

PREVEA
health

run away to the bay

55

PRE-PRINT
DRAFT

APRIL 12, 2025



A note from the Director

From the Run Away crew after completing our 20th year in our humble existence: We are ready for the 2025 4imprint race season. With the Prevea Health Run Away to the Bay being one of our premier events, we are constantly working on doing better and more for you the participant. This race is more than just another event. It brings friends and families together to run 55 miles from Oshkosh to Green Bay! There have been many, many times I have had to explain this event to non-runners; that it is a relay, that I am not crazy, and no, I am not using a car for the whole race... well kinda. Thank you for giving us faith to produce one of the most fun events we do every year.

A couple of Shout outs to those who deserve it:

- Claire for mastering the art of medals, booklets, registration, tees and pretty much all of the details and behind the scenes to the event.
- My Dad for constantly being a rock and main volunteer at all of the events.
- My wife for being there to keep me honest and to put me in my place.
- My little ones, who now aren't little anymore, and are voluntold and do it with hard work.
- The Thursday Morning Crew, who for years do the packet stuffing and sounding board for many of the tee, medal and logo ideas of Run Away Shoes and Events.

You will see many of the same faces this year and every year. That is one of the many reasons we participate in events. On the next page is a prayer that I borrowed from the On Pace group. I feel it keeps up with the spirit we want to live by.

Keep your eye on the new events coming to Run Away Shoes and Events later this year.

A handwritten signature in white ink that reads "Ross". The signature is stylized with a large, sweeping initial 'R' and a cursive 'oss'.

Runner's Prayer

Run by my side.

Live in my heartbeat.

Give strength to my steps.

As the cold surrounds me,

as the wind pushes me,

I know you surround me.

As the sun warms me,

as the rain cleanses me,

I know you are touching me,

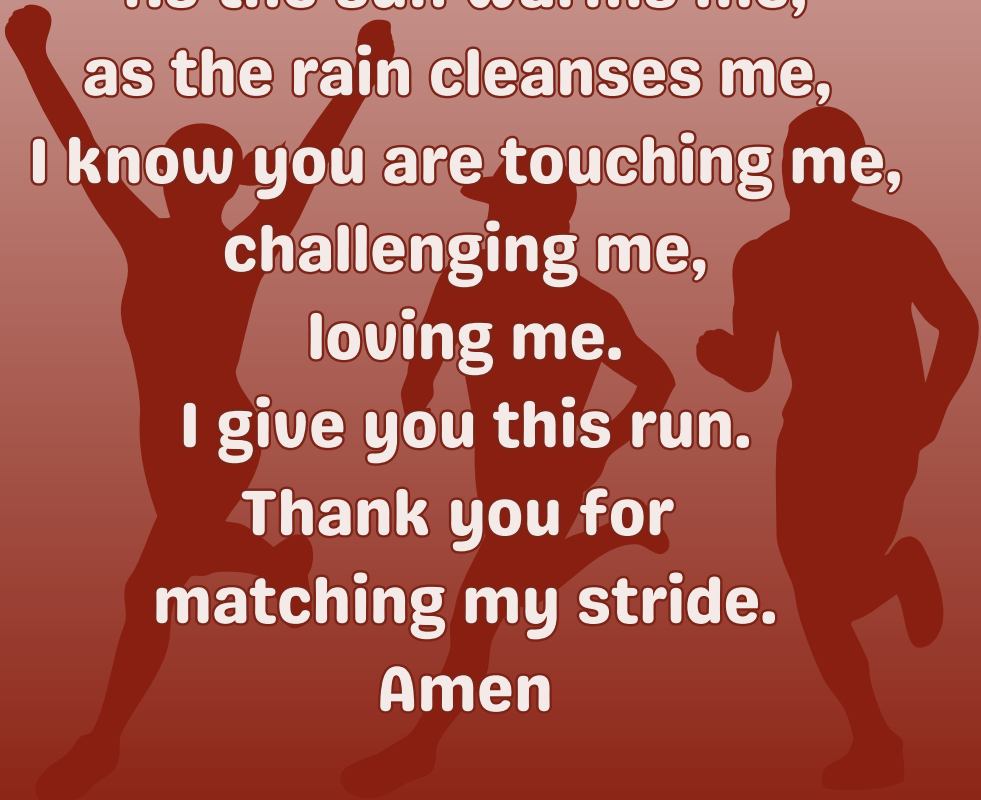
challenging me,

loving me.

I give you this run.

Thank you for
matching my stride.

Amen



Run Away (FREE!)
SHOES

EVENTS

**PUB RUNS
& SHOE DEMOS**

TRAIL RUNS

SHOP WITH THE
Doc

MORE!



UPCOMING
EVENTS CAN BE
FOUND ON OUR
FACEBOOK
PAGE &
WEBSITE



RUNAWAYSHOES.NET/EVENTS

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.

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.

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 some great exchange locations, please see this icon in the booklet.



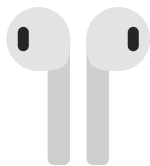
SAFETY FIRST: When you decide to exchange runners, please be mindful of where you pull off the course so that the runners can merge onto and off the course safely.



SAFETY FIRST

USE SIDEWALKS AND PATHS WHEN AVAILABLE ON THE COURSE

ALL TRAFFIC HAS THE RIGHT-OF-WAY



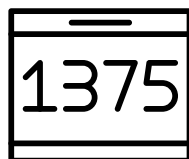
HEADPHONES: KEEP THE VOLUME LOW OR USE ONE EARBUD

CONSIDER KEEPING YOUR PHONE WITH YOU WHEN IT'S YOUR TURN TO RUN



LOOK FOR THIS SYMBOL IN THE BOOKLET FOR ADDITIONAL SAFETY NOTES ALONG THE WAY.

FILL OUT THE BACK OF YOUR BIB WITH ANY IMPORTANT MEDICAL INFORMATION AND EMERGENCY CONTACTS



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.



IN AN EMERGENCY, CALL 911

COURSE OVERVIEW



RunGo



**SCAN
FOR
COURSE**

FINISH

START



LANDMARK DISTANCES

Total Distance

Start to BAGO Bar & Grill **8.3 miles**

BAGO Bar & Grill to Mahler Park **2.4 miles**

Mahler Park to Smith Park **4.25 miles**

Smith Park to Jefferson Park **1.4 miles**

Jefferson Park to Stone Toad Bar & Grill **2 miles**

Stone Toad Bar & Grill to Barker Farm Park **.5 mile**

Barker Farm Park to Darboy Park **3.3 miles**

Darboy Park to Rocky & Tara's Nut Haus **7 miles**

Rocky & Tara's Nut Haus to Hill Rd **7 miles**

Hill Rd to Greenleaf Trailhead **3.2 miles**

Greenleaf Trailhead to Ledgestone Vinyard **1.25 miles**

Ledgestone Vinyard to Rockland Rd **5.75 miles**

Rockland Rd. to Fox Point Boat Launch **3.4 miles**

Fox Point Boat Launch to Hagemeister Park **4.4 miles**

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.

- Comprehensive orthopedic evaluation and treatment
- 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.

W Snell Rd

E Snell Rd

KENNVILLE

Bay



**See & Be Seen:
Run on the left
side of the road.**

76

3

Bowen St

Harrison St

2

E Murdock Ave

E Murdock Ave

1

Hickory St

Oaks Trail

N Main

Bowen St

New York Ave



START

Onward!

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

LEFT onto East
Murdock Avenue

RIGHT onto Bowen
St.

Follow along on



45



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**



**See & Be Seen: Run on the
left side of the road.**





LEFT onto E Wisconsin Ave
RIGHT onto Oak Street
STRAIGHT onto West G
Bryan Bridge

RIGHT onto
South Park
Avenue

Mahler Park
1536 S Park Ave,
Neenah

Restrooms



Run on the sidewalk



See & Be Seen: Run on the left side of the road.



**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**



**Run on the
sidewalk**

**CREATING EXPERIENCES.
CONNECTING PEOPLE. CRAFTING
GREAT BEER.**



AT THE FINISH!

54.65 mi Distance
492 ft Elevation

Wittmann Park



Kosio Park

**LEFT onto
Ice St
RIGHT onto
2nd St**

**LEFT onto
Melissa St
RIGHT onto
Manitowoc Rd**

**LEFT onto
Konemac St
RIGHT onto
Plank Rd**

**Barker Farm
Park**
2170 Plank
Rd Menasha

Restrooms

**Stone Toad
Bar & Grill**
1109 Oneida St
Menasha





Slushies!

Jefferson Park
915 Third St
Menasha




Restrooms (Main Pavilion)

**See & Be Seen: Run on the
left side of the road.**



**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.



See & Be Seen: Run on the left side of the road.

**Darboy Park
Noe Rd.
Appleton**





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



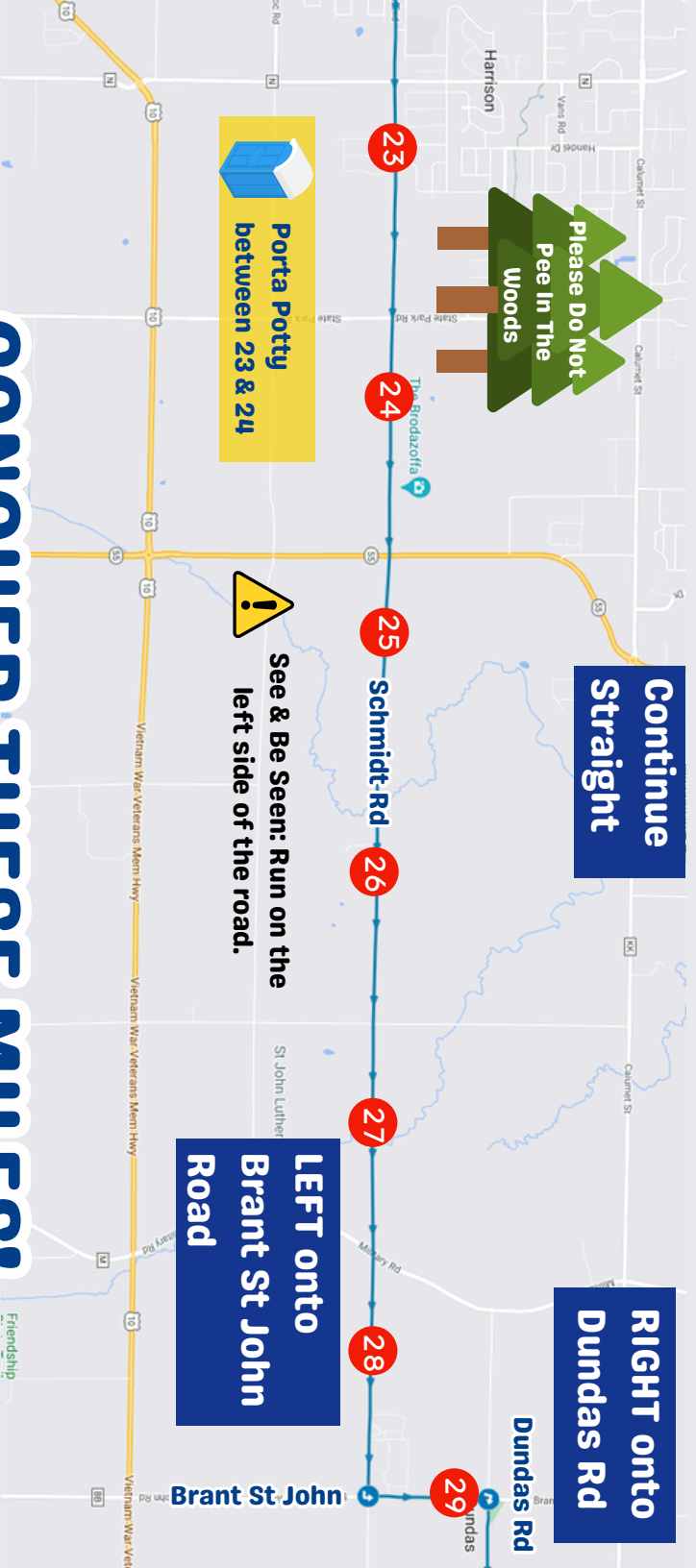
See & Be Seen: Run on the
left side of the road.

RIGHT onto
Dundas Rd

LEFT onto
Brant St John
Road

Brant St John

CONQUER THESE MILES!





Cotton Candy & Car Decoration Judging

Bloody Mary's @

**Rocky & Tara's
Nut Haus W3239**

**Dundas Rd,
Kaukauna
2 Porta Potties**



Dundas Rd 30

Harvester Rd

**RIGHT onto
Harvestore
LEFT onto
Schmidt Rd
LEFT onto
Fox River
Trail**

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

Vehicle Route

Welcome

**To The
Fox River Trail**

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34

33

32

31

30

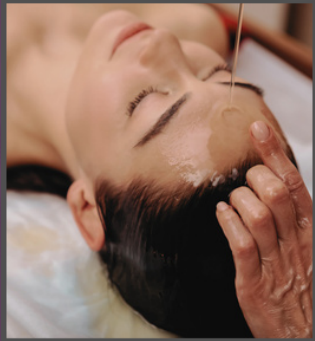


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Ancient Wisdom for Modern Life

Dedicated to the comprehensive health of individuals. We use a delicate balance of ancient practices & modern modalities with an approach that considers the current physical, emotional, and spiritual state to build an optimal environment within and perfect health balance for each unique individual.



ARISE BALANCED WELLNESS

Arise To All You Can Be!

Visit our wellness center for:

- 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





**LedgeStone
Vinyards**



**6381 State Highway 57,
Greenleaf, WI 54126**



**Fox River
Trail**

**Follett St & Klaus St
Parking & Porta Potty**



Cheese curds

**Stay on the Fox
River Trail**

festival
foods





Rockland Rd

**Stay on the Fox
River Trail**



**Porta Potty
between 44 & 45**

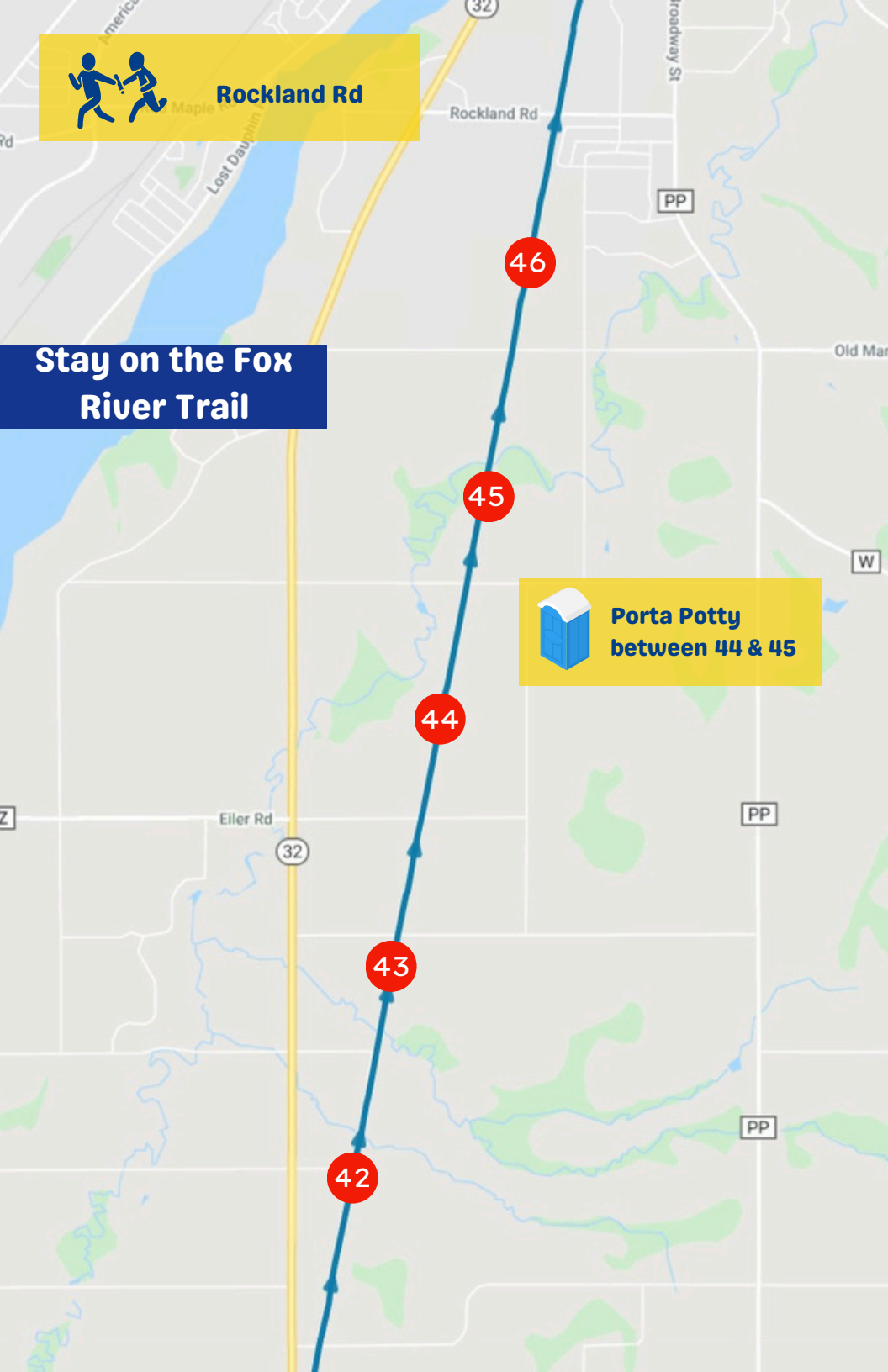
42

43

44

45

46





Voyager Park
100 William St, De Pere

Restrooms



Shell
De Pere
Restrooms



**Stay on the Fox
River Trail**

YOU'LL SHINE WE'LL MAKE CERTAIN

It's your logo, so it has to be perfect. The perfect product, perfectly printed and delivered on time. That's certainty.



Apparel



Bags



Technology



And more!

Linda,
with 4imprint
5 years



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Thank you Green Bay Running Club for Finish Line Support!



FINISH

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 and beer will be available in the back corner of the patio.

Awards: We estimate that awards will be available to pick-up late afternoon. 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!

PREVEA
health

 RESTORE U
solutions LLC

Thank You

Title Sponsor

Series Sponsor





4imprint



APRIL 26 OSHKOSH



SCAN FOR COMPLETE
EVENT DETAILS!

HALF MARATHON + MORE!



- SCENIC COURSE ALONG WATER & LIGHT GRAVEL TRAIL
- COMMEMORATIVE FINISHER MEDALS
- AGE GROUP AWARDS
- POST-RACE FOOD + POST RACE FOX RIVER BREWING CO. BEER



HOUDINI & LOK



II.I APPLETON

SCENIC COURSE

MAGICIANS

FINISH LINE FUEL &

COPPER STATE BREWING CO. BEER



SIGN UP TODAY!





Santa Scamper



ONE MILE RUN/WALK

NOV 27 APPLETON



BURGER COUPON,



HAT!



SAVE THE DATE REGISTRATION OPENS IN JULY