

PREVEA
health



4imprint.
RACE SERIES EVENT

APRIL 13, 2024



A note from the Director

I am so excited for this weekend. Over the years, Run Away to the Bay has been ran in all of the elements: cold, snow, rain, wet, windy and hot! Regardless of the elements, it is always one of my favorite days of the year. Thank you for joining me and my team as well as the 550 other participants in this 2024 event. Yes, that is right, I also run in this event every year with my friends. I hope I get to see you at my favorite places, Rocky and Tara's Nut House in Dundas, Ledgestone Winery in Greenleaf and of course see you at the finish line at Hagemeister Park in Green Bay.

The course travels through eight cities (if you include Dundas, which might be my favorite), and three counties all in my favorite place on earth: Northeast Wisconsin. As you're making your way to the bay, say "Hi" to the police, sponsors and volunteers along the route because without them we could not do this event. Remember to be courteous to the drivers and follow the rules of the road since this is an open road course.

A few shout outs:

- To Claire who is the backbone to Run Away Shoes and Events. She coordinates all of the details and this beautiful booklet.
- The Run Away Event Staff who work hard to make all of our events FUN, running smoothly, and safe for all participants.
- The Run Away Shoes staff who are either running today or serving our valued patrons in our two local stores.
- My Family: Susan and the kiddos for their time and support and my father who rarely misses an event and always supports Run Away Events and volunteers a very respectable amount of his time.

2024 marks Run Away Shoes 20 year anniversary and Run Away to the Bay's 13th year running! I would like to say THANK YOU to all who have been a part of Run Away in any capacity.

Slaite! *Rossy*

CELEBRATING



20 YEARS!

APPLETON GREEN BAY



RUN



WALK



LIFE

THANK YOU!

TITLE
SPONSOR



SERIES
SPONSOR



MAJOR SPONSORS



ROAD & EVENT RULES!

Slap Bands: Each team will receive one in their team packet. This must be worn by the team member running on the course. The runners will exchange the slap band when the next runner takes their turn.

Traffic: All traffic has the right-of-way while you are running on the course! Please run on sidewalks/paths as much as possible!

Signs: Follow the Run Away to the Bay signs. These will be placed on the side of the road that you should be running (not in the road).

Awards Eligibility: Teams must cover the entire race distance to be eligible for awards and official finish time. No rides or skipping sections of the course.

Headphones: Allowed, but please keep the volume low and please use just one earphone.

EXCHANGE INSTRUCTIONS

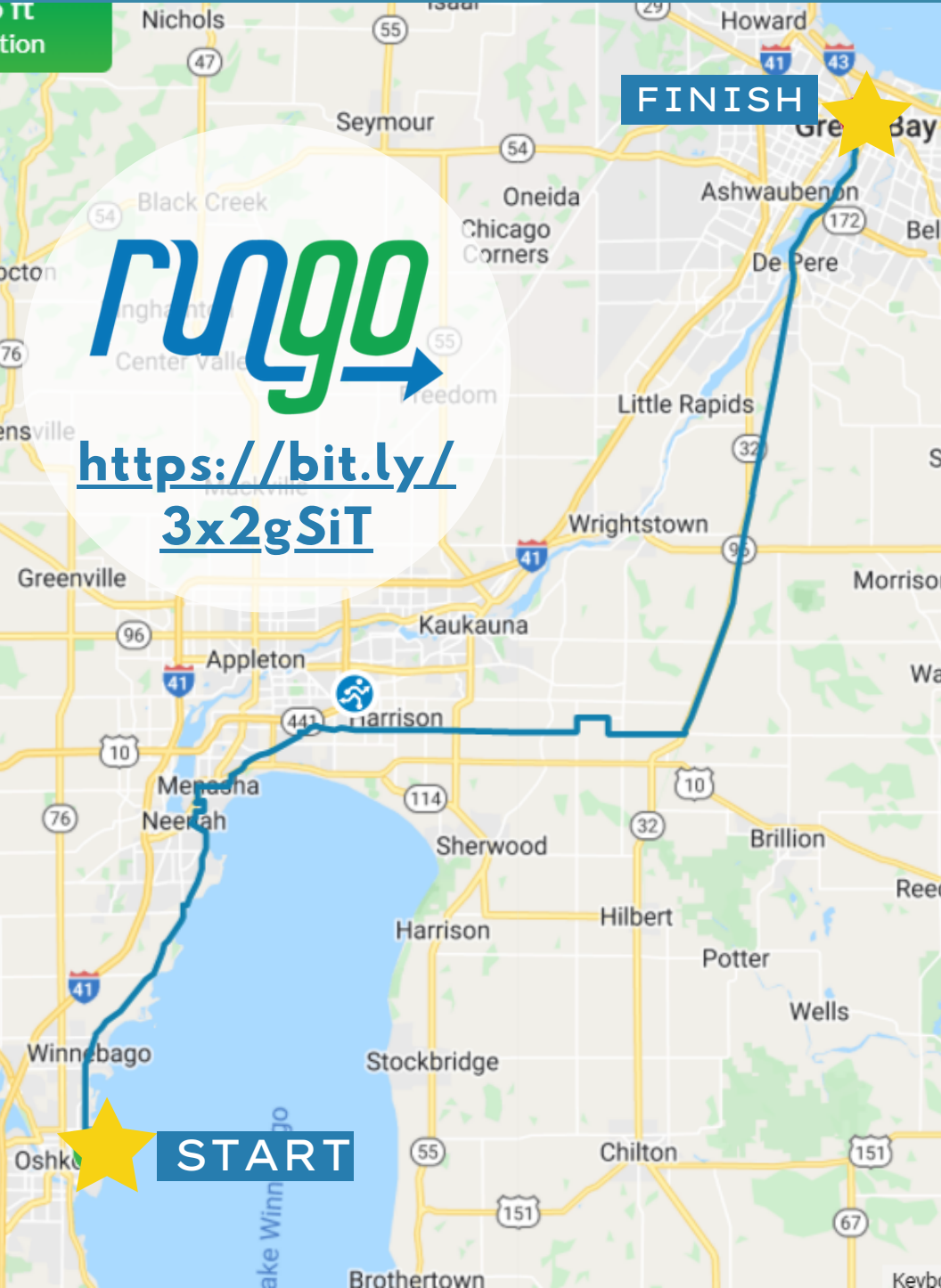


There are **no formal exchange zones or set legs.** You can exchange runners whenever you would like and as many times as you like. If you would like the guidance of past exchange location, please see this icon in the booklet.

SAFETY FIRST: When you decide to exchange runners, please be mindful of where you pull off the course so that the runners can merge onto and off the course safely.



COURSE OVERVIEW



FINISH



[https://bit.ly/
3x2gSiT](https://bit.ly/3x2gSiT)



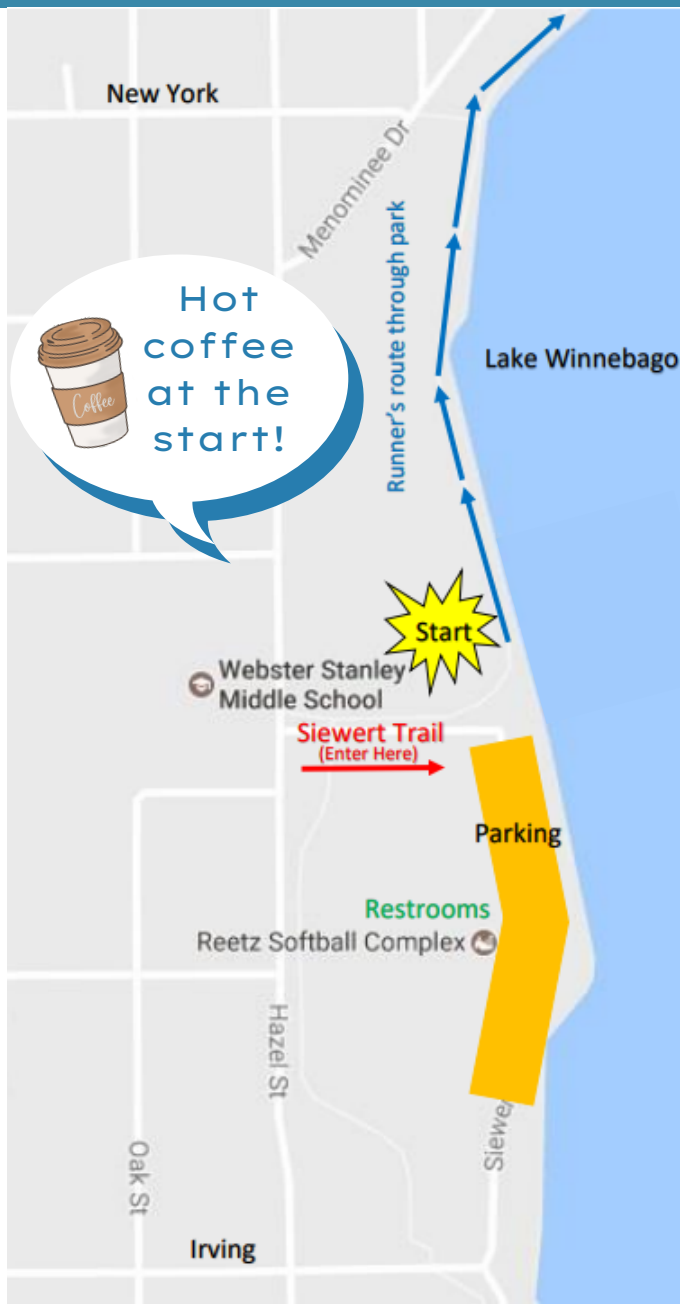
START

START LINE INSTRUCTIONS

Enter on Siewert Tr.

Restrooms are located in the parking lot by the Reetz Softball Complex (city decides if they will be opened based on the weather). If they are closed we will have porta potties instead. There are NO restrooms at the start line, so plan accordingly before you head to the start.

Packets will be available for teams to pick-up along near the parking lot by the start area beginning at 6:00am through the start of the last wave.



Please attend your assigned wave start time!



GOOD LUCK RUNNERS.

WE'RE WITH YOU EVERY STEP OF THE WAY.

Led by accomplished doctors, your official race-day medical partner is here for you every step of the way. From your hips to your toes, Prevea Orthopedics & Sports Medicine has the latest advancements in treatments and procedures to help you feel your best when you're running or keep your goal pace during a race.

Here in **Grand Chute** and **Green Bay**, you'll get the finest care around - with local experts who stand ready to restore your fluid mobility with convenient care options for all ages.

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- Joint injections
- MRI and X-ray
- Muscle analysis MRI
- Orthopedic surgical care
- Physical therapy including dry needling
- Running movement analysis
- Urgent care



Orthopedics. Specializing in you.

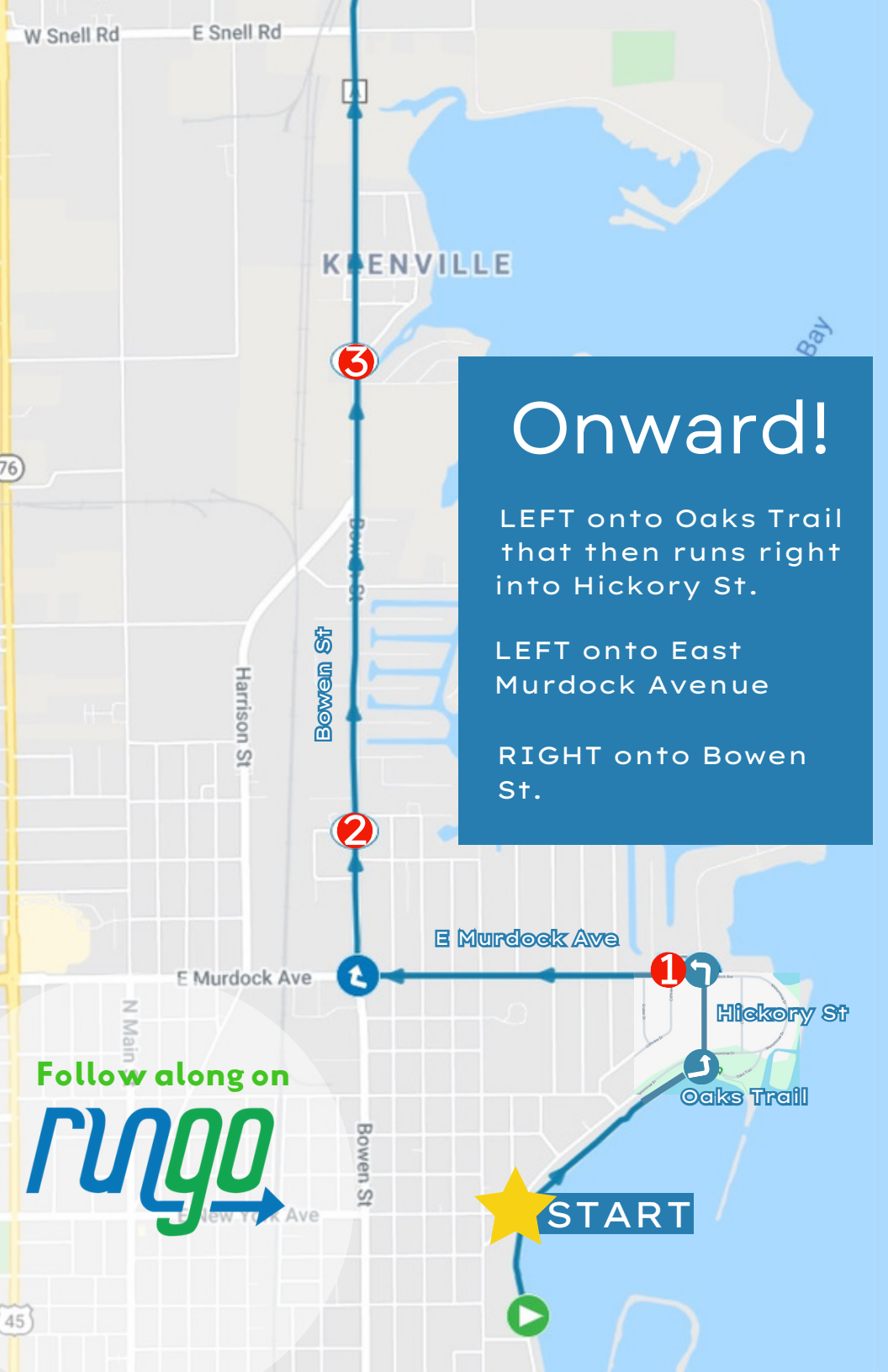
Onward!

LEFT onto Oaks Trail
that then runs right
into Hickory St.

LEFT onto East
Murdock Avenue

RIGHT onto Bowen
St.

Follow along on





BAGO Bar & Grill
6392 County Rd A,
Neenah, WI 54956



Porta Potty Stop



Head straight onto
North Shore Drive

Please use the path
between mile 5 & 6



Continue on
County Rd A

Winnabago

North Asylum Bay

Adena Beach

Pendleton

E Snell Rd

6

41

10

9

8

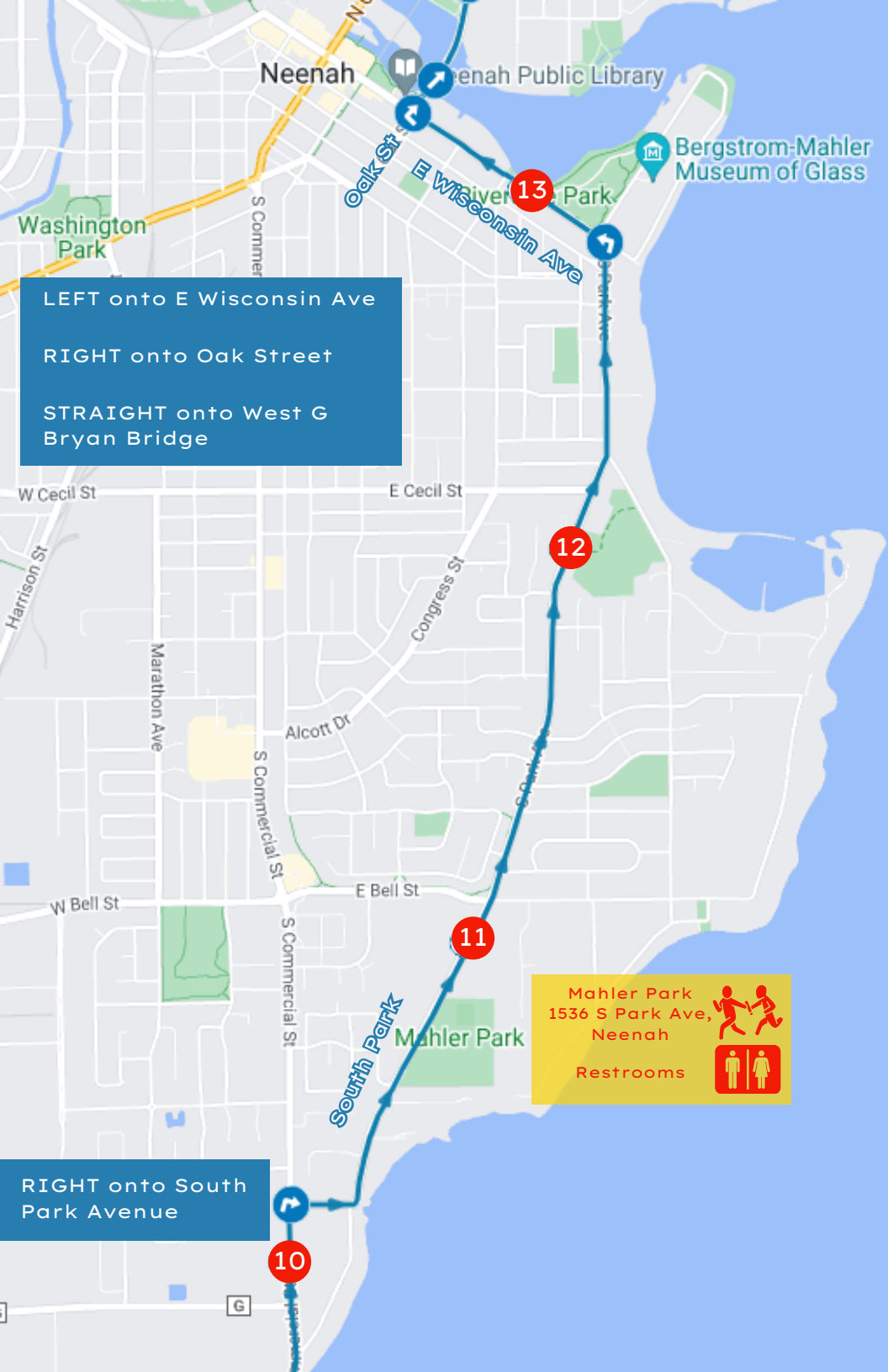
7

6

5

4

41



Neenah

Neenah Public Library

Bergstrom-Mahler
Museum of Glass

Washington
Park

LEFT onto E Wisconsin Ave

RIGHT onto Oak Street

STRAIGHT onto West G
Bryan Bridge

W Cecil St

E Cecil St

Harrison St

Marathon Ave

S Commercial St

S Commercial St

W Bell St

Alcott Dr

E Bell St

Congress St

South Park

Mahler Park

12

11

Mahler Park
1536 S Park Ave,
Neenah



Restrooms



RIGHT onto South
Park Avenue

10

G



Smith Park
301 Park St.
Menasha
Restrooms & Porta Potty



LEFT onto
Park Dr

LEFT onto
Keyes St

RIGHT onto
Racine St

RIGHT onto
Broad St

Go STRAIGHT
through roundabout
then

RIGHT onto East
Forest Avenue

CREATING EXPERIENCES.
CONNECTING PEOPLE.
CRAFTING GREAT BEER.



AT THE FINISH!

54.65 mi
Distance

492 ft
Elevation

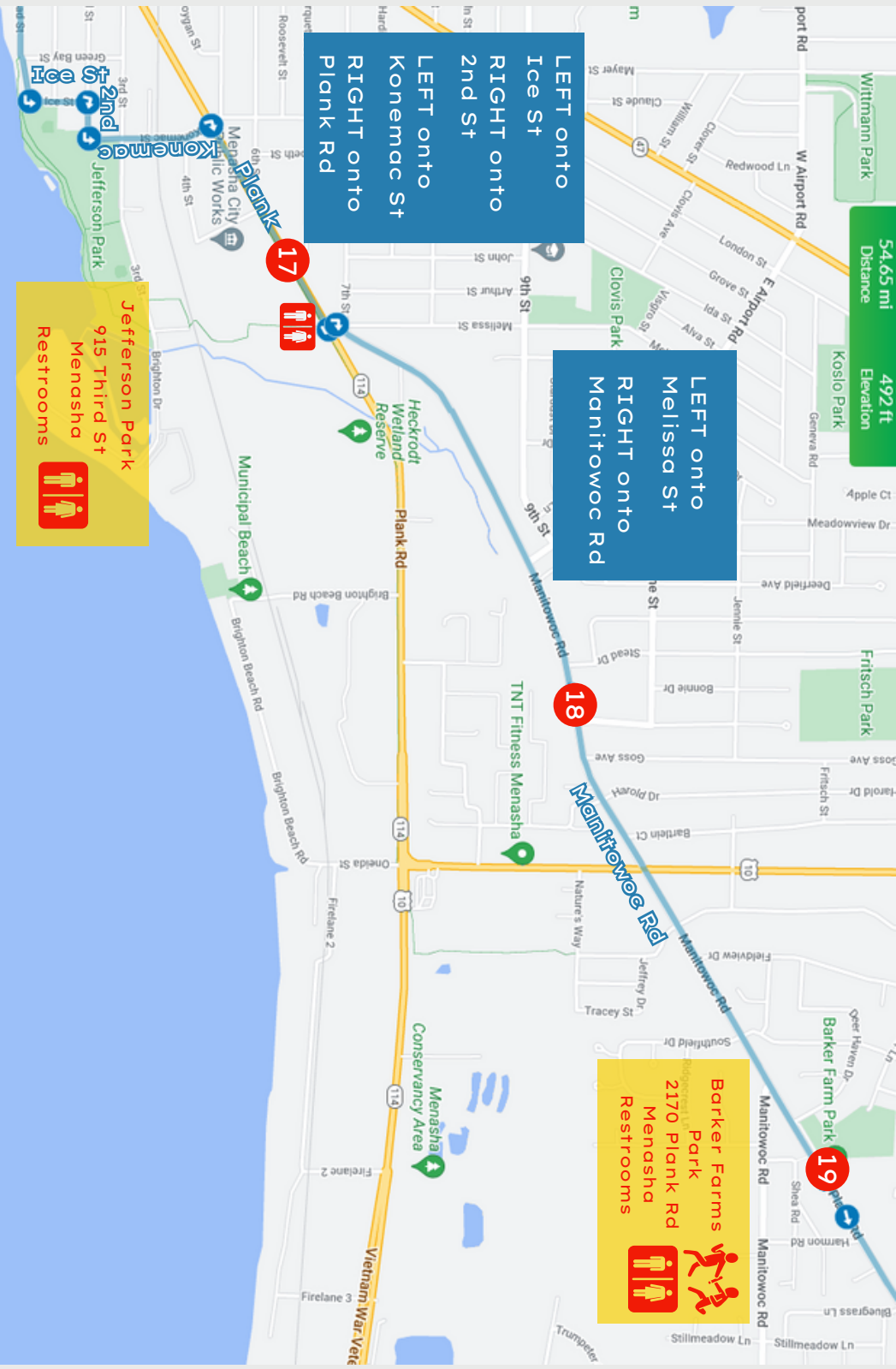
LEFT onto
Melissa St
RIGHT onto
Manitowoc Rd

LEFT onto
Ice St
RIGHT onto
2nd St
LEFT onto
Konemac St
RIGHT onto
Plank Rd

Barter Farms
Park
2170 Plank Rd
Menasha
Restrooms



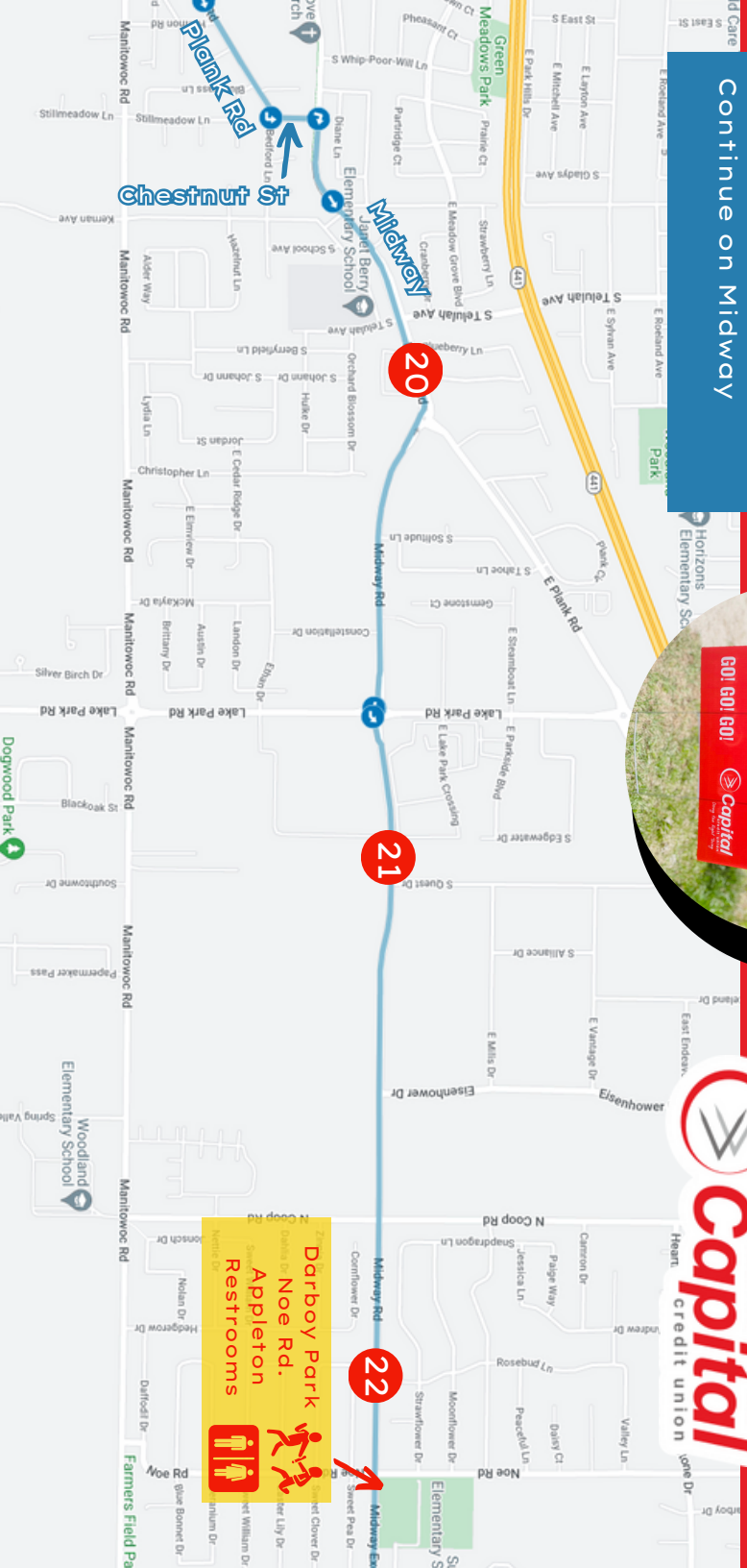
Jefferson Park
915 Third St
Menasha
Restrooms



STRAIGHT onto Plank Rd
LEFT onto Chestnut Lane
RIGHT onto Midway
Continue on Midway



We believe in "Doing the Right Thing" ... one member, one employee, and one situation at a time.



Darboy Park
1000 S Noe Rd.
Appleton
Restrooms



Capital
credit union

Doing the Right Thing

Visit us online at capitalcu.com

ph: 920.494.2828

Striving Towards Financial Well-Being, One Step at a Time



A proud sponsor of **Run Away to the Bay.**

YOU'RE STRONG ENOUGH!



Porta Potty
between 23&24

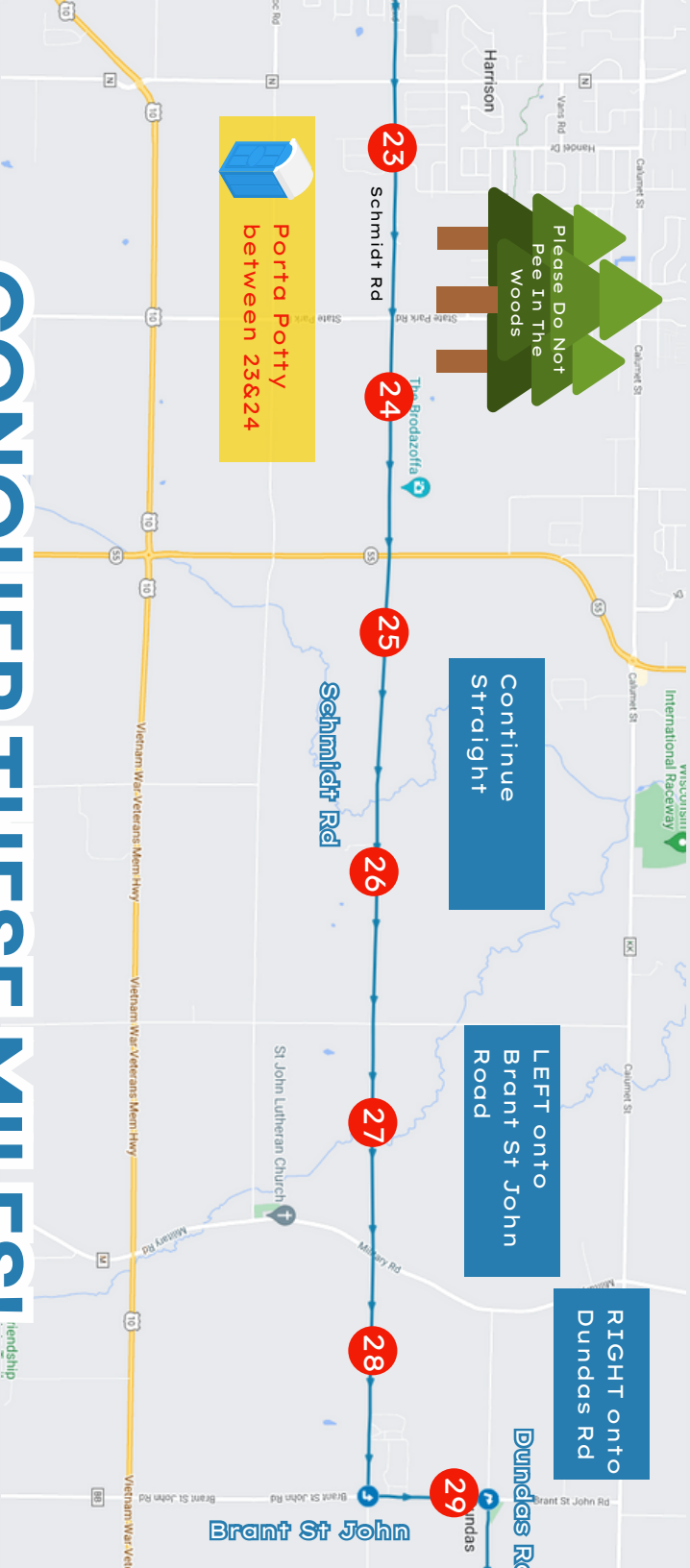
Continue
Straight

LEFT onto
Brant St John
Road

RIGHT onto
Dundas Rd

Brant St John

CONQUER THESE MILES!





DRIVING DIRECTIONS

- North on Hwy 57
- RIGHT on Wayside Rd
- LEFT on Weber Rd
- (Park on right shoulder only)
- EXIT (caution runners)
- LEFT on Hill Rd / Hwy Z
- RIGHT on Hwy 57

Rocky & Tard's Nut
Haus W3239 Dundas
Rd, Kaukauna

2 Porta Potties



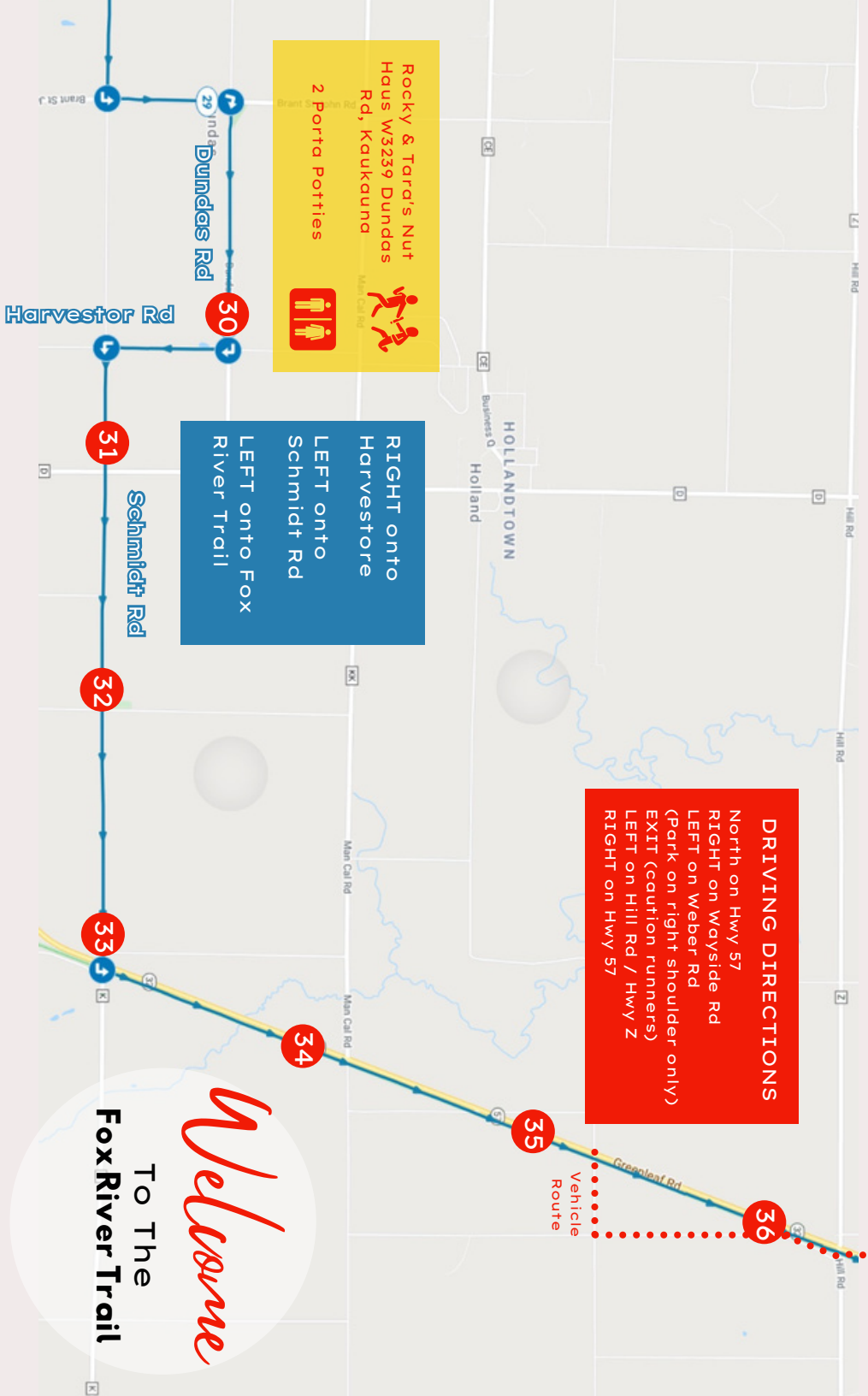
RIGHT onto
Harvestore

LEFT onto
Schmidt Rd

LEFT onto Fox
River Trail

Welcome

To The
Fox River Trail

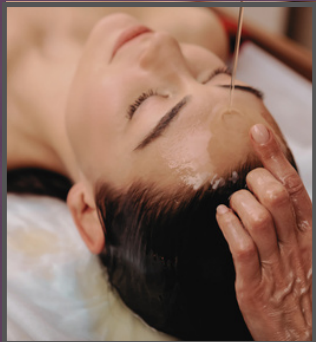


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- Ayurvedic Doctor's Clinic
- Yoga Classes
- Acupressure, Clinical and Process - Reiki Sessions
- Reiki Certifications
- Massage Therapy
- Esthetician Services
- Shirodhara
- Abhyanga
- Nutrition Coaching
- Personal Training
- Eminence Organic Skin 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



Stay on the Fox River Trail

41



LedgeStone Vinyards

6381 State Highway 57, Greenleaf, WI 54126

40



Fox River Trail

Follett St & Klaus St
Parking & Porta Potty

39

38

38

37

36

Hill Rd

Askeaton

Hill Rd

Holla Wildlife

festival
foods

PP



Rockland Rd

Stay on the Fox River Trail



Porta Potty
between 44 & 45

42

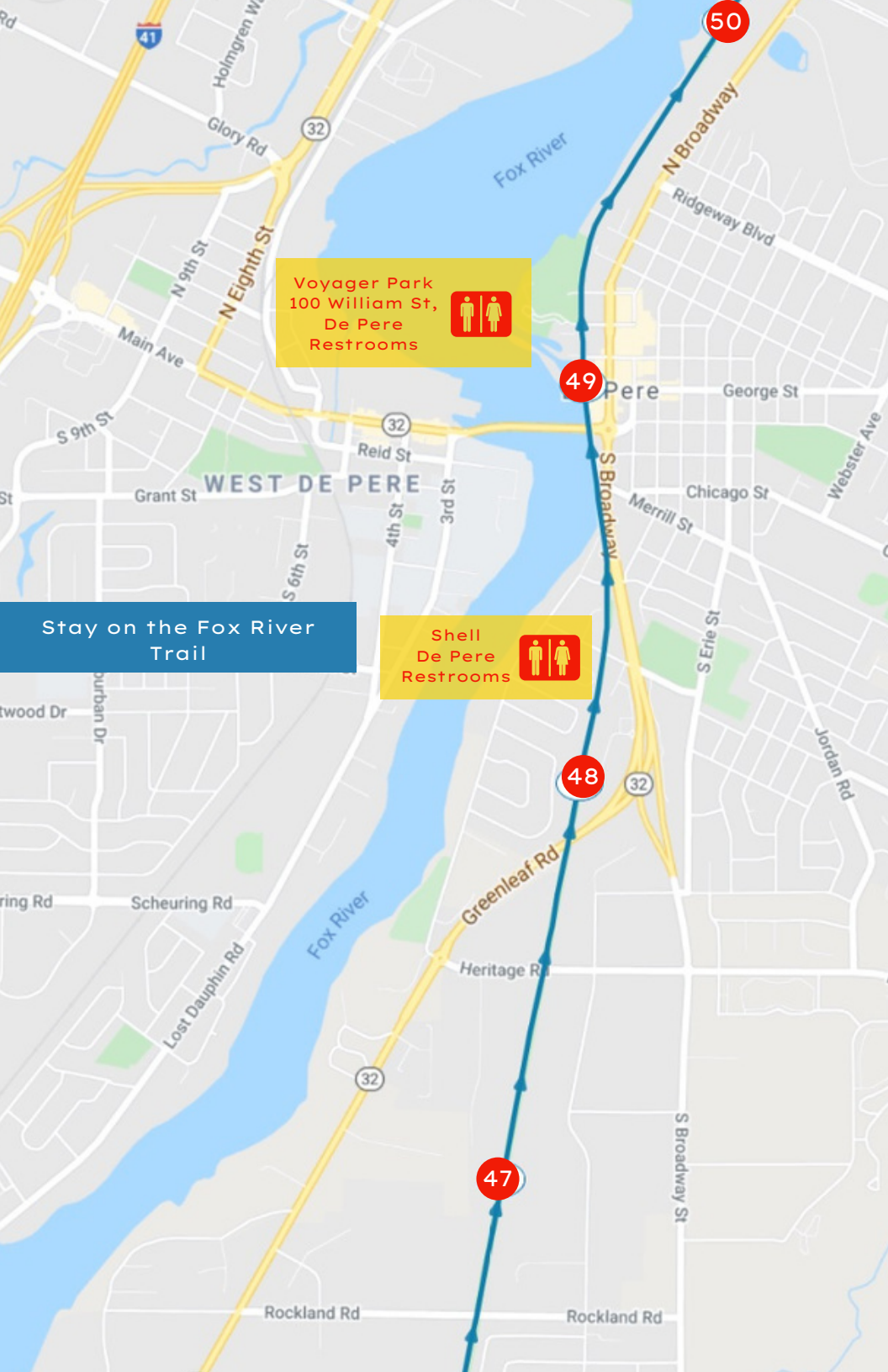
43

44

45

46





Voyager Park
100 William St,
De Pere
Restrooms



Stay on the Fox River
Trail

Shell
De Pere
Restrooms



YOU'LL SHINE WE'LL MAKE CERTAIN

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Bags



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with 4imprint
5 years



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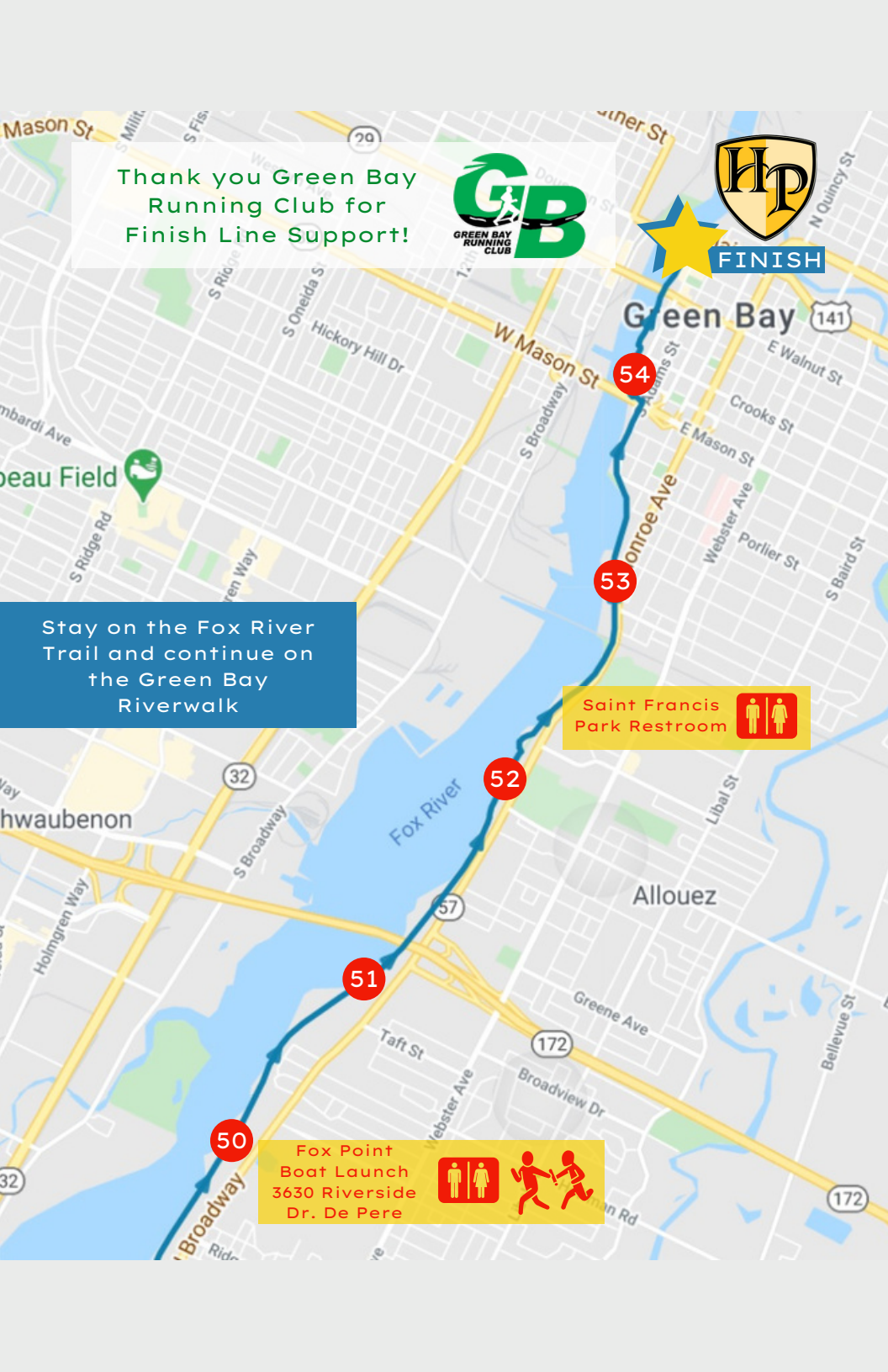
Thank you Green Bay Running Club for Finish Line Support!



Stay on the Fox River Trail and continue on the Green Bay Riverwalk

Saint Francis Park Restroom 

Fox Point Boat Launch
3630 Riverside Dr. De Pere  



Finish Line Instructions

Parking: We suggest parking in the Cherry St. Ramp. (entrance on Cherry between Washington & Adams.)

Finishing The Race: Meet your last runner & cross the finish line as a team to collect your finisher medals! Make sure your last runner is wearing the bib with the chip.

Food & Beverage: Food will be available in the banquet room of Hagemesiter Park and beer will be outside.



Awards: We estimate that awards will be available to pick-up at around 4pm/4:30pm. There will be no formal awards ceremony. If you think your team was in the top three of your division & category, please come to the tent at the finish line.

You can find complete results at www.runawayshoes.net/rattb at the end of the event. Awards will also be available for pick-up at a Run Away Shoes Appleton beginning Tuesday after the event.

Medical Care & Massage will be at the finish line!



Thank You

Title Sponsor

Series Sponsor



RUN AWAY
Event Races

4imprint

FALL
RACE SERIES EVENTS



Capital
credit union
Doing the Right Thing



HOUDINI
10K

11.02 APPLETON



COMMUNITY FIRST
CREDIT UNION



Santa Scammer

11.26 APPLETON



JOLLY
JOG

TBD, OSHKOSH

REGISTER AT
runawayshoes.net/events