



2026

PARTICIPANT EVENT GUIDE



TABLE OF CONTENTS

Page 6 Packet Pick-Up

Page 7: Schedule

Page 9: Water & Porta Potty Locations

Page 10: Maps: Course Link & Start/Finish Area

Page 11: Saturday Parking

Page 13-15: Relay Exchange Details

Page 19: Results & Awards

CONNECT WITH US:

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

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

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

RACE HUB

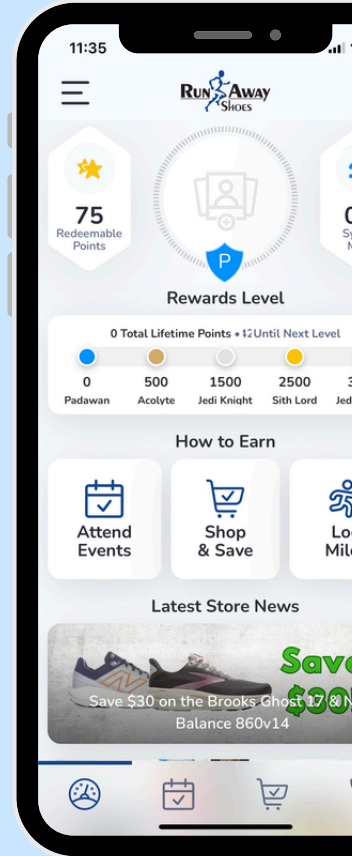


THANK YOU SPONSORS!

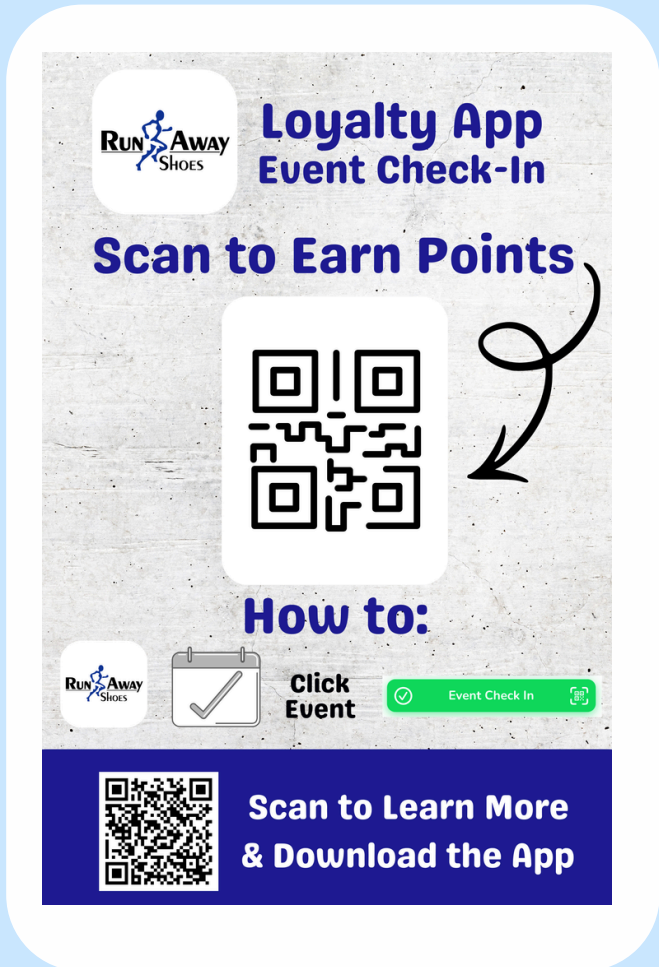


EARN \$5 to **RUN AWAY SHOES**

when you check-in to this event on the **Loyalty App** →



[Click Here to Learn More & Download](#)



Find this A-frame sign at packet pick-up to check into the app

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



Visit 4imprint.com or
call 1-877-446-7746
and be certain with
our 360° Guarantee®.

4imprint®

PACKET PICK-UP

DATES, TIMES & LOCATIONS

Friday, April 24 from **3:00pm - 5:00pm** at **Fox River Brewing Co 1501 Arboretum Dr, Oshkosh, WI 54901** in the **Bar Area**

Saturday, April 25 from **8:00am - 9:00am** at **Fox River Brewing Co 1501 Arboretum Dr, Oshkosh, WI 54901** in the **Taproom**

PARKING: Please see the Parking Guide for Saturday later in this guide.

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 22**. Come to the **RACE HUB** table at packet pick-up to collect your group packets.

ONLINE TRANSFERRING OPEN THROUGH FRIDAY, APRIL 24TH AT 3PM

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

After 3PM on the 24th, 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.

SCHEDULE

FRIDAY, APRIL 24

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

SATURDAY, APRIL 25

8:00am - 9:00am - Packet Pick-Up at Fox River Brewing Co. at 1501 Arboretum Dr. in the **TAPROOM**

8:55am - Announcements & National Anthem

9:00am - All Races Start

9:30am - 12:30pm Post-Race Food Service in the Taproom

approximately **10:00am** - Awards hand-out begins at the Race Hub table in Fox River Brewing Co. in the Taproom. Complete awards details are later in this guide.

PACING

HALF MARATHON PACING

1:45

1:50

2:00

2:10

2:20

2:30

2:45

3:00

SWEEPER

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!



ARISE BALANCED WELLNESS

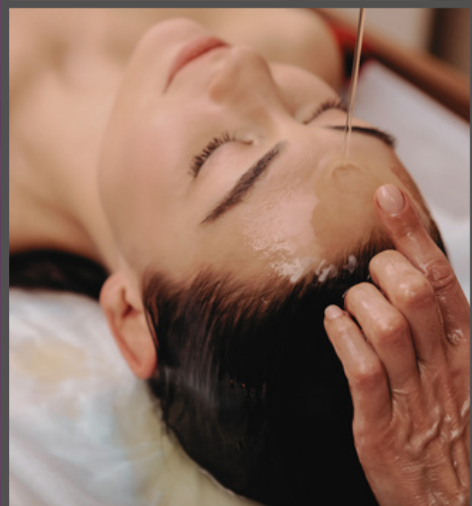
Ancient Wisdom for Modern Life

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 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

ARISE BALANCED WELLNESS

WATER + PORTA POTTY



The restrooms will be open inside Fox River Brewing Co.



All Races Water Stop Wiouwash & River Mill Rd. ~ 1.6 miles and 10.1 miles with 2 Porta Potties



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



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



All Races Water Stop Lakeside Park Trail ~ 3.1 miles and 11.7 miles.

MAPS



COURSE MAPS



HALF MARATHON

LOOP THE LAKE

SATURDAY PARKING



-  **START & FINISH**
-  **RETURN ROUTE**
-  **ALL EVENTS STARTING ROUTE**
-  **DO NOT PARK**
-  **RECOMMENDED PARKING**

MARTIN LUTHER: DO NOT PARK IN SPACES MARKED FOR CHURCH OR WEDDING ATTENDEES



Aquire



RESTORATION



WATER DAMAGE



FIRE & SMOKE



MOLD & MILDEW



SEWER WATER



BIOHAZARDS



NATURAL DISASTER



CLEANS

CARPET CLEANING
CONSTRUCTION & FINAL CLEANING



BUILDS

REMODELING
ADDITIONS
NEW CONSTRUCTION



STORAGE

STORAGE UNITS
UNHEATED/HEATED STORAGE
OUTDOOR STORAGE
PORTABLE STORAGE CONTAINERS

CONTACT US TODAY!



920.2.AQUIRE
2 7 8 4 7 3

FOR RELAY TEAMS

RUNNER A & B INSTRUCTIONS

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)

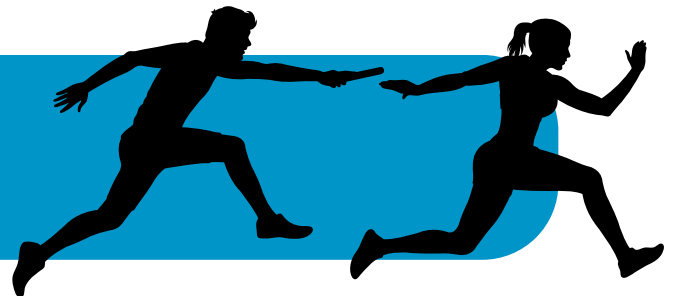
Participant B will need to drive out to or be dropped off at the Exchange location.

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.

PACKET PICK-UP

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



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

FOR RELAY TEAMS

EXCHANGE ZONE

You will exchange at Brooks Rd. (Driving directions on next page)

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.




FOR RELAY TEAMS


DRIVING DIRECTIONS

Take Arboretum Dr to Algoma Blvd

Follow Algoma Blvd, US-45 N and County Rd T to Brooks Rd

Turn L onto Brooks Rd

 **11 min**
7.1 miles

 **10 min**
5.9 miles



- The Medical Director will be on site at the start and finish areas for the duration of the event.
- Medical Support at water stop 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!

More Tips From Aurora Health Care

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.

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?

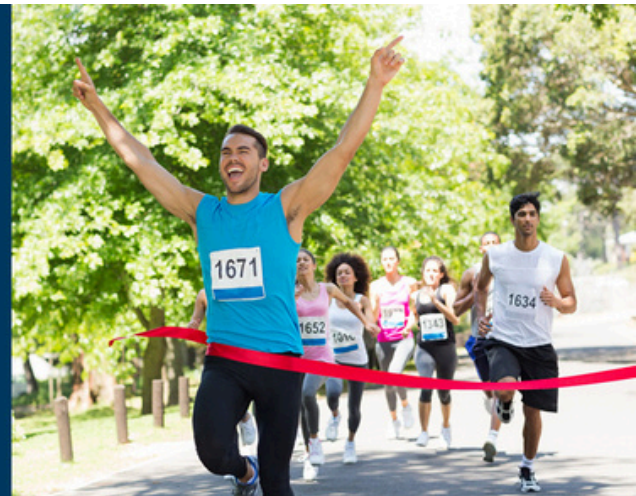
Running shoes should be replaced about every 400-500 miles. If you don't track the number of miles you have on your shoes, a good way to check the status of your shoes is to look at the bottom of them. If you have spots that are worn down or the rubber is no longer present in some places, it is time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

**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**



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 **10:00am** 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.**

4imprint

RACE SERIES EVENT



HOUDINI & 10K

NOV. 7

APPLETON

CELEBRATING
HOUDINI
Appleton, WI



SIGN UP TODAY!

**LEARN
MORE**

SCENIC COURSE

MAGICIANS

FINISH LINE FUEL &

COPPER STATE BREWING CO. BEER

COMMUNITY FIRST
CREDIT UNION

Santa Scamper



ONE MILE RUN/WALK

NOV 24 APPLETON



BURGER COUPON,



HAT!

[LEARN
MORE](#)

SAVE THE DATE REGISTRATION OPENS IN JULY



RACE SERIES EVENT



[LEARN MORE](#)



APRIL 10

55 MILE 2-8 PERSON TEAM RELAY



OSHKOSH TO GREEN BAY

SPECIAL PRICING PERIOD: SAVE \$5 ON EARLY BIRD PRICE BY REGISTERING BEFORE MAY 11TH