

# Welcome to the 1<sup>st</sup> Annual La Crosse Fitness Festival!

## Information for Runners in the 5K Run and the 5K Walk

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

**Race Numbers:** Only entrants in the 5K Race will wear race numbers. These 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:** Entrants in the 5K Run received a timing chip in their race packet (entrants in the 5K Walk do not have timing chips). 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 start or finish the race, it is your responsibility to return this chip to a race official.

**Warm-up Gear:** Warm-up clothes may be left at designated area near the start line. The plastic bag in which you picked up your race number can be used to protect your gear from inclement weather. **Do not leave valuables in the start area** -- the LFF cannot be responsible for the loss of any items.

**Water/Aid Station:** Water and Gatorade will be available along the course at about 1.6 miles.

**Medical Services:** Medical support and services will be available in Pettibone Park

**Portable Toilets:** In addition to the usual restroom facilities in Riverside Park, several portable toilets will be located there. Additional portable toilets will be located on the course near the water station. *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.

**Finish Area:** The finish line is in Riverside Park where food and water, medical services, and chip removal, will be available to all runners and walkers.

**Award Ceremonies:** Presentation of awards for the 5K Run will be held at Riverside Park at the band shell beginning at 11:30 a.m.

**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.