



Welcome to the 2nd Annual La Crosse Fitness Festival!

Information for Participants in the Three Rivers 5K Run and 5K Walk

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.

Race Numbers: Only entrants in the 5K Run will wear race numbers. These must be worn on 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 medical information on the back. Runner packets will contain the race numbers can be picked up at the Ho-Chunk Nation Fitness Expo on Friday, April 30, from 5:00-8:00 PM. Runner packets will also be available 7:30-9:30 AM on Saturday morning 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. The chip does not need to be returned. We ask that participants scan their bib/chip at packet pickup and verify that their entry information is correct.

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 Riverside Park

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

Starting Line: We ask that walking participants and participants with strollers move to the back of the starting 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.

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.