La Crosse Fitness Festival

Sunday May 2, 2010 7:30 am Start

Marathon and Half Marathon at Pettibone Park

Drivers should be aware of some traffic delays and plan for alternative routes on Sunday morning along the half marathon and marathon route. Intersections will reopen shortly after the last competitor has crossed. *All closing and reopening times are approximate.*

Key intersections include:	Close and Reopening
• **Cass Street Bridge over the Mississippi**	**7:00am - 8:00am**
• **3rd St. in Downtown La Crosse**	**7:00am - 8:30am**
• **Losey and State Road intersection**	**8:00am - 11:30am**
• **La Crosse Street (West Ave. to Losey)**	**8:30am - 2:30pm**

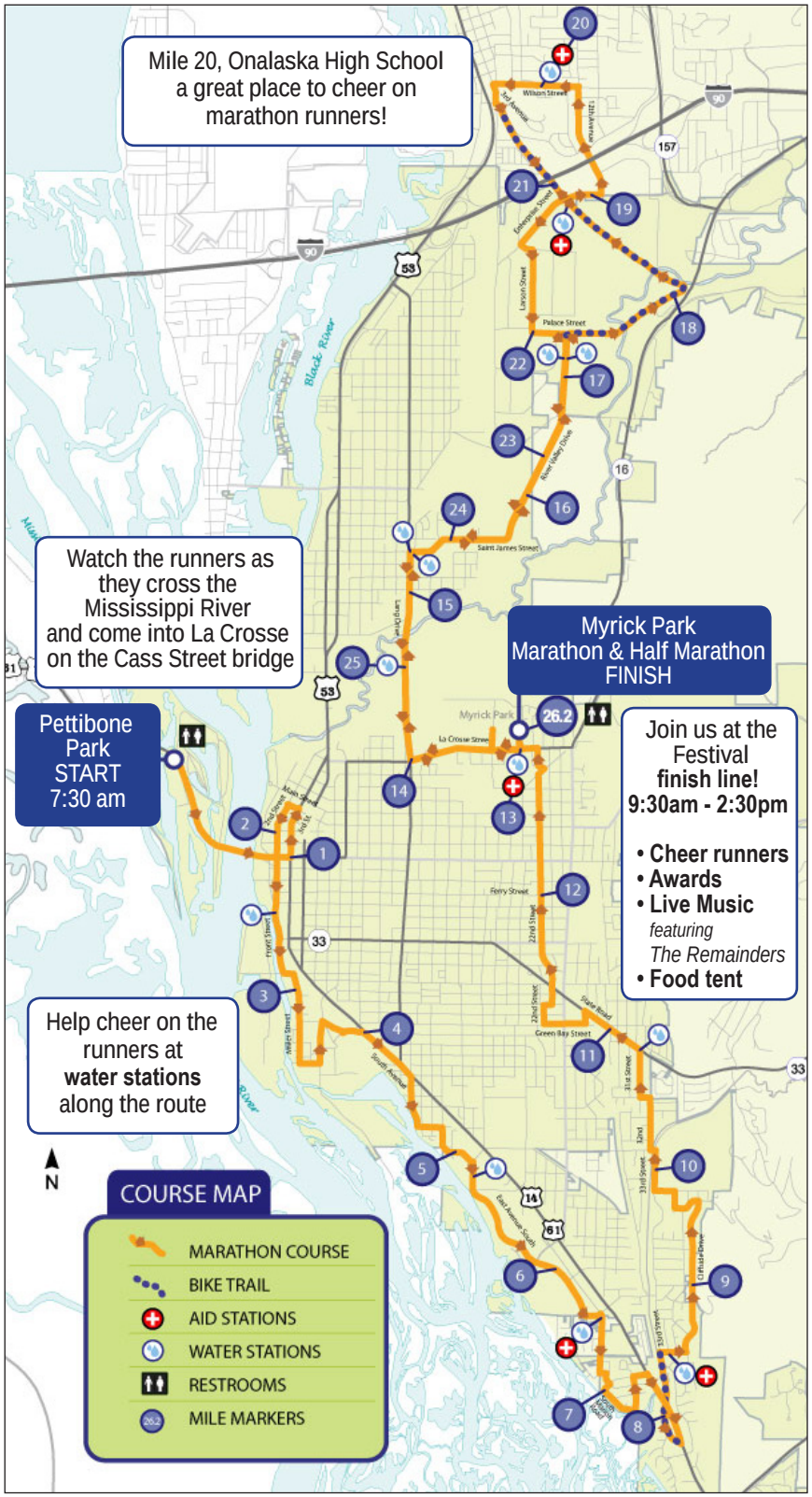
For more information please visit us at www.lacrossefitnessfestival.com

Half Marathon - Estimated runner arrival time at select locations

Estimated Finish Time	Pace Per Mile	3rd & Main (1.4 Mi.)	Shopko (6.2 Mi.)	33rd & Bike Trail (8.0 Mi.)	Schmidty's (10.6 Mi.)	22nd & Main (12.4 Mi.)
1 Hr. 15 Min.	5:43	7:38	8:05	8:15	8:30	8:39
1 Hr. 30 Min.	6:52	7:40	8:12	8:24	8:43	8:55
1 Hr. 45 Min.	8:01	7:42	8:20	8:34	8:55	9:09
2 Hrs.	9:10	7:44	8:28	8:43	9:08	9:24
2 Hrs. 15 Min	10:18	7:46	8:36	8:53	9:20	9:38
2 Hrs. 30 Min.	11:27	7:47	8:43	9:02	9:33	9:52
2 Hrs. 45 Min.	12:35	7:49	8:50	9:11	9:45	10:06
3 Hrs.	13:43	7:51	8:57	9:21	9:58	10:20
3 Hrs. 15 min.	14:53	7:53	9:05	9:30	10:10	10:35
3 Hrs. 30 Min.	16:02	7:55	9:13	9:40	10:23	10:49
3 Hrs. 45 Min.	17:11	7:57	9:20	9:49	10:35	11:04
4 Hrs.	18:19	7:59	9:27	10:08	10:48	11:17

Marathon - Estimated runner arrival time at select locations

Estimated Finish Time:	Pace Per Mile	Myrick Park (13.0 Mi.)	George St. & St. Cloud (15.2 Mi.)	CTH SS & Bike Trail (19.0 Mi.)	Onalaska High (20.1 Mi.)	West Ave. & La Crosse (25.4 Mi.)
2 Hrs. 30 Min.	5:43	8:44	8:57	9:19	9:25	9:55
3 Hrs.	6:52	8:59	9:04	9:41	9:48	10:05
3 Hrs. 30 Min.	8:01	9:14	9:32	10:02	10:11	10:53
4 Hrs.	9:10	9:29	10:49	10:24	10:34	11:03
4 Hrs. 30 Min	10:18	9:44	11:06	10:46	10:57	11:52
5 Hrs.	11:27	10:08	11:24	11:08	11:20	12:21
5 Hrs. 30 Min.	12:35	10:13	11:41	11:29	11:43	12:50
6 Hrs.	13:43	10:29	11:58	11:51	12:06	1:19
6 Hrs. 30 Min.	14:53	10:44	12:16	12:13	12:29	1:48
7 Hrs.	16:02	11:00	12:34	12:34	12:52	2:18



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