

FEBRUARY 3, 2024

SEROOOGY'S
Valentine
Run 

Participant
Event Guide

THANK YOU SPONSORS!



SEROOOGY'S



RACE SERIES EVENT



features



SEROOOGY'S
Valentine
Run

**PROCEEDS OF THIS EVENT
SUPPORT:**



GoldenHouse

Help and Healing for Domestic Abuse

Golden House is a comprehensive domestic violence program serving victims in Brown County. As a private, non-profit founded in 1979, we respond to the needs of victims and educate our community on the prevalence, effects, and prevention of domestic abuse.

<https://www.goldenhousegb.org/>



CURATIVE

CONNECTIONS

Empathy. Experience. Empowerment.

Curative Connections has been around for over 75 years and provides assistance, therapy and programs for those with dementia and traumatic brain injuries.

www.curativeconnections.org

Page 7-8: Packet Pick-Up, Parking, Group Pick-Up, On-Site Registration

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For Your Valentine



Surprise your sweetheart, family, friends, customers and employees with chocolates from Serroogy's this Valentine's Day.

SEROOGY'S



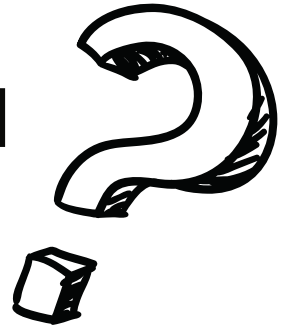
1899 • 124 Years of Homemade Chocolate • 2023

144 N. Wisconsin St., De Pere, WI
784 Willard Dr., Ashwaubenon, WI
920-336-1383 • www.serroogys.com

Follow us on



NEED SOMETHING FROM
US ON RACE DAY?



LOOK FOR THESE SIGNS!

RACE HUB

RACE HUB

HELP!

**RUN AWAY EVENTS
STAFF WILL BE
AVAILABLE TO
ASSIST!**

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

**P.S. WE
WILL BE IN
THE TENT!**



PACKET PICK-UP

DATES & TIMES

Friday, February 2 from **3:30pm - 5:30pm**

Saturday, February 4 from **7:00am - 7:45am**

LOCATION

Seroogy's Chocolates - De Pere (144 N Wisconsin St. De Pere, WI 54115) in the parking lot in the large tent

PARKING

Friday: There will be limited parking in the Seroogy's Chocolates lot.

Saturday: There will **NOT** be parking for event participants in the Seroogy's Chocolates lot. Please park along the side streets.

Please do NOT park at Shopko. Parking tickets are \$25. The property may have video surveillance and participants of the event are not permitted to park in the lot.

NOTES ON ATTENDING PICK-UP

Please consider picking up on Friday evening or having someone pick up for you on Friday evening. Plan on extra wait time when picking up your packet on Saturday morning before the start of the race. It is historically a busier time for pick-up.

GROUP PICK-UP * 4 OR MORE PARTICIPANTS *

If you want to have a group of packets **ready together** for pick-up at the **RACE HUB** table 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, January 31st.**

TRANSFERRING?

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

Additional details can be found at runawayshoes.net/valentinerun under Registration Information.

**DO YOU KNOW SOMEONE
WHO WOULD STILL LIKE
TO PARTICIPATE?**

**THE ONLINE REGISTRATION FORM WILL BE
OPEN THROUGH THE START OF THE RACE
OR UNTIL THE RACE SELLS OUT.**



WE WILL HAVE SOME PAPER FORMS ON SITE, TOO

Cash or check (made out to Run Away Shoes), or Venmo only. Race Fee: \$45 for the 5k and \$55 for the 15k. T-Shirt is not guaranteed for late registrants.



PARTICIPANT INFORMATION

FRIDAY, FEBRUARY 2

3:30pm - 5:30pm - Packet Pick-Up & On-Site Registration at Seroogy's Chocolates - De Pere (144 N Wisconsin St. De Pere, WI 54115) in the parking lot in the large tent

SATURDAY, FEBRUARY 3

7:00am - 7:45am - Packet Pick-Up & On-Site Registration at Seroogy's

7:55am - National Anthem

8:00am - Race Start (Honorary Starter: James Boyd, Mayor of De Pere)

Competitive runners should line up at the front and all non-competitive runners and walkers should line up toward the rear of the start corral.

8:30am - 11:30am Chocolate & Food pick-up in tent, Hot Chocolate, and Coffee Served in the entry way of Seroogy's Chocolates

PORTA POTTIES & WATER STOPS



Seroogy's Chocolates - De Pere



5k Water Stop @ ~ 1.5 miles in - Corvallis Ct & Libal St - 2 Porta Potties



15k 1 & 3 Water Stop - East River Dr & Longview Ave @ ~ 2.4 miles in and 7 miles - 4 Porta Potties



15k Water Stop 2 - East River Dr & E Mission Rd @ ~ 4.5 miles in - 2 Porta Potties



A representative from race sponsor Prevea Health will be in the Medical Tent shortly after the finish line (by the DJ) if you are in need of any assistance after the race.



PARTICIPANT INFO. CONT.



15K PACING

7:00 8:30 10:00

7:30 9:00 10:30

8:00 9:30 11:00

*MIN/MILE

If you are in the 15k, 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!

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 can be found here at the conclusion of the event: <https://www.mtecreresults.com/>



AGE GROUPS & AWARDS



Award will be given to the overall winner (male and female) along with the top finisher (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+

There will be no formal awards ceremony. If you think you are an award winner, awards can be claimed in the food tent (same as packet pick-up tent) at the completion of the event at the **RACE HUB** table or awards will be available for pick-up at Run Away Shoes the week after the event. **If you choose to pick-up your award at Run Away Shoes, please e-mail events@runawayshoes.net within a week of the race.**

Packet pick-up and post-race food, water and finisher chocolate bar will be in the tent next to Seroogy's Chocolates. Hot Chocolate & Coffee will be served in the entry way of Seroogy's Chocolates.





PROUD SPONSOR OF THE SEROOGY'S VALENTINE RUN

Sweet Solutions for your money goals.



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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.



SPRING '24

RACE SERIES EVENTS



APRIL 13TH



APRIL 27TH

REGISTER AT
[RUNAWAYSHOES.NET/EVENTS](https://runawayshoes.net/events)





celebrating
20 years!



VIP NIGHT '24

**FREE
EVENT**

FEBRUARY 3

**3PM - 6PM | BADGER STATE
BREWING CO.**

RUNAWAYSHOES.NET/VIPNIGHT

WHAT'S HAPPENING

RUN AWAY
SHOES area
exclusive

event-only deals

Let's Shop!

15-50%

Big Savings! OFF

Open Bar

Select

Beer, Wine & Soda

Snack
while you **SHOP**

Sponsored by: **festival**
foods

Visit
local running clubs

Snag some
Giveaways

& More!

FREE TO ATTEND!
RUNAWAYSHOES.NET/VIPNIGHT