



Welcome to the 1st Annual La Crosse Fitness Festival!

Information for Runners in the Marathon Relay

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

Relay Procedures: Your team may assign any of its runners 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 La Crosse St. past the entrance to Myrick Park), and at 20 miles (on Wilson St. by Onalaska HS).

Transportation for Relay Teams: Relay teams are encouraged to provide their own transportation for team members to and from the start line and the exchange points. Although the Cass St. Bridge (westbound traffic) from La Crosse will close at 7:30, the eastbound traffic over the Cameron St. Bridge will remain open.

Bus Service: For teams unable to provide their own transportation, bus service will be available to transport runners to the start and to the first and the third exchange points. Please be aware that due to differing rates at which relay teams will cover the course, riders choosing the bus service may experience lengthy delays.

Start Area Busses: 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 Myrick Park at 7:15 a.m. and from the downtown location at 7:20 a.m.

Exchange Point Busses: A bus to the first exchange point will leave from the north side of the REC Center on the UW-La Crosse campus at 8:00 a.m., and will return to UW-L when all of the relay teams have changed runners. A bus to the third exchange point will leave the REC Center at 9:30 a.m. and will also return relay runners to the UW-L campus.

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. This chip must be attached to the ankle of your teammate who starts the marathon in Pettibone Park, and then passed to each successive runner at the three exchange points. No chip, no time! This chip will be removed after your 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 this chip to a race official.

Warm-up/Sweat Bags: Due to the logistical difficulties, *we are able to offer warm-up/sweat bag pickup and delivery to the finish line **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 LFF will not be responsible for the loss of any items.

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.

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.

Finish Area: Mylar blankets, food and water, medical services, chip removal, sweat bag retrieval, changing tents, and an official photographer are available in the area restricted to runners. Please note that the special finisher's medals are **not** be awarded to competitors in the marathon relay. (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.

Award Ceremonies: Presentation of awards for the *marathon relay* will begin at 1:00 p.m., a few minutes 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 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.