

IMPORTANT RUNNER INFORMATION - PLEASE READ

Schedule of Events

Friday

11:00 AM – 6:00 PM Packet Pick up River Trail Cycles, 106 Mason St, Onalaska, WI

****There is no packet pick up on Race Day, including the 5K. You must pick your packet up on Friday!****

Saturday

7:00 AM Start of Half Marathon - 4th Ave N & Riders Club Rd – Near Omni Center in Onalaska
10:00 AM Jon Smith Memorial 5K Run/Walk -Starts at intersection of 1st & Main St in Trempealeau.
10:15 AM Awards Ceremony - Finish line area in Trempealeau
11:00 AM Half Marathon and 5K Course closes and aid stations will be pulled from course.

Parking

- ❖ Riders Club Rd at Hwy 35 will be blocked off starting at 6am on race morning. Please use Mason St (round about north of Riders Club roundabout) to get to the parking lot and start line.
- ❖ Parking at the start line will be at the Onalaska High School Soccer Fields Parking Lot located off of East Ave and next to the YMCA.
- ❖ Parking for the 5K and the finish line of the half marathon will be limited to the streets around Trempealeau. There will be shuttles leaving the Trempealeau Hotel every 60 minutes taking runners back to the start line starting at 9:00 AM and the last shuttle leaving at noon.

Instructions for Runners

- ❖ **All runners must have their bib securely attached to the front of your shirt, shorts, or pants during the race and at the finish line to get an official time and receive your medal.**
- ❖ Please line up in the corral designated with your estimated finish time. This is very important to prevent congestion along course.
- ❖ Runners should use caution at intersections and watch for vehicles. The half marathon will have a course marshal or Police Escort at each intersection but runners must still use caution.
- ❖ Warm-up / Sweat Bag Drop: You can use the bag you received at packet pick-up to put your belongings in and mark with your race number. Be sure to have your bag securely closed with your race number visible. **DO NOT PUT VALUABLES IN THE BAG – Mini Donut Half Marathon and Mini Donut Foundation will not be responsible for any lost items.**
- ❖ If something is thrown along the course, you will be responsible for picking it up.
- ❖ Please see our website for the Inclement Weather Procedure that will be in place on race day. www.minidonutfoundation.com
- ❖ Each aid station will have a small first aid kit available for minor injuries that will include; band aids, Vaseline, bug spray, etc

Half Marathon Aid Stations

There will be 6 aid stations along the 13.1 mile course.

- ❖ #1 – Mile 2.2 - Sponsored by Friends & Family of Chad Kamrowski – Midway trail parking lot
 - Water and porta potties
- ❖ #2 – Mile 4.5 - Sponsored by Burn Boot Camp
 - Water Only
- ❖ #3 – Mile 6.6 - Sponsored by the Cody Wozney Family– Lytle’s Landing
 - Water, Skratch Lemon Lime Hydration Drink, GU energy gels, and pit toilets
 - Medical personnel will also be available at this aid station
- ❖ #4 – Mile 9.1 - Sponsored by Crossfit
 - Water Only
- ❖ #5 – Mile 11 - Sponsored by Goosebumps Run/Walk
 - Water and Skratch Lemon Lime Hydration Drink sports drink
- ❖ #6 – Mile 12.1 - Sponsored by Kevin’s Legacy – Trail Parking lot off Hwy 35 in Trempealeau
 - Water, Skratch Lemon Lime Hydration Drink and pit toilet

Finish Line – will have water, coffee, mini donuts, Organic Valley Fuel Milk, bananas, and oranges. Live band, dancing and entertainment will also be provided.

5K Aid Station

- ❖ There will be one aid station for the 5k at the half point. This aid station is sponsored by Ryan's Gang and will have water only.

Run Course; Turn by Turn - Half Marathon

Start line will be at the intersection of 4th Ave and Riders Club Road near the Onalaska Omni Center. West on Riders Club Rd to Hwy 35, cross Hwy 35 and onto to parking lot for Great River State Trail. Enter Great River State Trail and follow trail north to the Trail Parking lot off of Hwy 35 in Trempealeau. Follow Hwy 35 West for approximately three blocks, left on Freemont St approximately two blocks, right on 1st St, 1st St turns into 2nd St, follow 2nd St to South St, left on South St for ½ block to finish line

5K Run Course; Turn by Turn

Start line will be at the intersection of 1st St and Main St in Trempealeau. You will follow 1st Street to Sullivan Rd towards Perrot State Park. This is an out and back course.

THE HALF MARATHON and 5K COURSE WILL OFFICIALLY CLOSE AT 11:00 AM.

Athlete Check List

- ✓ Fuel Belt
- ✓ Race Belt and/or safety pins
- ✓ Bib Number
- ✓ Hat/Visor
- ✓ Running Shoes
- ✓ Socks
- ✓ Sunglasses
- ✓ Water Bottle

Half Marathon Awards Ceremony

Awards will be presented at 10:15 AM at the finish line area in Trempealeau. Please be present to pick up your award.

Awards will be presented to:

- Overall Female and Male 1st & 2nd Place

Male and Female Age Groups for 1st and 2nd place

- Under 20
- 20 – 29
- 30 – 39
- 40 – 49
- 50 – 59
- 60+

5K Awards

Awards will be presented to the overall first place male and female finisher.

Results

All results will be posted on the website at www.minidonutfoundation.com

NO BIB = NO TIME = NO DONUTS FOR YOU!!
(Unless you buy them)