

Justiceworks *Roll with the Changes* Half Marathon/ 5K Run/Walk Q&A (check back in periodically for updated information)

Q: Why have you changed the distance from last year?

We were pleased to learn that runners and walkers enjoyed the 2007 course with the start on the Clark Street bridge, run down Main Street, across the UWSP sundial, loop around Schmeekle Reserve Lake Joanis and finish on the riverfront path. However, many individuals were dissatisfied with the fact that we did not offer a shorter distance. Based on comments and survey results, we also learned that runners were interested in a half-marathon race event in this area. So, we decided to offer two race distances this year with a half-marathon route incorporating the same race course features from last year and a 5K run along the riverfront path. Although, this means we won't have a middle distance event, we will offer a 2- person team relay option for the half-marathon distance for those who want to keep their running leg closer to a 10K distance

We would like to make sure that as many people have the option to participate as possible. We will continue to work at making this event worth your money and training miles. We plan to continue to monitor feedback about the race again this year. If we continue to make changes, it will be with the objective of keeping the event fun, well-organized, and responsive to participants.

Q: What else is new this year?

We're offering a pre-race spaghetti feed on Friday evening, August 29th before Saturday morning's race event. We will also move the Suzuki Stroll Kids Run and packet pick-up to Friday. With this, we can focus exclusively on the Kids Run component on Friday out of the fray of the competitive distance events. Non-running/walking support crews of families and friends can also enjoy the pre-race carbo-loading meal catered by [Rockman's Catering](#) including all-you-can eat spaghetti, roll, salad, dessert and beverage. The dinner location and race packet-pick-up is located behind the Pfiffner Bandshell in the Pfiffner Building. For your listening pleasure, the dinner will be accompanied by string quartet music. A free family concert will follow after the dinner.

Also, we will offer water stops and Gatoraid every other mile. If the heat index warrants, we will be prepared to offer water and Gatoraid at every mile (or, for that matter, hot chocolate; after all this is Wisconsin-- anything can happen!)

In addition, we are offering two-person relay teams for the half-marathon event and a corporate division. The two-person relay is chip-timed. The winner of the corporate team is the business with the most employee entries; thus, you can enter competitively as an individual and also as a member of your corporate team.

Q: Will race announcers Denny and Paul be participating again this year?

Yes, distinguished runners, Denny and Paul, will be returning to the event with a ramped up announcement venue. Paul is a running survivor of the 2008 Chicago and Des Moines

Marathons at a blistering fast pace of 11 minutes per mile. Denny is an elusive runner, competing selectively in races that offer him the best opportunity for prize money—he has not disclosed what race he will be participating in yet for 2008.

Q: I was expecting Bob Kase, trumpet virtuoso, to start the race out of the gates on the Clark Street bridge with a trumpet fanfare but he was a no-show. How will the race be announced this year?

We received reports that Bob Kase was sighted prior to the race at the Clark Street Bridge and afterwards at the Riverfront Jazz Festival. It was later learned that his failure to appear was due to his confusion as to the exact race start location; shortly before runners and walkers lined up on the starting line, Bob wandered off to a different park. The race director finally managed to review this with Bob Kase after running into him examining bananas in the fresh fruit aisle of the grocery store. Luckily for us, he is planning to try it again in 2008. We will arrange an escort for Bob to get him to the starting line!

Q: Is the Half-Marathon Power Walk competitive?

Yes, if you'd like it to be. Walkers have the option to wear a chip-timing band. Maintaining a walking pace will be monitored by the honor system. So, keep your heels on the ground and have fun!

Q: Can I bring along my iPod for use on the course?

Unfortunately, for liability reasons Ipods or listening ear plugs are not allowed (along with walking dogs on the route; walk cats are your own peril!) However, we will be providing lots of live music on the course for your listening pleasure

Q: As a distance runner/walker I like beer at the end of the race. How come there wasn't any available?

Although a number of marathon distance events offer post-race beer, we have chosen to maintain this event as an alcohol-free family event. However, we will provide lots of post-race carbo-replenishing refreshments compliments of our exclusive pre-and post-race food and beverage provider, [Emy J's](#).

Q: I am a picky runner and see lots of improvement for your race. How do I register my constructive suggestions?

Thanks for your interest in the run. The run is organized by a few beleaguered staff and volunteer members (also runners) of Justiceworks who love the event. We welcome the opportunity to address your comments in order to make this race a quality and fun event for you. If the event piques your interest, please call the office at 344-3677 to sign up to serve on our runner/walker evaluation team to provide pre- and post-race feedback or to volunteer on race day. This year we are planning on having a pre-race volunteer party, so sign up soon to get in on all the fun. We are currently signing up music groups to line the racecourse. If you have any recommendations for musical groups willing to provide a

charitable contribution of their services on race-day, give us a ring. We will give them as much pre-race publicity and exposure as possible in our marketing efforts.

Q: Any other reasons I should participate in this event?

All proceeds from the run/walk event fund restorative justice community services in Portage County.