

IMPORTANT RUNNER INFORMATION

2026 Schedule of Events

www.minidonutfoundation.com

Friday, September 12th

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 12th

7:00 AM Start of Half Marathon – 4th Ave N & Riders Club Rd, Onalaska. Near Omni Center

10:00 AM “ROCK ON 22” 5k Run/Walk – Starts near Swarthout Park on Brice’s Prairie W8020 Cty Rd ZB

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 Aquatic Center parking lot located right across the street from the Omni Center. The start line is only a short 5 block walk. You may also park on the side streets around the start line area.
- ❖ Riders Club Rd at Hwy 35 will be open to the Aquatic Center Parking lot until 6:50am. Please use Riders Club Rd from Hwy 35 to access this parking lot.
- ❖ Parking for the 5K and the finish line of the half marathon will be limited to the parking lot at Swarthout Park (W8020 Cty Rd ZB Onalaska) and surrounding streets. **PLEASE DON’T PARK ON THE STREET!!**

Shuttles

- ❖ There will be shuttles leaving near Fred Funk Boat Landing 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 for vehicles and at the railroad crossing. The half marathon will have Police at the Hwy 35 crossing, but runners must still use caution at all intersections and railroad crossings.
- ❖ 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 5 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 The Fastenal Company
 - 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 9.3 - this will be the same aid station as #3.
- ❖ #5 – Mile 11.6 – Sponsored by Mayo Clinic Behavioral Health
 - Water and sports drink

Finish Line Aid station will have water, sports drink, donuts, bananas, and oranges and is sponsored by Performance Foodservice and The Crisis Team.

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 Lytle's Landing. Run approximately 1.4 miles past Lytle's Landing until you get to the turn around point. Run back to Lytle's Landing where you will turn right on Lytle's Rd. Right on Cty Rd Z to the cul de sac and then run back on Cty Rd Z to Cty Rd ZB. Turn right on Cty Rd ZB, right on Woodview Dr, Left on North Shore Dr. Follow North Shore Dr back to Cty Rd ZB. Straight onto Cty Rd ZN to Cottage Lane. Left on Cottage Lane to Swarthout Park.

5K Run Course: Turn by Turn

Start line will be near Swarthout Park on Brice's Prairie (W8020 Cty Rd ZB Onalaska). Runners will follow Cty Rd ZB to the Upper Mississippi River National Wildlife Fish Refuge. Turn Left onto main trail, Right onto the Visitor Centers Loop, Right on South Loop Trail. Follow the South Loop Trail back to the Main Trail. Left on the Main Trail back to Cty Rd ZB and then Right on Cty Rd ZB back to Swarthout Park where the finish line is the same as the start line.

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 Information/Swag 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.minidonutfoundation.com

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