



La Crosse Fitness Festival 2010 Race Weekend Events and Locations

Friday, April 30th

5:00-8:00pm **Ho-Chunk Nation Health & Fitness Expo; Packet Pick Up ALL EVENTS**
La Crosse Center, 300 Harborview Plaza

Saturday, May 1nd

7:00am-9:00am **Day of Registration & Packet Pick up for 5K Run/Walk & Bike Tours**
Riverside Park

8:00am-9:00am **Start of Premier Fitness Bike Tours**
Riverside Park

10:00am **Start of 5K Run/Walk**
Riverside Park

11:00am-7:00pm **Ho-Chunk Nation Health & Fitness Expo; Packet Pick up for Marathon, Half Marathon, and Marathon Relay**
La Crosse Center, 300 Harborview Plaza

11:00am-12:45pm **Registration and t-shirt pick up for Youth Races**
Riverside Park

1:00pm **Mascot and Youth Races**
Riverside Park

5:00pm **Cycling Time Trial**
Base of Grandad's Bluff

Sunday, May 2nd

7:30am **Start of St. Clare Health Mission Half Marathon**
Pettibone Park

7:30am **Start of La Crosse Marathon**
Pettibone Park

7:30am **Start of Marathon Relay**
Pettibone Park

9:00am **Start of Smith's Cycling Criterium**
Downtown La Crosse, corner of Front St. and State St.

10:30am **Half Marathon Awards**
Myrick Park

11:00am **The Remainders, Finish Line Entertainment**
Myrick Park

12:30pm **Marathon and Marathon Relay Awards**
Myrick Park

1:00pm **The Remainders, Finish Line Entertainment**
Myrick Park

Ho-Chunk Nation Health and Fitness Expo and Packet Pick Up

The Ho-Chunk Nation Health and Fitness Expo is also home to the packet pick-up, where all Marathon, Half-Marathon, 5K Run/Walk, and Bike Tour entrants will collect their race day essentials, including their goodie bags, bib numbers, and timing chips.

The Expo is open to the public with free admission for everyone. The Expo will be in the South Hall of the La Crosse Center.

Please bring a photo ID to claim your packet. If you are unable to pick up your packet, please complete the Packet Pick Up Authorization form available on our website allowing a friend or family member to claim your packet.

Expo Hours:

La Crosse Center, 300 Harborview Plaza, La Crosse, WI

Friday, April 30th 5:00pm-8:00pm

Saturday, May 1st 11:00am-7:00pm

Parking and Shuttle Bus Schedule

Fitness Expo and Events in Riverside Park

Ample parking for Riverside Park is available in the public parking lots or city streets near Riverside Park (100 State Street) and the La Crosse Center (300 Harborview Plaza). Public ramps are available across the street from the La Crosse Center.

Marathon, Marathon Relay and Half Marathon

Participants can park near the Festival Foods Finish Line area (789 Myrick Park Dr) on city streets or on the UW-La Crosse campus (regular parking policies apply). Shuttles will be available from UWL's Mitchell Hall (1820 Pine St) and from the intersection of 3rd and State Streets to the start line in Pettibone Park. Shuttles are strongly encourage as there is limited parking at the starting line. See Shuttle Schedule.

Cycling Time Trial

Parking will be available on area city streets. Please be advised that some roads will have limited traffic due to the event.

Sunday Shuttle Bus Schedule and Locations

Shuttles will begin running at 5:45AM. Shuttles will leave from Mitchell Hall on the UW-L Campus (1820 Pine St) & the corner of 3rd & State Streets when filled and will run continuously. The last shuttle will leave from Mitchell Hall at 6:45AM and from the corner of 3rd & State Streets at 6:50AM. Shuttles will make a continuous loop from Mitchell Hall (1820 Pine St), stopping at the corner of 3rd & State Streets, finishing at Pettibone Park. Shuttles will run from 10:00AM until 3:30PM.

Shuttle busses are strongly encouraged as there is EXTREMELY LIMITED parking at the starting and finish area. Public Ramps (3rd & State, 2nd & Jay) and the La Crosse County Lot (between 3rd & 4th Streets & State Street) are available for downtown parking. Commuter lots are available for parking on the UW-L Campus.

Restrooms for Marathon, Half Marathon, and Marathon Relay

Restrooms will be available at the start/finish line of the Marathon, Half Marathon and Marathon Relay as well as at all aid stations along the course.

Aid and Water Stations

Aid stations and water stops will be located along the course at the following mile locations: 2.5, 5, 6.2, 8.4, 10.8, 13.2, 15.4, 17, 18.8, 20, 22, 24, and 25.