.

Ashland also offers a full-service municipal marina right in town, an 18-hole golf course, swimming beaches, parks, picnic areas, fishing opportunities, and plenty of places to simply sit

and enjoy the lake.

Make Ashland Your Home Base

One of the best things about staying in Ashland is how much there is to explore nearby.

Head north and experience Madeline Island and the Apostle Islands National Lakeshore, with its islands, historic lighthouses, spectacular Lake Superior shoreline, and endless opportunities for adventure.

Just west of Ashland, the Northern Great Lakes Visitor Center offers exhibits, trails, a nature boardwalk, an observation tower, and a wonderful introduction to the natural and cultural history of the Lake Superior region.

Travel south to Copper Falls State Park for waterfalls, hiking trails, and some of northern Wisconsin's most beautiful scenery, or venture into the Chequamegon-Nicolet National Forest for hiking, biking, wildlife viewing, and miles of Northwoods adventure.

The Bad River area is also nearby, offering dining, entertainment, music, gaming, and opportunities to experience the culture and traditions of the Bad River community.

Don't Make This Your Only Visit

October is pretty spectacular in Ashland, but it's only one chapter of the story. Come back when the bay is sparkling under a summer sun. Visit when the forests are covered in snow and everything seems a little quieter. Return in spring when waterfalls are roaring and the Northwoods begin waking up again. Every season changes the view, the activities, and the experience — but Lake Superior is always here. So while you're in Ashland for WhistleStop, explore beyond the finish line.

Fill your bottle with cold artesian water. Find the newest mural. Walk Main Street. Follow the waterfront trail. Discover a favorite restaurant or shop. Watch the sun set over Chequamegon Bay.

And before you leave, start thinking about when you might come back. Because in Ashland, the murals tell our stories, the trails follow the shoreline, the water flows cold and clear, and Lake Superior is always part of the view.

Ashland — FIND yourself NEXT to the WATER.

You've Crossed the Finish Line – Now It's Time to Celebrate!

The race may be over, but the fun is just getting started!

Once you've crossed the finish line, collected your medal, and taken a well-earned breath, head over to the **Bay Area Civic Center** for the **WhistleStop Post-Race Party!** Whether you ran the **Tamarack Health Marathon, Half Marathon, 10K, or 5K**, cheered on a friend or family member, or simply came to enjoy the excitement of WhistleStop Weekend, **everyone is welcome.**

The Post-Race Party is one of the best places to experience the energy and community that make WhistleStop so special. Come stretch your legs, grab something delicious to eat, listen to great live music, and relax with the people who helped make your race-day experience memorable.

Hometown Music to Keep the Celebration Going

The party gets started in the morning with the talented **Ashland High School Jazz Band**. These young musicians bring an impressive, polished sound that is sure to put a smile on your face and keep the race-day energy going.

Ashland High School Jazz Band 9:00–10:00 a.m.

After the morning's excitement, settle in for an afternoon of acoustic music from **Russ Darwin and guests Ken Wynn and Kevin Kitchak.**

Russ Darwin & Guests 11:00 a.m.–2:30 p.m. 3:00–4:00 p.m. following the awards

Russ and his guests will bring an energetic mix of familiar **Rock, Country, and Folk favorites from the 1960s through the 1990s**, along with a selection of more modern songs. Russ brings the vocals and guitar, Ken adds bass, and Kevin rounds out the sound on keys and guitar.

Whether you're relaxing after your race, enjoying lunch with your family, swapping stories with fellow runners, or cheering on the next finisher, their music provides the



perfect soundtrack for a great WhistleStop afternoon.

Trust us — you'll want to stick around! Grab a Bite & Stay Awhile

You worked hard for that finish, so treat yourself! The Bay Area Civic Center will be serving up a variety of **great food and beverages available for purchase** throughout the celebration. Grab lunch, find a comfortable spot, and enjoy the atmosphere as runners, families, volunteers, and spectators come together to celebrate.

The Post-Race Party is a great place to slow down and enjoy everything that makes WhistleStop more than just a race.

Come for the finish. Stay for the fun! Celebrate Every Runner

There's something special about watching a race from the other side of the finish line. Throughout the day, you'll see runners celebrating personal victories, reuniting with family and friends, comparing race stories, and proudly wearing their hard-earned medals.

Maybe you achieved a personal best. Maybe you completed your first marathon. Maybe you tackled your first 5K. Maybe the goal was simply to cross that finish line.

Every finish is worth celebrating — and the WhistleStop community is ready to celebrate with you!

Stick around for the **awards ceremony**, then keep the good times going with live music from Russ Darwin and his guests from **3:00–4:00 p.m.**

Make a Day of It!

The Post-Race Party is your invitation to **take a deep breath, put your feet up, and enjoy the moment.** There's no need to rush off after your race. Bring your family and friends, cheer for fellow runners, enjoy the music, grab some food, and soak up the hometown hospitality that makes WhistleStop Weekend such a memorable experience.

The Bay Area Civic Center will be buzzing with **music, food, laughter, race stories, and plenty of WhistleStop spirit** all afternoon.

Everyone's Invited!

Saturday, October 10 • 9:00 a.m.–4:00 p.m. Bay Area Civic Center

Live hometown entertainment, food & beverages for purchase, awards & celebrations, cheer on fellow runners, free entertainment, family-friendly fun!

You ran the race. You earned the medal. Now come celebrate!

Finish your WhistleStop experience with us at the Post-Race Party—where the miles are behind you, the music is playing, and the celebration is just beginning!

Everyone Welcome!

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CHECK OUT THE OTHER EVENTS THE CHEQUAMEGON BAY HAS TO OFFER IN 2027



FEBRUARY

Book Across the Bay
10K cross country ski race
and snowshoe trek across the
Chequamegon Bay. This is an evening
event with the course beautifully lit
with luminaries. www.batb.org



MAY

**Chequamegon Bay
Birding & Nature Festival**
3 days of activities on
Wisconsin's south shore of
Lake Superior at the peak
of spring migration.
www.birdandnaturefest.com



JUNE

**Apostle Islands Inline
Marathon & (ALMT)
Half Marathon**
On Madeline Island
www.apostleislandsinline.com



JULY

**Bay Days 1-mile/5K/10K
Fun Run**
www.ashlandbaydays.com



SEPTEMBER

**Chick-uamegon Women's
1-mile/5K/10K**
www.chick-uamegon.com

**SAVE THE
DATE!**

**29th Annual Tamarack Health
WhistleStop Marathon & Half-Marathon/5K/10K
October 8 & 9, 2027**

Call the Ashland Area Chamber of Commerce for more information • 715-682-2500

Or visit our website: www.whistlestopmarathon.com www.visitashland.com email: info@visitashland.com

ALL RACES START AT 8:30 AM

Racer Information

WELCOME to the 28th Annual Tamarack Health WhistleStop Marathon/Half-Marathon/5K/10K! Thank you for helping us to continue a tradition in the world of marathons. **Please read the following answers to our frequently asked questions.**

SPECTATORS AND SUPPORT

There are NO bikes, baby-joggers, pets or other unauthorized vehicles allowed on the course. Spectator points allow parking on one side of access roads. 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. **Please tell your support team NOT to bring pets to these sites. It is for your safety and the safety of other runners. And please do not block residents driveways.**

FRIDAY, OCTOBER 9th

WHISTLESTOP PASTA FEED 4:30-8:00 pm, PACKET PICK-UP 12:00-9:00 pm

The WhistleStop Pasta Feed will be held inside the Bay Area Civic Center from 4:30-8:00 pm on Friday, October 9th. All marathon & half-marathon registrants receive a FREE/COMPLIMENTARY coupon to this event in their race packet. 5K/10K racers receive a \$3.00 discount on one ticket. **Tickets for others in your party may be purchased in advance or at the door for \$15.00 for adults & \$7.00 for kids 4-12, toddlers 3 and under FREE.** Packet pick-up will be inside the Bay Area Civic Center from 12:00-9:00 pm on Friday.

SATURDAY, OCTOBER 10th

Late Packet Pick-up in the Bay Area Civic Center

6:00 am-7:15 am for the **Full Marathon**

6:00 am-7:15 am for the **Half-Marathon, 5K, 10K**

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/State Hwy 13 at BMO Harris Bank, Symetra, Ashland County Courthouse and Superior Choice Credit Union. There are also city lots just one block east of the Bay Area Civic Center.



Please DO NOT PARK on Main Street.

Parking at the start line of the Full-Marathon is not allowed. Please use the shuttle buses provided. Parking at the Half-Marathon start is allowed. We strongly encourage runners to utilize the shuttle buses that will be provided. If you decide to drive to the half-marathon start line, please make sure you have a ride back to your car if you are alone! Racers will not be bussed back to these parking areas after the race.

ENTERTAINMENT

Be sure to attend the musical entertainment scheduled for the weekend as described in other sections of this guide. See pages 3 and 4.

TIMING TECHNOLOGY

Tamarack Health Whistle-Stop Marathon/Half Marathon/5K/10k participants will experience a streamlined timing setup. Runners will find their timing tag in their race packet attached to their bib. Finishing times are available online at www.whistlestopmarathon.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 Tamarack Health 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). 5K/10K buses will be departing on 4th Ave, NORTH of the Bay Area Civic Center by Associated Bank

- Half-Marathon Shuttle Starting At 6:15 am. Last Bus At 7:30 am.
- 5K & 10K Starting At 7:15 am. Last Bus At 7:45 am.
- Full-Marathon Shuttle Starting At 6:30 am. Last Bus At 7:30 am.

Make sure you are on the correct bus! **There will be no return shuttles back to the start lines from the finish.**

FULL MARATHONERS: If you pick up your race packet on Friday night and you have transportation to the FULL Marathon PARKING AREA, **NEW IN 2026** – Iron River Community Cener, 8275 E Mill St, Iron River, a special shuttle will be picking up runners and spectators for the full marathon at 7:15 am. Last bus at 7:45 am SHARP to drive you into the race start area. You will NOT be allowed to drive into the FULL Marathon RACE START AREA. **There will be NO PACKET PICK-UP at the Shuttle and NO RETURN shuttle to the Iron River Community Center after the race.**

BAG DROP

Each start line has a truck, located nearby, to pick up your extra warmup clothes. In your packet will be a large garbage bag, and a bright orange sticker with your bib number on it, please attach the sticker to your bag and use this bag for your items. Bring the bag to the Bag Drop truck and place it inside. The bags will be brought to the finish area where they will be arranged in the Bay Area Civic Center. 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 lost clothing or clothes dropped off along the race course. If items are dropped along the course, they will not be back to the finish line area until 2:30 pm.

SHOES AND COURSE SURFACE

A note about shoes. The limestone paving on the Tri-County Corridor is a great running surface, but being a multi-use recreational trail, the course does have occasional 1/2" to 1" stone on

ALL RACES START AT 8:30 AM

it. This is particularly true from mile 1-6 of the full marathon. 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.
- 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 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 for all races is 8:30 am – 5K/10K, Half-Marathon and 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 lines for dressing. There is no heated waiting area at the start lines and very limited rain shelter at the Full and Half-marathon start line. No Shelter at the 5K/10K start lines. Be prepared for inclement weather!

Runners who have run a 3-hour marathon or 1-1/2-hour half-marathon should line up closest to the starting line. All other runners should line up according to their projected finishing times, after that. Those interested in walking the half-marathon, 5K or 10K, please stay toward the rear of the start groups. **There is NO WALKING FOR THE FULL MARATHON.**

THE FULL MARATHON will be starting near Iron River at Tri-Lake 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 into the full marathon start line area.** You must take a shuttle bus to the start line. 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. There is NO return shuttle bus after the race to the start line.

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 line.

AID STATIONS

Water and Powerade will be available at 15 aid stations (refer to course map on page 18 and 19). 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, non-aspirin pain reliever and porta-potties. 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 the 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 2:30 pm.

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 2:30 pm. Anderson Race Management will provide professional timing. Your Timing device for this event is the Chrono Track B-Tag System.

FINISH LINE SERVICES

The following items will be available for runners: Powerade, water, bananas, yogurt pretzels and cookies. Other concessions will be available for a modest charge. Showers will be available in the Bay Area Civic Center from 9:00 am to 3:00 pm on Saturday. Bring a towel.

FINISHER SHIRT FOR THE FULL/HALF-MARATHONERS

The Full & Half Finisher item this year is a hooded lightweight pullover with thumb holes. Finisher printed on the sleeve and a picture of Lake Superior on the back. It's a beautiful blue and you can use it for running or a night on the town.

FINISHER SHIRT FOR THE 5K/10K

This year's 5K/10K shirt is a soft poly tech/cotton baseball style shirt, sporting the Tamarack Health WhistleStop logo.

TAMARACK HEALTH WHISTLESTOP AWARDS

5K/10K AWARDS

5K & 10K Awards will take place at 10:30 am in the Bay Area Civic Center, free and open to the public.

MARATHON/HALF-MARATHON

Full & Half Marathon Awards will take place at the 2:30 pm inside the Bay Area Civic Center, free and open to the public.

RACE RESULTS

QR codes will be placed around the finishline area and inside the Bay Area Civic Center. Scan the QR code, type in your bib number and you will find your results. Screen shot that page/image so you now have a keepsake of your time from the WhistleStop Race.

FINISH LINE/SPECTATORS

The finish line is the most exciting spot to be during the Tamarack Health WhistleStop Races. The great thing about longer distance races is that every finisher can provide a little drama. Every effort is made to announce each racer as they cross the finish line. The joy of victory on the winners' faces is matched only by the joy of someone completing their first race.

As the finishers begin to accumulate, the WhistleStop Festival area becomes a collage of brightly colored running gear, reflective blankets, finisher 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 8:45 am to 2:30 pm. The best time to see winners come across the finish line is between 9:00 am and 1:00 pm. 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)

5K: 8:45 am

10K: 9:05 am

Half-Marathon - Male: 9:45 am

Half-Marathon - Female: 9:55 am

Marathon - Male: 11:05 am

Marathon - Female: 11:30 am

All accessible vantage points for the Tamarack Health 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 (Dogs) are NOT allowed** at these spectator points as the points are along the corridor. Again, this is for your safety and the safety of others in the race. Watch for and obey No Parking Signs for emergency entrance (refer to course maps on pages 18-19). **Please respect residents property - don't park in yards or block driveways - even for just a minute. Thank you!**

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ALL RACES START AT 8:30 AM

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Buses/Finish Line/Blues & Brews Festival
320 4th Ave West, Ashland WI 54806

PARKING AREA

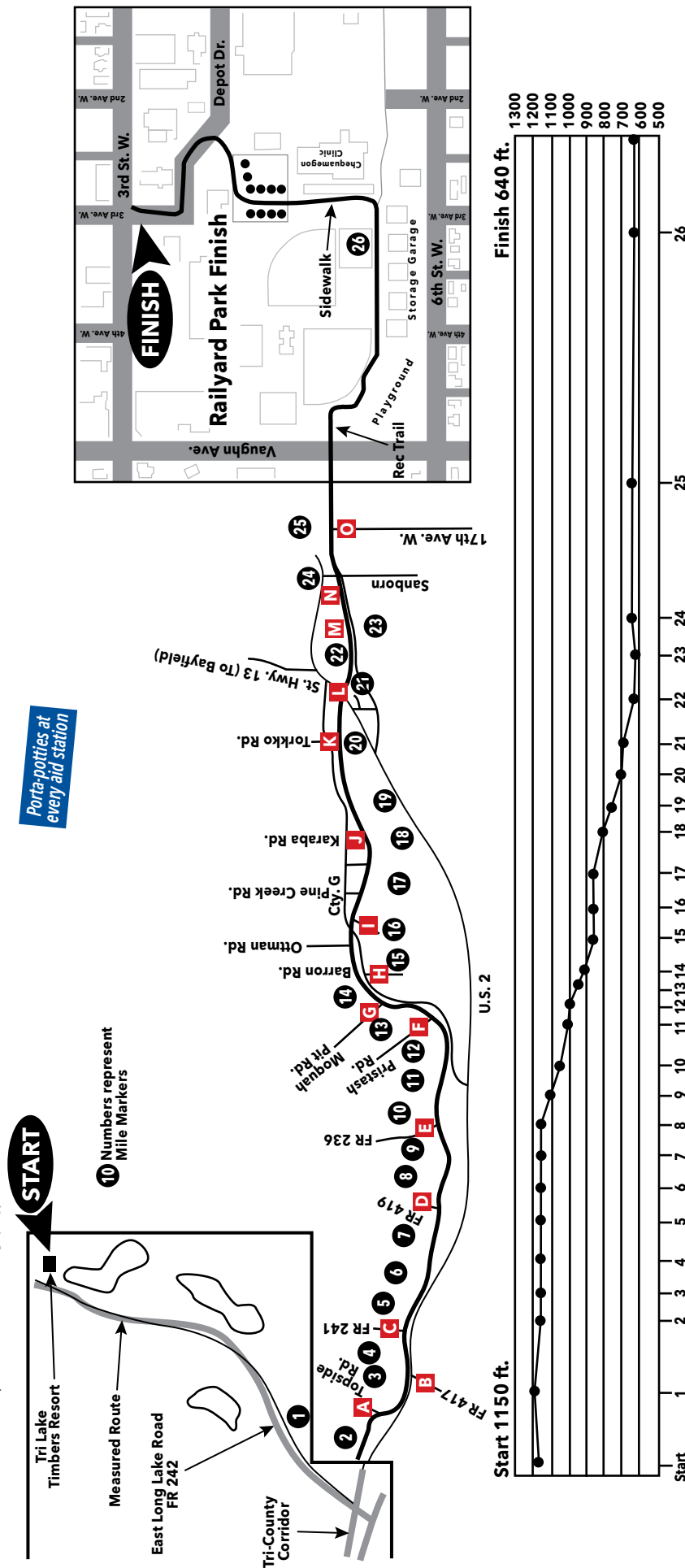
Near the Full-Marathon Start Area
South Shore Sand & Gravel
68280 Primrose Lane, Iron River WI 54847

TAMARACK HEALTH WHISTLESTOP FULL-MARATHON MAP

Iron River, WI to Ashland, WI

8:30 am Start

COURSE MAP AND ELEVATION CHART



WhistleStop Marathon Aid Stations & Locations

Start:

- A** Topside Road: 2.5 mi
- B** FR 417: 3.9 mi
- C** FR241/Pumping Station Road: 4.75 mi
- D** FR 419/Spider Lake Road: 7.9 mi
- E** FR 236/Ino Road: 9.9 mi
- F** Pristash Road: 12.2 mi
- G** Moquah Pit Road: 13.7 mi
- H** Barron Road: 14.6 mi
- I** Moquah Town Park: 16.0 mi
- J** Karaba Road: 18.0 mi
- K** Torkko Road: 20.6 mi
- L** Experiment Farm: 21.6 mi
- M** Sajdak Road: 22.9 mi
- N** Golf Course Road: 23.7 mi
- O** 17th Avenue West: 25.0 mi
- Finish:** 3rd Avenue & 3rd Street: 26.2 mi

• No Pets Allowed At Spectator Points

Do Not Park on Private Property

Distances Between Aid Stations

- A** Aid Station 1, Topside Road: 2.5 mi
- B** Aid Station 2, FR 417: 1.4 mi w/food
- C** Aid Station 3, FR241/Pumping Station Road: 1.0 mi
- D** Aid Station 4, FR 419/Spider Lake Road: 3.1 mi
- E** Aid Station 5, FR 236/Ino Road: 2.0 mi w/food
- F** Aid Station 6, Pristash Road: 2.3 mi
- G** Aid Station 7, Moquah Pit Road: 1.5 mi w/food
- H** Aid Station 8, Barron Road: .9 mi
- I** Aid Station 9, Moquah Town Park: 1.4
- J** Aid Station 10, Karaba Road: 2.0 mi w/food
- K** Aid Station 11, Torkko Road: 2.6 mi w/food
- L** Aid Station 12, Experiment Farm: 1.0 mi w/food
- M** Aid Station 13, Sajdak Road: 1.3 mi w/food
- N** Aid Station 14, Golf Course Road: .8 mi w/food
- O** Aid Station 15, 17th Avenue West: 1.3 mi w/food
- Finish line,** 3rd Avenue & 3rd Street: 1.1 mi

Do Not Park on Private Property

BAY AREA CIVIC CENTER

Home of the Packet Pick-up/Pasta Feed/Shuttle
Buses/Finish Line/Blues & Brews Festival
320 4th Ave West, Ashland WI 54806

PARKING AREA

Near the Half-Marathon Start Area
23700 Pilsen Town Hall Rd., Moquah WI

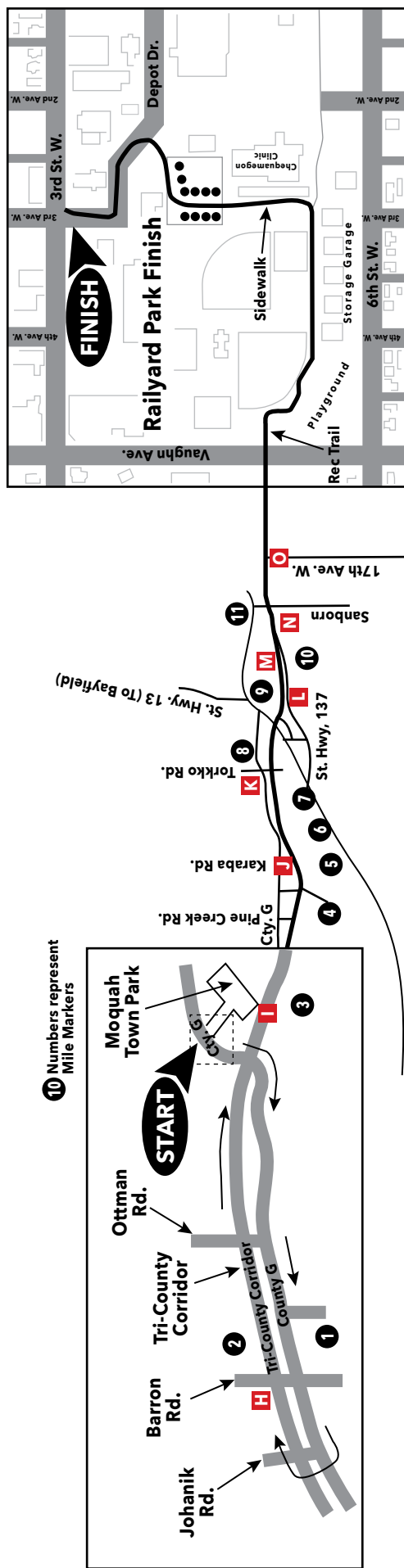
TAMARACK HEALTH WHISTLESTOP HALF-MARATHON MAP

Moquah, WI to Ashland, WI

8:30 am Start

COURSE MAP AND ELEVATION CHART

Porta-potties at
every aid station



WhistleStop Marathon Aid Stations & Locations

Start:

- H** Barron Road: 1.6 mi
- I** Moquah Town Park: 3.0 mi
- J** Karaba Road: 5.0 mi
- K** Torkko Road: 7.6 mi
- L** Experiment Farm: 8.6 mi

Finish: 3rd Avenue & 3rd Street: 13.1 mi

Do Not Park on Private Property

Distances Between Aid Stations

- H** Aid Station 1, Barron Road: 1.6 mi
- I** Aid Station 2, Moquah Town Park: 1.4 mi
- J** Aid Station 3, Karaba Road: 2.0 mi w/food
- K** Aid Station 4, Torkko Road: 2.6 mi w/food
- L** Aid Station 5, Experiment Farm: 1.0 mi w/food

- M** Aid Station 6, Sajdak Road: 1.3 mi w/food
- N** Aid Station 7, Golf Course Road: .8 mi w/food
- O** Aid Station 8, 17th Avenue West: 1.3 mi w/food

Finish line, 3rd Avenue & 3rd Street: 1.1 mi

Do Not Park on Private Property



Discover Ashland: Where You'll Find Yourself Next to the Water

Take a stroll down Historic Main Street and explore the many locally-owned shops in downtown Ashland and along Lake Shore Drive (US Hwy 2). During WhistleStop weekend, retailers roll out the welcome mat with in-store specials and sidewalk sales, making it the perfect time to browse, shop and soak up the energy of this vibrant lakeside community.

But Ashland offers more than shopping. Nestled along the south shore of Lake Superior, in the heart of Chequamegon Bay, this community is brimming with history, outdoor adventure, and small-town charm that will keep you coming back long after the races are done.

Ashland's Northern Treasures

- **Lake Superior and Chequamegon Bay** – The greatest of the Great Lakes and a world-class smallmouth bass fishery.
- **Friendly, welcoming people** – The heartbeat of Ashland, ready to greet visitors like old friends.
- **Historic murals** – More than 21 larger-than-life works of art throughout the city, depicting the area's colorful heritage. Ashland is proudly known as the Historic Mural Capital of Wisconsin.
- **A vibrant food scene** – From local delicacies to gourmet dining, Ashland's restaurants serve up flavors as fresh as the lake breeze.
- **Lodging for everyone** – Choose from charming inns, cozy family motels, and fine hotels.

Shop, Sip & Stroll

With more than 30 unique retailers, Ashland's downtown is alive with gift shops, galleries, specialty stores, and boutiques offering everything from outdoor gear to fine art. After shopping, stop in at **South Shore Brewery**, home of the award-winning Nut Brown Ale, Maple Amber and other handcrafted favorites.

Don't miss the **Scenic Waterfront Trail** that winds 11.5 miles along Lake Superior's shoreline, linking Maslowski Beach to Bayview Park. Along the way, you'll discover fishing piers, boathouses, public art, and even a tunnel adorned with colorful mosaic art that connects directly to downtown shops.

And if you need refreshment, Ashland has you covered – literally from the ground up. Two artesian wells at Maslowski Beach and Prentice Park flow with crisp, natural spring water, available 24/7.

History, Culture and Natural Beauty

- Tour the **Ashland Historical Society Museum** or visit the **Historic Soo Line Locomotive** across from the Depot
- Take in an open-air concert at the **Memorial Park Bandshell** during the summer months.
- Dock at the full-service **municipal marina**, located right in the center of town.
- Play a round at the local **18-hole golf course** or enjoy the city's parks, picnic areas, and swimming beaches.

Our Favorite Neighbors

Ashland is the perfect jumping-off point for unforgettable day trips:

- **Madeline Island** – Laid-back beauty and unique charm.
- **Apostle Islands National Lakeshore** – 22 islands filled with sea caves, lighthouses and adventure.
- **Northern Great Lakes Visitor Center** – Just two miles west of town with exhibits, an observation tower and nature boardwalk.
- **Copper Falls State Park** – Stunning waterfalls and trails, south of Ashland.
- **Chequamegon-Nicolet National Forest** – Endless opportunities for hiking, skiing and wildlife viewing.
- **Bad River** – Bad River Lodge & Casino offers local bands, karaoke, restaurants serving ethnic food, and a gift shop with local Indian crafts.

A Four-Season Destination

Whether you arrive in the warmth of summer, the brilliance of fall, the stillness of winter, or the freshness of spring, Ashland is a year-round destination. Outdoor enthusiasts, history buffs, food lovers, and families alike will find something to love.

So, while you're here for the WhistleStop, take some time to explore Ashland's treasures. And when the races are over, plan your return trip. Because here in Ashland – where murals tell stories, trails hug the shoreline, and sunsets blaze across Lake Superior – you'll always *FIND yourself NEXT to the WATER.*

Learn more at www.visitashland.com



ALL RACES START AT 8:30 AM

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ALL RACES START AT 8:30 AM

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Tamarack Health WhistleStop Marathon & Half-Marathon COURSE RECORDS



Marathon

Men		
Eric Hartmark '07	2:28:41	
Women		
Jenelle Deatherage '12	2:47:19	
Masters Men		
Arnie Schraeder '05	2:41:42	
Masters Women		
Kimberly Anderson '09	2:58:43	
Local Men		
Luke Beirl '12	2:41:05	
Local Women		
Annette Pufall '07	3:07:14	

Half-Marathon

Men		
Abraham Wengel '06	1:08:36	
Women		
Maria Langholz '22	1:18:32	
Masters Men		
Gregg Robertson '11	1:14:48	
Masters Women		
Karen Schoenrock '05	1:24:00	
Local Men		
Ben Cogger '11	1:14:16	
Local Women		
Maria Langholz '11	1:29:59	

Age Classes	Men	Women
12-18	2:54:18	3:22:58
19-24	2:31:21	3:07:14
25-29	2:28:41	2:58:07
30-34	2:37:34	2:51:52
35-39	2:37:47	2:47:19
40-44	2:41:42	2:58:43
45-49	2:47:51	3:14:37
50-54	2:51:05	3:21:51
55-59	2:58:59	3:42:37
60-64	3:11:36	3:51:57
65-69	3:35:53	4:58:34
70+	3:54:50	5:13:55
75-79	5:56:02	

Age Classes	Men	Women
12-18	1:24:51	1:38:25
19-24	1:08:36	1:21:43
25-29	1:11:56	1:23:52
30-34	1:08:25	1:18:32
35-39	1:11:08	1:16:42
40-44	1:14:48	1:24:00
45-49	1:10:45	1:27:41
50-54	1:18:45	1:31:05
55-59	1:22:10	1:33:13
60-64	1:23:26	1:43:33
65-69	1:32:51	1:50:47
70-74	1:37:24	2:15:01
75-79	1:54:13	2:47:54
80+	2:43:33	3:54:10

Updated 9/16/2026

ALL RACES START AT 8:30 AM

Locomotive & Caboose Club

Chugging along for 28 years!!

Some traditions are worth celebrating. Some friendships are worth remembering. And some runners simply never stop showing up. Since the very first WhistleStop, a remarkable group of runners has returned year after year, making this race part of their lives and becoming an important part of WhistleStop history. The Locomotive Club was created to recognize runners who faithfully completed the Full or Half Marathon every year. It was our way of honoring their incredible commitment, perseverance, and love for WhistleStop — year after year and mile after mile. As the years passed, some of these longtime participants chose to continue their WhistleStop journey at shorter distances, including the 10K and 5K. Their race distance may have changed, but their dedication to WhistleStop never did. That's when the Caboose Club came along — recognizing those longtime participants who continue to show up, stay connected and remain part of the WhistleStop family as their running journey evolves. 16 Runners. Every WhistleStop.

This year marks the 28th running of the Tamarack Health WhistleStop Marathon, Half Marathon, 10K & 5K. Through changing weather, changing race distances and 28 years of Saturday mornings in October, these 16 runners have continued to show up. They have celebrated our successes, endured our challenging weather days, watched the race grow and change, and helped create the traditions that make WhistleStop what it is today. At this point, they aren't simply participants. They are part of the WhistleStop family — and part of its history.

Our Locomotive Club

Jefferey V. Anderson, Steven D. Bade, Debby Bocnuk, Arlene



Elden, Monte L. Fjosne, Steve Fredrickson, Joanne Gorski, Steve R. Hagedorn, Gail A. (Musolf) Hansen, Steve F. Jurek, Kevin Lakowske, Donald P. Moreland II, John R. Rikkola, Todd Roswold, Kevin Zimmer

Our Caboose Club

Amy L. Rogge – 10K

Watch for these special runners on race weekend! Our Locomotive & Caboose Club members will proudly display a special insignia on their race bibs. When you see one along the course, give that runner an extra cheer. After 28 WhistleStops, they've certainly earned it!

Help Us Celebrate!

Runners, families, volunteers and friends are invited to join us for our annual Locomotive & Caboose Club group photo at the Bay Area Civic Center on Friday, October 9, at 7:00 p.m. It is one of our favorite WhistleStop traditions and a chance to recognize the people who have been part of this race from the very beginning.

Did We Miss You?

If you have participated in every WhistleStop since the beginning but don't see your name listed, please let

us know. We want to make sure every member of this very special group receives the recognition they deserve. Contact us at officemgr@visitashland.com.

Keep the Tradition Chugging Along!

To our Locomotive & Caboose Club members — thank you. Thank you for coming back to Ashland year after year. Thank you for believing in this race, supporting our community and helping create a tradition that has welcomed thousands of runners to the shores of Chequamegon Bay. We look forward to seeing you along the course and, most importantly, crossing another WhistleStop finish line. Here's to the miles behind you, the miles ahead and another great WhistleStop together.

All aboard! The WhistleStop tradition keeps chugging along because of runners like you at the "Locomotive" Aid Station and out on the course!





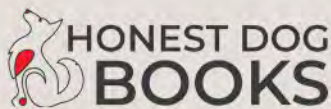
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Participants will receive a T-shirt and finishing award.

A race for the little ones. Friday night, October 9, the Ashland Parks and Recreation's **"The Loose Caboose Kids' Foot Race,"** 1/2 or 1K foot race for children ages 11 and under, goes around Central Railyard Park ball fields behind the Bretting Community Center, 400 W. 4th Ave. No pre-registration.

Registration starting at 4:30 pm. For more information, call 715-682-7059.



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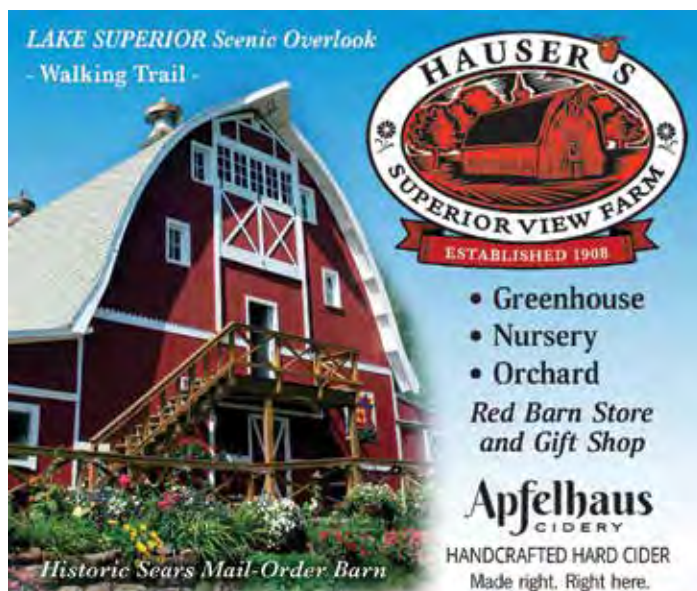
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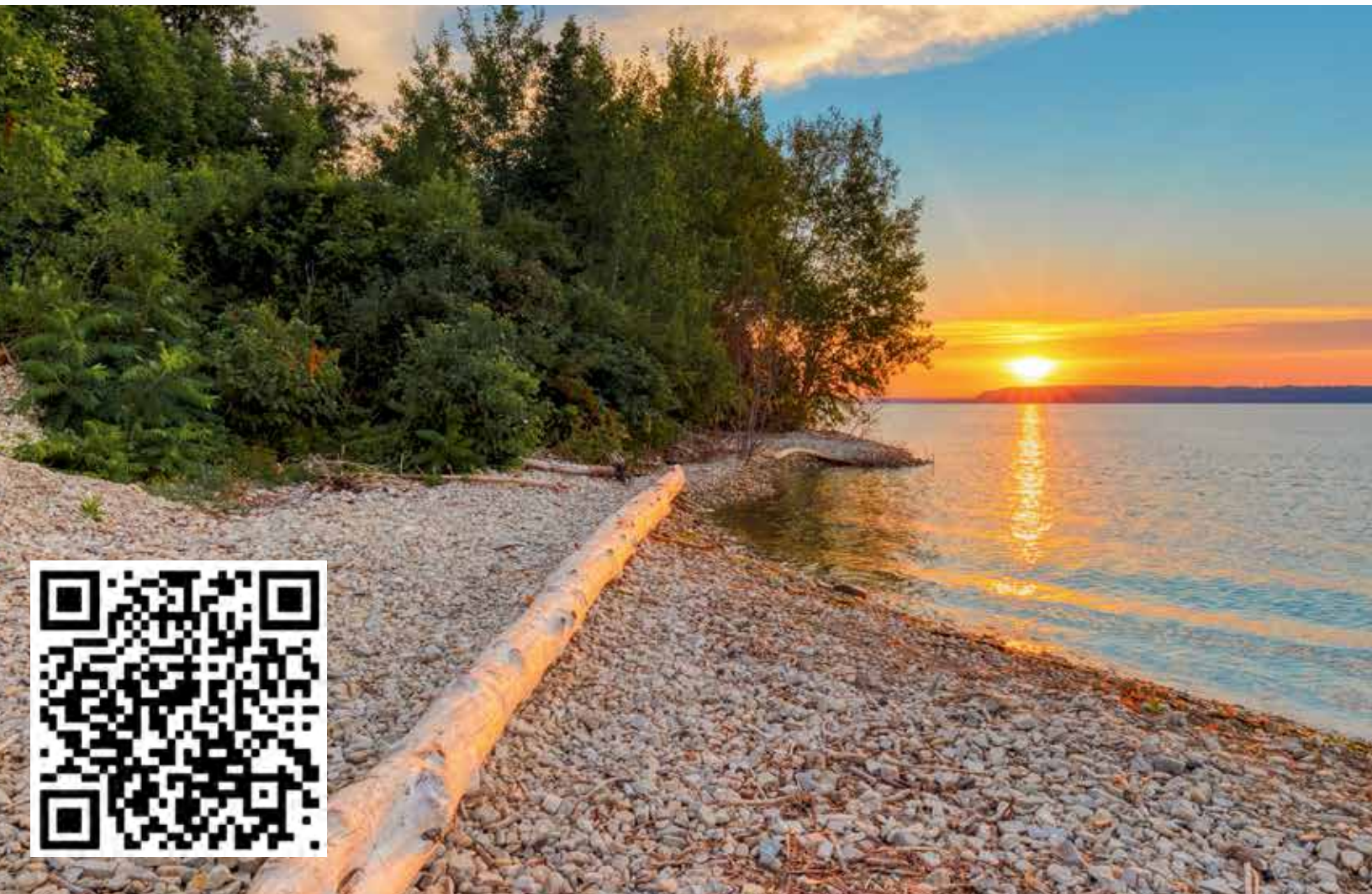
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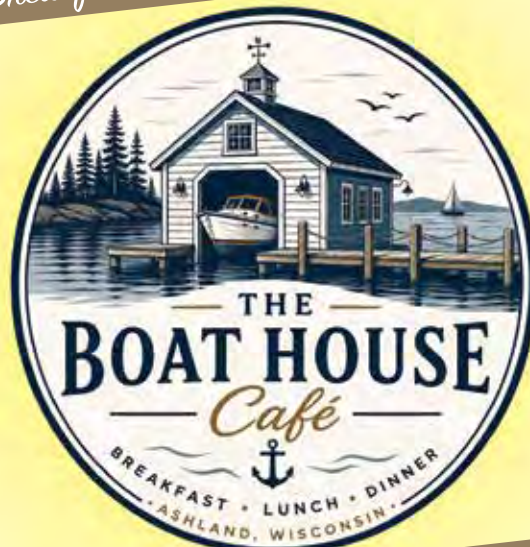
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