



bellin
Run

2015

39th ANNUAL
10k • 6.13.15

POWERED BY:
bellinhealth

**Event
Brochure**

Runners & Walkers
June 13, 2015, 8 a.m.

Register today at bellinrun.com

NEW THIS YEAR

Timing Mechanism

The Bellin Run has discontinued its use of shoe-worn timing chips in favor of timing mechanisms built into participants' race bibs. The change was made for the convenience of runners and walkers, who will have one less thing to keep track of on race day. If you've got your bib, you've got your chip!

Live Tracking, Results via Text and Social Media

Don't look for the results tent at this year's Bellin Run — we won'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/bellin2015> 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.

Safety Enhancement

Each 10K participant will have a RunnersHealth Medical QR Code on the front of his/her race bib. This code is unique to every participant and will be used by first responders on the course, staff at the first aid stations and medical tent personnel to identify participants should they need medical assistance. As a participant, you will receive an email inviting you to complete your secure profile that will be accessed only if you become sick, injured or incapacitated. The email will instruct you how to enter emergency contacts and information about your allergies, medications and medical conditions. Take the time to help ensure your safety.

Free Race-Day Photos

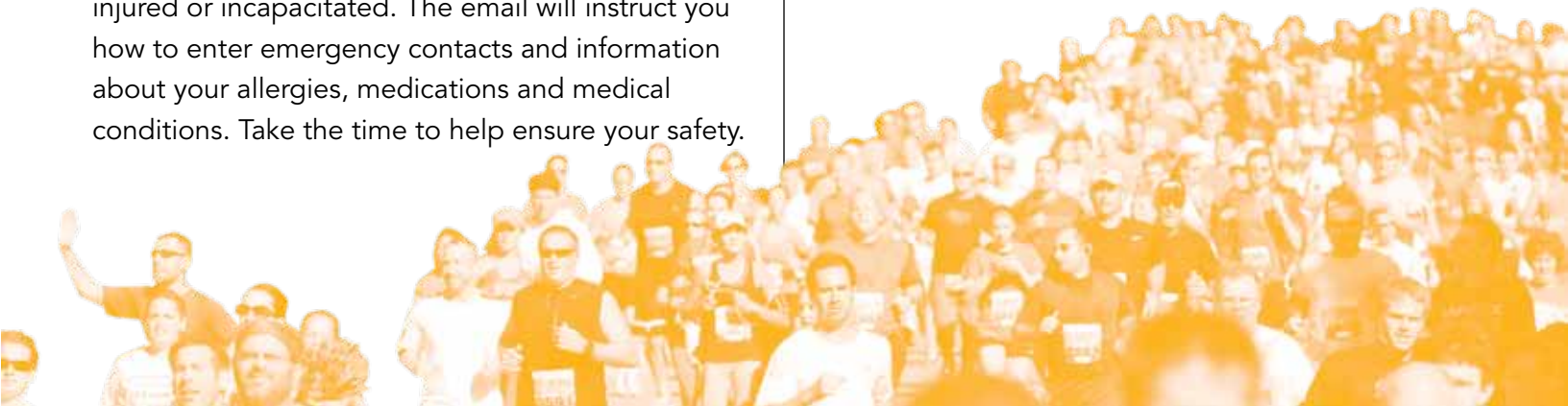
The Bellin Run is pleased to announce that we're partnering with Gameface Media to offer free race-day photos to all participants. Photographers will be positioned throughout the course, so make sure your race bib is visible. Runners and walkers will be able to download race photos at no cost beginning 3-5 business days after the event. It's our way of helping you share your memories of the 2015 Bellin Run.

Wisconsin 10K Championship Site

The 2015 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.

Lower Spaghetti Dinner Prices

The Friday expo, events and packet pick-up all happen around dinnertime. We've made pre-race fueling easier and more affordable. This year's all-you-can-eat spaghetti dinner is just \$6 for adults, \$3 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, buttered bowtie noodles, baby carrots, apple slices, cookies, water and Pepsi products. Stop in and fuel up!



FRIDAY NIGHT AT ASTOR PARK



Registration/Packet Pick-up • 3-8 pm

Registration Fees:

May 2-June 1 • \$25
June 2-June 11 • \$30
June 12 (in person) • \$35



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.



Goodwill Shoe Drive • 3-8 pm

Goodwill will be on hand to collect your used (or new) athletic, casual or dress shoes – along with apparel.



Children's Activities • 3-8 pm

Giant inflatable slides and bouncers, art projects, music, face painting and more help children get in on the fun.



Spaghetti Dinner • 4:30-8 pm

All-You-Can-Eat
Adults \$6, Children 12 and under \$3,
Children under 2 Free



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 • 10:30 am
Recognizing the overall winners and the top 3 competitors in each male and female age division.



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.

There is no gear check. 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 the 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, helping ease parking concerns and congestion.

Participants and spectators may park and be shuttled to the Bellin Run from two locations:

- **East side:** 2151 Main St., Green Bay. Park in the lot just south of Rogan's Shoes.
- **West side:** Lambeau Field parking lot, west side of the stadium and the empty parking lots west of the stadium (with loading on the west side of S. Ridge Road).

Shuttles will pick up runners at both locations every 10 minutes from 6:30-7:20 a.m. and drop them off at Astor Park on S. Roosevelt Street.

Return shuttles will run from 9 a.m. to noon.

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.

Continuous Course Entertainment

One of the great things about the Bellin is the outpouring of spectator support and entertainment. But if you're a runner who needs those earbuds, don't put them in until mile 2. We've increased the number of DJs positioned along Webster Avenue during the first portion of the course and they'll have a coordinated playlist for a more continuous stream of music.

#RunYourTown

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.

Bellin Run Apparel

Official Bellin Run merchandise is available for purchase at the expo or online at bellinrun.com.

Running Expertise

bellinhealth
Sports Medicine

Training Runs

Your Bellin Run Crew offers 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 5:30 p.m. at Bellin Health Bellevue (walkers only) and 6 p.m. Wednesdays at Bellin Health Ashwaubenon (runners and walkers). The Ashwaubenon training runs 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 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 12. The assessments will be completed by physical therapists. To schedule your assessment, call Bellin Health Sports Medicine M-F, 8 a.m.-5 p.m., at (920) 430-4770.

Sponsors

