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BELLINRUN • 2017

EVENT BROCHURE

SATURDAY • JUNE 10 • 8 AM

#RunYourTown

PARTICIPANT INFORMATION



Timing Mechanism

The Bellin Run uses timing mechanisms built into participants' race bibs. Wear your bib on your outermost layer of clothing and keep it visible. Do not bend the bib-worn timing mechanism. Don't block it with your arm, hydration belt or other items as you cross timing mats at the start, halfway point and finish.



Live Tracking, Results via Text and Social Media

Don't look for the results tent at the Bellin Run — we don't have one. Instead, participants and spectators can sign up to have real-time race updates and results texted to their mobile phones or posted automatically to Facebook or Twitter feeds. Starting June 1, go to <http://rtrt.me/bellin2017> to sign up for text alerts, social media posts and real-time online updates. You can also sign up to follow a participant by texting his or her bib number to **38909** (U.S. numbers only; message and data rates may apply). The Bellin Run website, bellinrun.com, will have complete official results later on race day.



Sign Up, Stay Safe: Share Your Medical Information with the Bellin Run

The Bellin Run medical team is partnering with RaceSafe to ensure prompt and secure access to your medical information in case of emergency.

Sign-up takes just five minutes, and your private, secure profile is accessed only if you become sick, injured or incapacitated.

Those who register for the Bellin Run from now through June 8 will be prompted to sign up for RaceSafe as part of that online process. Those who have already registered may [click here](#) to sign up.

For health information security reasons, each RaceSafe registrant must have a unique email address. Once a user account is created, an email will be sent with a link to activate the RaceSafe account. Please ensure you are using a unique email address before creating your account on this page.



Tech Shirts

All runners and walkers will receive a high-quality technical fabric T-shirt with their registration for the 2017 Bellin Run.



Free Race-Day Photos

The Bellin Run is pleased to announce we're again partnering with Gameface Media to offer free race-day photos to all participants. Photographers will be positioned throughout the course, so make sure your race bib is visible. Runners and walkers will be able to download race photos at no cost beginning 3-5 business days after the event. It's our way of helping you share your memories of the 2017 Bellin Run.



Wisconsin 10K Championship Site

The 2017 Bellin Run will serve as the Wisconsin USATF 10K Championship. The top competitor in the open male, open female, masters (over 40) male and masters (over 40) female divisions will receive an award. The Bellin Run is honored to be selected by the Wisconsin Association of USA Track and Field to host the championship.



Spaghetti Dinner Fuel-up

The Friday expo, events and packet pick-up all happen around dinnertime. We've made pre-race fueling easy, delicious and affordable. Our all-you-can-eat spaghetti dinner is just \$6 for adults, \$4 for children 12 and under, and free for anyone under 2 years old. The menu includes salad, garlic toast, spaghetti with marinara or meat sauce, bowtie mac & cheese, baby carrots, apple slices, cookies, water and Pepsi products. Stop in and fuel up!



Post-Race Food

Refuel post-race with our selection of awesome eats from race sponsor Festival Foods. We'll have classic favorites including pretzels and bananas, as well as great new items including KIND® Bars and Jennie-O turkey sticks. Wash it all down with a delicious Live Real Energy Drink as you celebrate finishing the 2017 Bellin Run.



Gear Check

Our advice is to skinny down your key ring to a single key that can be tied or pinned to your running apparel – and leave everything else you won't be running or walking with in your vehicle or at home.

When that's not possible, a limited gear check service is available for participants in the North Expo Tent near the tennis courts in Astor Park, beginning at 6:15 a.m. on race day. Participants with a race bib will be provided with a one-gallon bag for their personal items. Participants will need their race bib to claim their items.

Please note: This service is not intended for valuables. The Bellin Run is not responsible for lost, damaged or stolen items.



10K Course

The Bellin Run starts and finishes on Webster Avenue in front of Bellin Hospital. The 10K course weaves through the streets of Green Bay and Allouez. An elevation chart and course map with first aid stations, restrooms, entertainment and water stations are available at bellinrun.com.



Start Format

A corral system is used to line up participants by their anticipated pace. At the starting gun, the continuous line of participants will move forward until all runners and walkers have crossed the start line. Detailed information for runners and walkers is included with your race packet.



Safety Information

Please promote safety at this community event. Race officials, volunteers, public safety, EMS and first responders staff the course. Contact the nearest official in the event of a medical emergency or safety concern.

Do not bring large bags, backpacks or purses. Unattended bags should be reported immediately to authorities.

Running with strollers is prohibited by USA Track & Field regulations and Bellin Run course rules and may result in disqualification. Walking with strollers or wagons is allowed and encouraged.

No pets are allowed on the course.

Personal audio devices should be at a level that allows you to easily hear officials.

A color-coded Event Alert System is used on the course to inform participants of current course conditions. Please watch for alerts and follow the instructions of all race officials.

GREEN=GOOD

YELLOW=MODERATE

RED=POTENTIALLY DANGEROUS

BLACK=EVENT CANCELED



Shuttle and Parking — Plan Ahead

A Bellin Run shuttle service will be available to race-day participants and spectators, helping ease parking concerns and congestion. For 2017, shuttles will operate out of downtown Green Bay. Parking and loading information is as follows:

- **Main Street** (south side, 400 block), across from the Hyatt Regency Green Bay
- **N. Madison Street** (east side, 600 block), south of WPS parking lots

Shuttles will pick up runners at both locations from **6:30-7:30 a.m.** Return shuttles will depart from the east end of Astor Park on S. Roosevelt Street, running steadily from **9 a.m.-noon.**

Vehicles approaching from the west are encouraged to park in the Pine Street Ramp. Those coming from the east are encouraged to park in the WPS parking lots to minimize left turns and reduce backups.



Star 98 (98.5 FM) Official Radio Station

In addition to providing entertainment in the Star 98 Energy Zone near the homestretch, the station will also be used for any necessary announcements on race morning.



Get Social with the Bellin Run

We're proud that Green Bay is a running community and proud to tell others. You can too. Use the hashtag **#RunYourTown** on Twitter, Facebook, YouTube and Instagram. Search @BellinRun to find us and share your training and event experiences using #RunYourTown. If you're a Snapchat user, apply our Bellin Run filters. We'll have different filters available in our start and finish areas.



Bellin Run Apparel

Official Bellin Run merchandise is available for purchase from 3-8 p.m. Friday at the expo and from 6:30-10:45 a.m. Saturday in Astor Park or online at bellinrun.com.

FRIDAY NIGHT AT ASTOR PARK



Registration/Packet Pick-up • 3-8 pm

Registration Fees:

May 2-June 1 • \$30

June 2-8 • \$35

June 9 (in person) • \$40



Health & Fitness Expo • 3-8 pm

The expo features booths with health education, athletic training consultations, nutrition information, fitness equipment and apparel vendors, and community organizations.



Children's Activities • 3-8 pm

Giant inflatable slides and bouncers, a photo booth, music, face painting and more help children get in on the fun.



Spaghetti Dinner • 3-8 pm

All-You-Can-Eat

Adults \$6, Children 12 and under \$4,

Children under 2 Free



Elite Athlete Autographs • 6-7 pm



Participant Events

Back to the Road Crew • 4 pm

TRIUMPH Mile • 5 pm

Children's Run • 6 pm

6 pm ages 4 and younger

6:15 pm ages 5-6

6:30 pm ages 7-8

6:45 pm ages 9-10



SATURDAY RACE DAY



Shuttle Drop-Off/Pick-up



Packet Pick-up • 6:15-7:45 am



Kids for Running Meeting Place



Corporate Challenge Village
Photos 6:30-7:30 am at basketball court



Start • Bellin Health, 744 S. Webster Ave.

7:30-8 am	1-5 Corral Staging
7:50 am	National Anthem
7:53 am	Wheelchair Division Start
8 am	10K Start



Finishers Area and Post-Race Meeting Place



Entertainment & Refreshments • 8:30 am



Awards Ceremony • 10:45 am
Recognizing the overall winners and the top 3 competitors in each male and female age division



RUNNING EXPERTISE

Training Runs

Our running experts offer free training runs and walks between now and race day – and beyond. These no-cost sessions are open to runners and walkers of all levels and abilities, offering weekly short- and longer-distance runs to help you meet your training goals. Free training sessions are held at 6 p.m. Wednesdays at Bellin Health Ashwaubenon. The training sessions continue into October, so you can keep running with us after the Bellin Run!

Custom Running Plans and Personal Training

Bellin Fitness is a full-service fitness center with three locations – Ashwaubenon, Bellevue and Oconto. Our fitness and running experts are ready to help you build a training plan that helps you reach your goals.

Nutrition and Hydration

How you fuel your runs makes a difference, and we want to help you get it right. Our team of experts has plenty of practical information on nutrition and hydration — tips and suggested menus that will help you optimize performance with just the right balance of carbohydrates, protein and fat. Whether you're training for your first 10K or your next marathon, maintaining a quality diet is key. Visit bellinrun.com/training for more information.

Video Running Analysis

Bellin Health Sports Medicine & Orthopedics can help you recover from injury and improve performance with our high-tech video running analysis. Using electronic sensors, ultra-high-speed video and the know-how of our trained experts, we can help athletes of any age recover from injury, enhance performance, return safely to running and minimize potential for future injury. Call (920) 430-4730 for more information or to schedule an appointment.

Injury Hotline

Call our free Bellin Run Injury Hotline for injury consultation. A licensed athletic trainer will answer your injury questions and help determine treatment options.

Monday-Saturday

8 a.m.-8 p.m.

(920) 430-4595

Free Injury Assessments

If you are having aches and pains and want to make sure you are “all systems go” for the Bellin Run, Bellin Health Sports Medicine will be providing free injury screenings at the Bellin Run Expo from 3-8 p.m. Friday, June 9. The assessments will be completed by physical therapists.

Sponsors

