

IMPORTANT RUNNER INFORMATION

2023 Schedule of Events

www.minidonutfoundation.com

Friday, September 15th

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 packets up on Friday!****

Saturday, September 16th

7:00 AM Start of Half Marathon – 4th Ave N & Riders Club Rd, Onalaska. Near Omni Center
10:00 AM “Your Face” 5k Run/Walk – Starts at intersection of 1st & Main St in Trempealeau, WI
11:00 AM Half Marathon and 5K courses close and aid stations will be pulled from course

Parking

- ❖ Parking lot for half marathon is the Onalaska High School Soccer Fields Parking lot located off of East Avenue and next to the YMCA.
- ❖ Riders Club Rd at Hwy 35 will be closed starting at 6am on race day morning. Please use Mason St (round about north of Riders Club Rd) to get to the parking lot and start line of half.
- ❖ Parking for the 5K and the finish line of the half marathon will be limited to the streets around Trempealeau.

Shuttles

- ❖ There will be shuttles leaving the Trempealeau Hotel every hour starting at 9am taking runners back to the half marathon start line parking lot. The last shuttle leaves PROMPTLY at noon. **DON'T BE LATE!**

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 and swag! This includes the 5K!!**
 - If you are NOT wearing a race bib, you **WILL NOT** be allowed to cross the finish line or get a medal!
- ❖ **Make sure to write you emergency contact information on the back of your bib!!**
- ❖ Runners will line up in the corral designated with your estimated finish time. Look for your pacer.
- ❖ Runners should use caution at intersections and watch for vehicles. The half marathon will have a Police Escort at the Hwy 35 crossing, but runners must still use caution at all intersections.
- ❖ Warm-up / Sweat Bag Drop: Your belongings must be secured in a bag that you provide and must be marked with your race bib number. Be sure have your bag securely closed with your race number visible. **DO NOT PUT VALUABLES IN THE BAG – Mini Donut Foundation will not be responsible for any lost items.**
- ❖ If you throw something along the course, you will be responsible to pick it up. **PLEASE DON'T LITTER!**
- ❖ Please see our website for the Inclement Weather Procedure that will be in place on race day.
- ❖ 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 potty
- ❖ #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, sports drink, GU energy gels, and pit toilets
- ❖ #4 – Mile 9.1 – Sponsored by Mayo Clinic Behavioral Health
 - Water Only
- ❖ #5 – Mile 11 – Goosebumps
 - Water and sports drink
- ❖ #6 – Mile 12.1 – Sponsored by Kevin’s Legacy – Trail Parking lot off Hwy 35 in Trempealeau
 - Water, sports drink, and pit toilet

Finish Line Aid station will have water, coffee, sports drink, donuts, Organic Valley Milk, bananas, and oranges and is sponsored by Performance Foodservice and the La Crosse Downtown Rotary Club.

5K Aid Station

- ❖ Half way point – Sponsored by Ryan’s Gang
 - Water only

Run Course: Turn by Turn – Half Marathon

Start line of will be at the intersection of 4th Ave and Riders Club Road near the Omni Center. Runners will proceed West on Riders Club Rd to Hwy 35, cross Hwy 35 and through the parking lot for the Great River State Trail. Here you will enter the great River State Trail and follow the trail North to the Trail Parking lot off of Hwy 35 in Trempealeau. Turn Left and follow Hwy 35 West for approximately three blocks, left on Freemont St for approximately 2 blocks, Right on 1st St. which turns into 2nd St. Follow 2nd St, left on 1st St for ½ block to finish line.

5K Run Course: Turn by Turn

Start line will be near the intersection of 1st St and Main St in Trempealeau outside the Trempealeau Hotel. Follow 1st St to Sullivan Rd towards Perrot State Park. Follow road until turn around marker. 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
- ✓ Nutrition

Half Marathon Awards

Please check your finish time and pick up your award at the Awards Tent. They will not be mailed to you.

Awards will be presented to:

- Overall Female and Male

Male & 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 finishers.

Results

All results will be posted on our website at: www.minidonoutfoundation.com

NO BIB = NO TIME = NO RACE MEDAL OR SWAG!!