

Welcome to the 3rd Annual Festival Foods La Crosse Fitness Festival!

Information for Runners in the Marathon Relay



Start Time and Location: The marathon relay will start with the Marathon and Half Marathon at 7:00 a.m. sharp from the westernmost entrance to Pettibone Park (on Hwy. 61 and 14).

Relay Procedures: Your team may assign any one runner to any of the legs of the relay. The three exchange points are near the water stations at 6.2 miles (on East Ave. by the Aquinas Baseball Field), 13.1 miles (on corner of Pine St. and Campbell Rd.), and at 19.25 miles (corner of Stoddard St. & George St.). Relay teams fall into the following divisions:

Male Team: All members of the team must be male **Female Team:** All members of the team must be female

Mixed Team: A 4-person team must have at least 2 females; a 2-person team must have one male and one female

Parking & Bus Service to the Start Area: Shuttle busses to the starting line are available at the intersection of 3rd and State Street in downtown La Crosse and from Mitchell Hall (1820 Pine St.) on the UW-La Crosse campus. Parking downtown is available in the parking ramp on the corner of 3rd & Jay St. as well as the County Lot on the corner of 3rd and State St. Parking is available on the UW-L campus in the Commuter lots. Busses will begin running at 5:15 a.m. and leave when filled. The last bus will leave from Mitchell Hall at 6:15 a.m. and from the downtown location at 6:20 a.m.

There will be NO bus transportation to the Exchange Points: Teams are responsible for their own transportation to and from the exchange points. If you drive to the starting line, be aware the Cass St. Bridge (West Bound traffic) from La Crosse will close at 6:30 a.m. **For safety and to avoid disqualification, do not drive along side of any runner.** There are many places along the course where you can legally park and watch your teammates.

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: One timing chip, with a velcro strap, is in your **team captain's** race packet. The chip must be attached to the ankle of the teammate who **starts** in Pettibone Park, and then passed to each successive runner at the exchange points. No chip, no time! The chip will be removed after the last runner crosses the finish line. If, for any reason, your team is unable to run the race, or a teammate drops out along the way, it is the team captain's responsibility to return the chip to a race official.

Warm-up/Sweat Bags: We are able to offer sweat bag service **only** for the leadoff runner. If needed, 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 valuables in the bag** – the Fitness Fest will not be responsible for the loss of any items. Sweat bag pick-up closes at 2:30 p.m. on race day and all bags must be picked up before that time. Remaining bags can be picked up at the La Crosse City Hall (400 La Crosse St.) in the Parks & Recreation Department for up to two weeks after the race. After two weeks, anything remaining is discarded or donated to charity.

Water/ aid Stations: Water and Gatorade will be available approximately every two miles, starting in the second mile.

Medical Services: Medical support and services will be available at stations located at 6, 10.5, 13.1 (in Myrick Park by the finish line), 17.1, and 20.8 miles.

Timing Clocks on Course: Timing clocks with the course time will be located at 5, 10, 15 and 20.

Portable Toilets: Portable toilets are available at the start line and at mile 1.4 miles in downtown La Crosse, as well as near all the water/aid stations -- *please respect private property.*

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

Finish Area: Mylar blankets, food, water, medical services, chip removal, sweat bag retrieval, changing tents, and an official photographer are available in the area restricted to runners. Bags not claimed by 2:30 p.m. on race day will be taken to the Parks and Recreation Department on the first floor of the La Crosse City Hall to be picked up during normal business hours.

Showers: Showers are available to runners from 9:00 a.m. to 4:00 p.m. at Mitchell Hall (1820 Pine St.) on the UW-La Crosse campus. You must provide your own towel.

Award Ceremonies: Presentation of awards for the *Marathon Relay* will begin at 12:00 p.m., prior to the presentation of the awards for the Marathon.

Severe Weather: For the safety of the runners, volunteers and spectators, race officials will be in continuous 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 race course. 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.

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Water Station Competition! Which will be your favorite?

Keep an eye out for the best water/aid station! After the race a survey will be sent out and you will be asked to vote for your favorite!

<u>Mile Location</u>	<u>Street Location</u>	<u>Sponsor</u>
2	Gravel Parking Lot behind Brewery	City Brewery
4	Corner of West Ave S and Bennett St	Three Rivers Outdoors
6	Aquinas Baseball Field	Gundersen Lutheran
8	Grass Spot by Bike Trail, corner of Levy Lane & 33 St.	Premier Fitness
10.5	Schmidty's Parking Lot (31st St S) by Kwik Trip	Franciscan Skemp
12/24.9	Corner of 22nd St and Winnebago St.	River City Running Club
13	Crowley parking lot (Campbell Road)	Ho Chunk
15/21.7	Lang Drive (East bike trail entrance)	Bluff Busters
17.1/20.8	Logan HS Track (gravel parking lot)	Dairyland Power
19	Corner of Taylor St and George St	UWL Cross Country
22.7	Oakland Street (between Badger and La Crosse St)	TriQuest
23.6	Weigent Park (16th St)	Onalaska High School



Main Street Ingredients Water Stop 2009 event