



Welcome to the 1st Annual La Crosse Fitness Festival!

Information for Runners in the Marathon & Half Marathon

Start Time and Location: The marathon and the half marathon will start together at 8:00 a.m. sharp from the westernmost entrance to Pettibone Park (on Hwy. 61 and 14).

Warm-up/Sweat Bags: The plastic bag in which you picked up your race packet will serve as the bag which you can use to have sweat clothes and other items taken to the finish line. Be sure to have the bag securely closed with your race number visible. **Do not put valuables in the bag** -- the LFF will not be responsible for the loss of any items.

Race Numbers: Your race number must be worn in the front of your shirt or shorts and be visible at all times. Do not alter the race number in any fashion. For your personal safety, please complete the requested emergency information on the back.

Timing Chips: You received a timing chip in your race packet. This chip must be attached to one of your racing shoes as shown on the envelope containing it. No chip, no time! This chip will be removed after you cross the finish line. If, for any reason, you are unable to run the race, or drop out along the way, it is your responsibility to return this chip to a race official.

Getting to the Start Line: Runners can drive, walk, or take a free shuttle bus to the start.

Driving: Although you can drive a car to the park, there is *very limited parking available*. If you choose to drive to Pettibone Park, be aware that *the Cass Street Bridge (westbound from La Crosse) will close at 7:30 a.m.*

Walking: The pedestrian walkway on the north side of the Cass Street Bridge from downtown La Crosse to Pettibone will remain open if you choose to walk or run to the start from downtown. The distance from the East end of the bridge to the start is about one mile.

Bus service: Shuttle busses to the start line are available at the intersection of 3rd and State Sts. in downtown La Crosse and from Mitchell Hall (1820 Pine St.) on the UW-L campus. Busses will begin running at 6:15 a.m. and leave when filled. The last bus will leave from Mitchell Hall at 7:15 a.m. and from the downtown location at 7:20 a.m.

Water/Aid Stations: Water and Gatorade will be available at stations located at 2.5, 5.3, 6.2, 8.4, 10.8, 13.1, 15.5, 17.1, 18.9, 20, 21.1, 22.2, 24, and 25 miles. Energy gel will be provided at the water station at 21.1 miles.

Medical Services: Medical support and services will be available along the course at 6.2, 10.8, 13.1 (in Myrick Park by the finish line), 17.1, 20, and 22.2 miles.

Portable Toilets: Portable toilets are available at the start line and at 1.0, 1.4 miles in downtown La Crosse, as well as near all the water/aid stations. There will be at least 30 portable toilets along the course – *please respect private property.*

Mile Markers: Each mile along the course will be marked with signage.

Splits and Chip Timing Locations: Clocks showing elapsed time and chip timing mats will be located at 6.2, 13.1, and 20 miles.

Finish Area: After the finish line in Myrick Park all finishers will receive the official finisher's medal. Mylar blankets will be available in case of inclement weather. Medical services, food and water, chip removal, sweat bag retrieval, changing tents, and an official photographer are available in the area restricted to runners. (Bags not claimed by 3:00 p.m. on race day will be taken to the Department of Parks and Recreation on the first floor of the La Crosse City Hall.)

Showers: Showers are available to runners at Mitchell Hall (1820 Pine Street) on the UW-La Crosse campus. You must provide your own towel.

Return Bus Service: Buses will shuttle runners back to both Riverside Park and Pettibone Park, beginning at 10:30 a.m. and continuing until 4:00 p.m.

Award Ceremonies: Presentation of awards for the *half marathon* will begin at 11:00 a.m. Presentation of awards for the *marathon* will begin at 1:00 p.m. Both ceremonies will be held at the Kids Coulee amphitheatre in Myrick Park.

Severe Weather: For the safety of the runners, volunteers, and spectators, race officials will be in continuing contact with the La Crosse Weather Service before and during the races. Although it is unlikely, all runners should be aware that the start of the races may be delayed due to the threat of severe weather, such as strong thunderstorms or tornado warnings. After the races are underway, it may be necessary to halt one or both races should severe weather suddenly threaten the racecourse. Should this occur, race officials will notify the staff at the water and medical stations, police officers, and the finish line will be closed. Runners on the course should attempt to find shelter, and race officials will attempt to provide busses to pick up runners as necessary. Please note that *if the race is halted, it will not be possible to re-start it.*

Excessive Heat and Humidity: Although high heat and humidity are rare in La Crosse during the first week of May, it does remain a possibility, especially later in the day. The Medical Director has the responsibility for notifying the race director if he believes that the heat/humidity combination is such that it presents a risk to the health of the runners. If this should occur, heat advisories will go out to runners still on the course and the race director will make all decisions on when to close the finish line.