

PARTICIPANT EVENT GUIDE

2024

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**QUESTIONS? E-MAIL
EVENTS@RUNAWAYSHOES.NET**



COURSE MAPS
(2024 SAME AS 2023)



RunGo

**HALF
MARATHON
& RELAY**

bit.ly/OH_HALF23

5K

bit.ly/OH5K23



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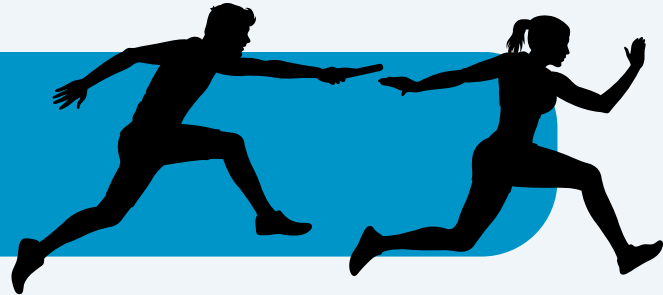
DATES, TIMES & LOCATIONS

Friday, April 26 from 3:00pm - 5:00pm at Fox River Brewing Co 1501 Arboretum Dr, Oshkosh, WI 54901 in the Bar

Saturday, April 27 from 7:00am - 8:00am at Fox River Brewing Co 1501 Arboretum Dr, Oshkosh, WI 54901 in the Taproom

PARKING: Please see the Parking Guide for Saturday on page 13.

If you are a relay team member, please head to the RACE HUB table at packet pick-up for your packets.



LARGE GROUP PICK-UP - SAVE TIME IN LINE

You may pick-up for more than yourself. If you want to have multiple (**4 or more**) packets **ready together** for pick-up upon your arrival, please e-mail us the first and last names of who you will be picking up for at events@runawayshoes.net **by Wednesday night, April 24**. Come to the **RACE HUB** table at packet pick-up to collect your group packets.

NOTES ON ATTENDING PICK-UP

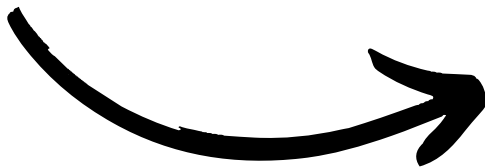


Please consider picking up on Friday or plan on extra wait time when picking up your packet on Saturday morning before the start of the race.

**NEED SOMETHING FROM
US ON RACE DAY?**



**LOOK FOR
THIS TABLE!**



- ON SITE REGISTRATION
- SHIRT SWAPS
- TRANSFERS
- AWARDS PICK-UP
- OTHER QUESTIONS



TRANSFERRING

TRANSFERRING?

ONLINE TRANSFERRING OPEN THROUGH FRIDAY

Log onto RunSignup, navigating to Profile > Upcoming Events > Manage Registration > Transfer to Another Runner.

After the 26th, transferring in person is possible on site at the RACE HUB table.

Additional details can be found at runawayshoes.net/oshkoshhalf under Registration Information & Transferring.

DO YOU KNOW SOMEONE WHO WOULD
STILL LIKE TO PARTICIPATE?

THE 5K IS SOLD OUT

LIMITED SPOTS IN HALF AND RELAY

THE ONLINE REGISTRATION FORM WILL BE
OPEN THROUGH 7AM ON SATURDAY. WE
WILL HAVE SOME PAPER FORMS ON SITE,
TOO.



Cash or check (made out to Run Away Shoes), or Venmo only. Race Fee: \$120 for relay pair and \$70 for Half Marathon. T-Shirt is not guaranteed for late registrants.

FRIDAY, APRIL 26

11:00am - 9:00pm - Dine out for Kids Crew! 15% off all food and beverage purchased **with this flyer attached to receipt**

3:00pm - 5:00pm - Packet Pick-Up at at Fox River Brewing Co. at 1501 Arboretum Dr. in the **BAR**

DINE OUT FOR KIDS CREW!

OSHKOSH HALF MARATHON 5K RELAY

4.26.24
11AM-9PM

15% DONATION
*ALL FOOD AND BEVERAGES PURCHASED INCLUDED!
MUST ATTACH THIS FLIER TO RECEIPT!

FUSION **FOX RIVER BREWING CO.**

FOX RIVER BREWING COMPANY
1501 ARBORETUM DRIVE, OSHKOSH WI 54901

SATURDAY, APRIL 27

7:00am - 8:00am - Packet Pick-Up at Fox River Brewing Co. at 1501 Arboretum Dr. in the **TAPROOM**

7:55am - Announcements & National Anthem

8:00am - Half Marathon & Relay Race Start

The 5K will start shortly after

8:05am - Announcements & National Anthem

8:30am - 11:30am Post-Race Food Service

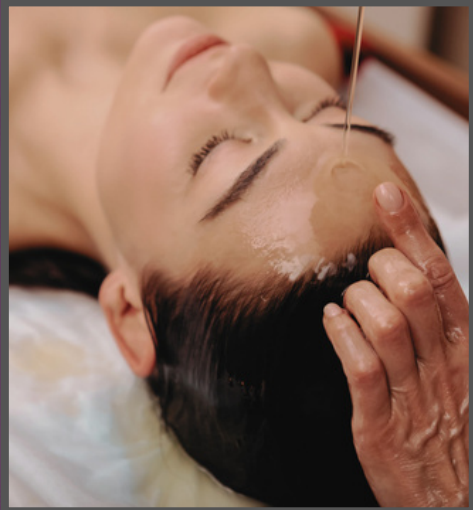
approximately **9:00am** - Awards hand-out begins at the Race Hub table in Fox River Brewing Co. in the Taproom. Complete awards details are on page 15.



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Visit our wellness center for:

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- Acupressure, Clinical and Process - Reiki Sessions
- Reiki Certifications
- Massage Therapy
- Esthetician Services
- Shirodhara
- Abhyanga
- Nutrition Coaching
- Personal Training
- Eminence Organic Skin Care
- Herbal Pharmacy
- Herbal Apothecary
- Workshops
- Meditation
- Venue Rental with full kitchen
- To come:
Ascend Herbal Lounge & Tea Bar



Arise

1810 Evans St | Oshkosh
920.479.1046
www.arisebw.com

RESTROOMS, PORTA POTTIES & WATER STOPS



Porta Potties are at the Start Line.



Water Stop #1 & #6 Wiouwash & River Mill Rd. ~ 1.6 miles
- 2 Porta Potties



Half Marathon #2 & #5 Water Stop - Wiouwash Trail near Bare Bones Brewery - under the bridge @ ~ 4 miles in and 8 miles in
- 1 Porta Potty



Half Marathon Water Stop #3 & #4 - Brooks Rd. & Wiouwash - 5.2 miles in and 6.6 miles in. This is also the Relay Exchange area.
- 1 Porta Potty

- 1:40
- 1:45
- 1:50
- 2:00
- 2:10
- 2:20
- 2:30
- 2:45
- 3:00
- SWEeper**

HALF MARATHON PACING

If you are in the Half Marathon, you can latch onto a pace group to go for a personal best! You will see pacers with signage for each of the following paces at the start. No need to sign up ahead of time, just latch onto a group if you choose to!



START & FINISH

The races starts and finishes in the Fox River Brewing Co. parking lot. You will see a large blue inflatable start line & finish line. The course will also be well marked.

POST RACE FOOD & BEVERAGE

Post race food and beverage will be back in the Taproom of Fox River Brewing Co. where morning packet pick-up was at the end of the event.



SATURDAY PARKING



- START & FINISH**
- HALF MARATHON ROUTE**
- ALL EVENTS STARTING ROUTE**
- DO NOT PARK**
- (WHITE ARROW) 5K RETURN ROUTE**
- RECOMMENDED PARKING**



Exchange location: Brooks Rd.

The first runner will run to the turn around point which is ~3/4 mile past Brooks rd and exchange on the way back at the entrance of the Brooks rd portion of the trail by the water stop.

The **GREEN** arrows represent the 1st runner on their way to the turn around and the **RED** arrow represents the 1st runner coming back right before the exchange.

The yellow areas are recommended parking.

Participant A will start with the half marathon start with the bib that **DOES NOT** have the chip on the back (timing will be based on gun start)

Participant B will need to drive out to or be dropped off at the Exchange location.

Participant A can arrange a pick-up or drive Participant B's vehicle back to the race starting area.

Participant B will need to run with and finish with the bib **WITH THE CHIP** on the back to receive a team finish time.

E-mail events@runawayshoes.net with any questions.

**RELAY MEMBERS NEED TO
COME TO THE RACE HUB
TABLE FOR THEIR BIBS AND
PACKETS.**



MEDICAL

Feeling sore after running your race?
Nagging injury that needs attention?
Not sure what's causing your pain?

Offering orthopedic and rehabilitation services in
Oshkosh, Fond du Lac, Neenah and Wautoma

aurora.org

 Aurora Health Care | Now part of  ADVOCATEHEALTH



Now part of  ADVOCATEHEALTH

- The Medical Director will be on site at the start and finish areas for the duration of the event.
- Medical Support at Half Marathon Water Stop #1 & #6 Wiouwash & River Mill Rd
- Visit the Aurora Health booth at packet pick-up!

Race Day Tips

- Stick to your race plan and don't let the excitement of other runners change your pace
- Hydrate and use replacement products throughout the event
- Select your clothing based on the conditions at the end of the race, not the beginning
- Enjoy the experience and your accomplishment!



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TRAINING TIPS

What should I stretch before I run?

Static stretching (putting a muscle into a lengthened position and holding it there for 20-30 seconds) is not very beneficial. Research shows you are better off doing a dynamic warm up, such as fast paced walking, skipping or light jogging for 5 minutes before you start your run. Static stretching may be more beneficial following your run and should include muscles such as your quadriceps, hamstrings, calves and hip flexors.

Why can foam rolling be helpful?

Foam rolling creates pressure and helps massage areas of muscles to break up tissue restrictions or tightness in that muscle. Foam rolling is more specific than stretching and allows you to focus the pressure and massage on isolated areas of the muscles to help create flexibility.

How important is hydration?

Hydration is very important! If you don't keep your body hydrated it will not be able to continue running for a long period of time. Hydration not only refers to water, but making sure you replace your electrolytes as well. Your body needs electrolytes like sodium (salt) and potassium to keep the muscles functioning properly. You may need to consume water or electrolyte replacement supplements before, during and after your run.

How do I know if I am hydrated?

The best way to determine your hydration level is to observe the color of your urine. If your urine is pale yellow in color, you are most likely hydrated. The darker your urine becomes the greater the chance you are not staying as hydrated as you should be.

What is the best replacement product to use during running?

Every body responds differently to replacement products. There are a wide variety of supplements that can be used ranging from bars, gels, goos and drinks. Each person needs to decide what is best for his/her body and use that product. Most importantly, every runner should use the products they plan to consume during the race when they are training. You do not want to enter a race day using supplements or drinks that you have not tried on training runs.



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TRAINING TIPS

How often should I be hydrating or using replacement products during a race?

The frequency varies for each runner. However, for runs lasting longer than an hour, a runner may try consuming small portions of water or a replacement product every 20-30 minutes. Again, the time frame can vary from runner to runner so it is important to practice during your training runs.

Do I need to change my diet while I'm running?

The best diet is one that focuses on moderation from all food groups. Your body needs certain nutrients from all food groups to help sustain healthy muscles and bones for running. You may consider doing some carb loading (eating a meal with more carbohydrates) one to two days before your race. The excess carbohydrates from your meal will be stored by your body to be used during your race.

What are the best shoes to run in?

The best shoes for you are the ones that are the most comfortable. Every runner has different mechanics and different requirements of his/her shoes. What works for your running partner may not work for you. Go to a running store and try on several pairs. The shoes that feel the most comfortable will work best for you. If you are having foot pain or are concerned regarding your foot mechanics, seek the advice of a health care professional or qualified running shoe expert.

How often do I need to change my running shoes?

Running shoes should be replaced about every 400-500 miles. If you don't track the number of miles you have on your shoes, a good way to check the status of your shoes is to look at the bottom of them. If you have spots that are worn down or the rubber is no longer present in some places, it is time to change your shoes.



RESULTS & AWARDS

CHIP TIMING

This is a chip timed event and the chip will be located on the back of your bib. Make sure you are wearing your bib on the front without anything covering it.

RESULTS

Results can be found here at the conclusion of the event:

<https://www.mtecresults.com/>

AGE GROUP AWARD WINNERS

HALF MARATHON

Award will be given to the **overall winner** (male and female) along with the **top 3 finishers** (male and female) in each age group:

0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

5K

Award will be given to the **overall winner** (male and female) along with the **top finisher** (male and female) in each age group:

0-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

RELAY

Awards will be given to the **top team** in the following categories (no age groups): All Female. All Male, Mixed

AWARD DISTRIBUTION

There will be no formal awards ceremony. If you think you are an award winner, awards can be claimed beginning at around **9:00am** in Fox River Brewing Co. Taproom at the Race Hub table **OR** awards will be available for pick-up at Run Away Shoes - Appleton - **please e-mail events@runawayshoes.net to coordinate pick up before stopping in the Appleton shop.**

CELEBRATING



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20 YEARS!



RUN



WALK



LIFE



11.02 APPLETON



COMMUNITY FIRST
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11.26 APPLETON



TBD, OSHKOSH

REGISTER AT

runawayshoes.net/events