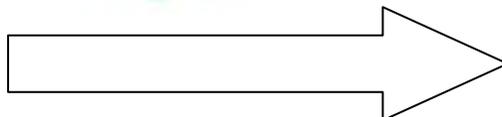


RACE INSTRUCTIONS

Thank you for registering for the **JustRun 2014 Half-Marathon and 5K Run/Walk** and for your support as we continue to develop and improve our volunteer-run charitable event from year to year. All proceeds from this event benefit individuals in Central Wisconsin through restorative justice services.

GENERAL SAFETY

1. Police and volunteers will be positioned along the course and at the intersections to stop traffic and guide participants, however, it is your responsibility to be aware of your surroundings and any traffic along the course at all times. Please familiarize yourself with the course map available at registration noting the race course, including the portable toilet and water stop locations.
2. On the half-marathon course, entering the sundial at the University of Wisconsin-Stevens Point will involve stepping up and over a curb. Volunteers will attempt to bring your attention to the curb as you pass by. However, it is your responsibility to be aware of the curbs and careful of your footing in order to prevent an injury or fall.
3. The course incorporates both road and trail sections. The lake loop terrain is a dirt path with wood chip covering and the sculpture park loop is gravel. The paths may be uneven with natural debris or tree roots. Please watch your footing.
4. There are 6 water and 2 Powerade stops located throughout the course including the finish. Powerade will be in the McDonalds cups.
5. Portable toilets are located at throughout the course. Restrooms are available at the park. Please see race map for portable toilet locations on course.
6. The Portage County Rapid Response Unit and EMS assistants are positioned along the course and at the end. If you are feeling light headed or ill along the route, please signal a volunteer. Medical personnel and volunteers are authorized to pull anyone off the course who shows indications of dehydration and/or extreme physical distress.
7. Dogs are not allowed on the course.
8. Strollers and wheelchairs should be positioned at the back of the starting line runners.
9. Ear buds are discouraged for safety reasons. Listen for directions on the course from traffic monitors.
Run with ear buds at your own risk.
10. WEATHER POLICY: The JustRun Race Committee reserves the right to call off or delay the race due to emergency weather conditions, including high heat/humidity index, storm and/or lightening. No race refunds will be extended for race day cancellations or postponed race start due to emergency weather conditions. Weather delays or cancellation information will be posted on the Justiceworks Facebook page in advance of the race, *if possible*, given rapidly changing weather conditions. Weather announcements will be made on site at the race. If the race start is delayed due weather conditions, including storm fronts, remember to run at your own risk following the start, as we are unable to cancel the race after the race start, or notify race participants on the course of changing exigent weather conditions.



RACE INSTRUCTIONS

PRE-RACE INFORMATION

Parking is available in the municipal lot on Crosby Avenue, south of Pfiffner Park, the municipal lot on Crosby Avenue across the street from Pfiffner Park, or in the parking lot on the north end of the park off of Franklin Street, adjacent to the Pfiffner Building.

Chip-timing: A disposable timing chip is attached to your bib. PLEASE DO NOT FOLD OR CRUSH YOUR BIB as this will affect the ability to be properly timed.

Just Kids' 1/4 Mile Run: The children's fun run (ages 10 and under) will start at 7:30 a.m. on the path just past the boat landing in Bukolt Park.

Kids 1 Mile Challenge Run: The Kids Challenge Run will begin at approximately 7:30 a.m. on the east side of the lagoon facing north in Bukolt Park. The kids will run north and loop left around the lagoon to the path to the finish Pfiffner Park.

Storage for personal items during the race: You may store your gear/participant bag/athletic bags in the registration area. However, please do not leave behind any valuables as the area is not secure and will not be monitored during the race.

Race Start: Race instructions will be given at **approximately 6:45 a.m. for the half-marathon walk start** and at **7:45 a.m. for the half-M and 5K runner/walkers**. Following instructions, runners/walkers will then proceed to the race start at the Clark Street Bridge. Police will close the bridge for the race start but traffic will still move through in the east bound lane. Line up at the starting line according to your projected pace i.e., fastest runners 5-7 minutes per mile will line up in the front, 8-10 minutes/miles in the middle and 11+ minutes/mile towards the back. Participants with strollers or wheelchairs should line-up behind the runners. 5K runners should start on the north side of the street, as the 5K course will segue to the left (north) off the bridge onto Water Street and then left or west onto Crosby Avenue.

POST-RACE INFORMATION

Medical assistance: Medical assistance is available at the Ministry Point Sports Medicine trailer located by the finish line. EMS bikers and the Portage County Rapid Response Unit will monitor the course. For chronic problems post-race, please consult with your personal physician.

Race times: Times will be posted at the race finish as quickly as possible. Final times will be posted shortly after racers finish and with final results available shortly after the completion of the race.

Results will also be viewed later by visiting the "Events" page on our website at www.justiceworksltd.com or our Facebook page and following the results link.

Shower Facilities: Shower facilities are available to participants after the race at the YMCA, 1000 Division Street. Walkers and runners will need to show bib numbers to the front desk in order to utilize the facilities.

Refreshments: Post-race refreshments are provided by **Altenburg Dairy, Big Apple Bagels, Copps Foods, Emy J's, Kwik Trip, Maher Water Corporation and Trig's**. Please patronize these local businesses this year as a thank you for their generous charitable contributions to our community.

Medals and Awards: Half-marathon and 5K awards will be announced separately after the respective results have been compiled.

Have a great race!