



Welcome to the 3rd Annual Festival Foods La Crosse Fitness Festival! Information for Participants in the Three Rivers 5K Run and 5K Walk

Presented by Ho-Chunk Nation and State Bank

Start Time and Location: The Three Rivers 5K Run and 5K Walk will start together at 10:00 a.m. sharp near the eagle statue in Riverside Park.

Timing Chips: Entrants in the 5K Run will receive a disposable timing chip in their race packet (entrants in the 5K Walk do not have timing chips). This chip will be attached to the back of each runner's race bib and must be worn on the front of your shirt or shorts and be visible at all times. The chip does not need to be returned.

Water/Aid Station: Water and Gatorade will be available along the course at approximately 1.5 miles.

Medical Services: Medical support and services will be available in Riverside Park

Portable Toilets: In addition to the usual restroom facilities in Riverside Park, several portable toilets will be located in the park. *Please respect private property.*

Mile Markers: Miles 1 and 2 will be marked on the course.

Timing Clocks: A digital clock at the finish line will display elapsed time throughout the 5K Run and the 5K Walk.

Starting Line: We ask that walking participants and participants with strollers move to the back of the starting line to be courteous to those participants who will be running the 5K.

Finish Area: The finish line is located in Riverside Park where food, water, and medical services are available for all 5K participants.

Award Ceremonies: Presentation of awards for the 5K Run will be held at Riverside Park at the band shell beginning at 11:00 a.m.

Parking: Parking is available at public lots and street sides in the downtown area of La Crosse. There is a parking ramp located at the corner of 3rd and State Streets and another is located at 3rd and Jay Streets.

Warm-up/Sweat Bags: Bag drop service will be offered in Riverside Park. The plastic bag in which you picked up your race packet should be used for this service. Be sure to have the bag securely closed with your race number visible. **Do not put valuable in the bag** – The Festival Foods La Crosse Fitness Festival will not be responsible for the loss of any items.

Severe Weather: For the safety of the runners, volunteers, and spectators, race officials will be in contact with the La Crosse Weather Service before the 5K. Although it is unlikely, all runners should be aware that the start of the races may be delayed or even cancelled due to the threat of severe weather, such as strong thunderstorms or tornado warnings.

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.

Soles 4 Souls: There will a donation bin available in Riverside Park to bring new or gently worn shoes to donate to the Soles4Souls campaign. Shoes that are donated will be distributed throughout the world. A \$1 donation is requested with every pair in order to cover shipping costs.