



**Saturday May 2, 2009**  
**Three Rivers 5K run and 5K walk**  
**Start time 10:00 am**

**The 5K race course**

The 5K Run will be a timed, competitive race, while the 5K Walk will be an untimed, non-competitive fitness event. The course begins in Riverside Park by the Mississippi River and passes through downtown La Crosse and onto the paved bike path in the La Crosse River marsh. A loop through the park brings the runners to the finish line by the large eagle statue.

**Packet pick-up**

Packet pick-up for the 5K Run and the 5K Walk will be held Friday, May 1, from 5:00-9:00PM at the La Crosse Center (300 Harborview Plaza) in downtown La Crosse. Packets for the 5K events may also be picked up on race day, Saturday, May 2, near the start line in Riverside Park, from 7:00-8:00AM.

**Race day registration**

Registration will be available for the 5K run and 5K walk at the Expo and on race day by the Convention and Visitors Building in Riverside Park until 8:00AM on Saturday, May 2, 2009.

**5K awards**

All finishers of the 5K run and the 5K walk will receive a finisher's t-shirt. An award ceremony for the top finishers in the 5K Run will begin at 11:30AM near the finishing line in Riverside Park.

**Weekend events include**

- Friday May 1st and Saturday May 2nd**  
Health and Fitness Expo at the La Crosse Center
- Saturday May 2nd, 2009**  
5K Run and 5K walk  
Children's running events
- Sunday May 3rd, 2009**  
Marathon and Marathon Relay  
Half Marathon  
Cycling Criterium and Children's bike events

To register for any of the events, or more information, go to [www.lacrossefitnessfestival.com](http://www.lacrossefitnessfestival.com)



**Sunday May 3, 2009, start time 8:00 am**  
**La Crosse Marathon and**  
**St. Clare Health Mission Half Marathon**

**The marathon and half marathon race course**

The Marathon and Half Marathon courses begin together by Pettibone Park and cross over the Mississippi River into downtown La Crosse and then proceed to tour the perimeter of the south side of the city. The southern leg parallels the Mississippi and the northern leg parallels the scenic river bluffs, passing through residential neighborhoods and business districts. The Half Marathon course ends in Myrick Park, close to the University of Wisconsin – La Crosse. There will be a hospitality area near the finish line.

**Packet pick-up**

Packet pick-up for the marathon and half marathon will be held Friday, May 1 from 5:00-9:00PM, and on Saturday, May 2 from 11:00-8:00PM at the La Crosse Center (300 Harborview Plaza) in downtown La Crosse. Race day packet pick-up is not available for the Marathon or Half Marathon.

**Race day registration**

There is no registration at the Fitness Expo or on race day for the marathon and half marathon. Online registration for the marathon and half marathon will close on April 24, 2009.

**Marathon and half marathon awards**

All finishers will be awarded a high-quality finisher's t-shirt and a commemorative medal. An award ceremony will begin at 1:00PM near the finishing line in Myrick Park.

**Restrictions**

For reasons of safety, we strongly discourage runners from using cell phones, headphones, and iPods. during the race. If you feel that you must have one with you, please keep the volume low so that you can hear vehicular traffic, instructions from police or course marshals, and comments from nearby runners.

**Wheelchairs**

Because part of the marathon course is on unpaved bike trails this marathon may not be suitable for wheelchair competitors. For that reason we do not have a wheelchair division in the race, but any wheeler who wishes to participate in the marathon will be accommodated with a 7:55AM start.

**La Crosse Fitness Festival**

**OFFICIAL ENTRY FORM**

**Marathon**

\$70 Jan. 1 to Feb. 28  
 \$75 after Mar. 1, 2009

**Half Marathon**

\$55 Jan. 1 to Feb. 28  
 \$60 after Mar. 1, 2009

**5K Run**

\$20 Jan. 1 to Feb. 28  
 \$25 after Mar. 1, 2009

**5K Walk**

\$15 Jan. 1 to Feb. 28  
 \$20 after Mar. 1, 2009

Online registration available at [www.active.com](http://www.active.com)

**PAYMENT METHOD**

Check Enclosed (payable to: La Crosse Fitness Festival)

Credit Card  VISA  MASTERCARD

Card No.: \_\_\_\_\_

Expiration: \_\_\_\_\_

Signature: \_\_\_\_\_

(Required for credit card registration)

**ENTRANT INFORMATION**

Entrant Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

(Pre-race information will be sent via e-mail only-please provide)

Age on race day: \_\_\_\_\_ DOB \_\_\_\_\_

Male  Female

Please specify your T-shirt size:

S  M  L  XL  XXL

If competing in the corporate challenge what is your place of employment?  
 \_\_\_\_\_

**EVENT** (please check one):

Marathon  Half Marathon

5K Run  5K Walk

To register for Marathon Relay Team (two person or four person) please go to Active.com

Send registration and payment to: La Crosse Fitness Festival, Parks and Rec Dept., 400 La Crosse St., La Crosse, WI 54601

### Refund policy

Entry fees are non-refundable; race numbers and entries cannot be transferred to another person. Refunds will not be given once your entry has been received.

### Registration information

By mail: Parks & Rec Dept., La Crosse Fitness Festival

400 La Crosse Street, La Crosse, WI 54601

Online: [www.lacrossefitnessfestival.com](http://www.lacrossefitnessfestival.com) or [www.active.com](http://www.active.com)

### Waiver

I, the undersigned, fully recognize the inherent and potential risk of the La Crosse Fitness Festival La Crosse Marathon, the St. Clare Half Marathon, Three Rivers 5K Run and 5K Walk, and fully understand that it is not the exclusive purpose of these races or their officials, sponsors, and directors to serve as guardians of my safety.

I hereby release the La Crosse Fitness Festival; its Board of Directors; race sponsors, director, and workers; the City of La Crosse; the City of Onalaska; La Crosse Festivals, Inc.; and the County of La Crosse from any liability arising from any occurrence, whether foreseen or unforeseen, in connection with the La Crosse Fitness Festival La Crosse Marathon, the St. Clare Half Marathon, Three Rivers 5K Run and 5K Walk, which may result in injury, death or any other damage to me. I hereby assume full responsibility for the risk of any accidental occurrence resulting in injury, death, or any other damage due to my participation in this event and further waive any claim by me, or my family, estate, heirs, or assigns arising from accidental occurrence.

I further assume full responsibility for my physical fitness and capability to perform under the normal conditions of the event. I have trained sufficiently to be able to participate in the event for which I have registered.

I expressly agree that this waiver and release is intended to be as broad and inclusive as permitted by the laws of Wisconsin, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I hereby certify that I am of lawful age and legally competent to sign this Waiver and Release and further certify that I am fully informed of the contents of the Waiver and Release.

I release, consent and allow the La Crosse Fitness Festival and its agents to use my photograph or my child's photograph as it pertains to me/ my child's participation with the La Crosse Fitness Festival in any manner for promotional efforts without expectation of any reimbursement in connection with its use.

Individual Waiver Signature (please refer to the waiver above)

Date \_\_\_\_\_

If under 18 yrs of age, parent or guardian must sign here.

### Events

- ▶ Marathon | Marathon Relay
- ▶ St. Clare Health Mission Half Marathon
- ▶ 5K Run & 5K Walk
- ▶ Cycling Criterium
- ▶ Children's Events
- ▶ Fitness Expo
- ▶ Corporate Challenge

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festival



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Beverage Sponsor

Providing Gatorade and water for the  
La Crosse Marathon and  
St. Clare Health Mission Half Marathon



# LA CROSSE MARATHON

# ST. CLARE HEALTH MISSION HALF MARATHON

# THREE RIVERS 5K RUN & 5K WALK

Additional weekend activities include:

Health and Fitness Expo

Corporate challenge

Marathon relay

Kids run and Special Olympics run

Bike Criterium

# May 2-3, 2009

Register today at [www.active.com](http://www.active.com)  
or [www.lacrossefitnessfestival.com](http://www.lacrossefitnessfestival.com)