



## EVENT GUIDE

SATURDAY  
JUNE 8 • 8 AM

#RunYourTown

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Green Bay Press Gazette.



**Nature's Way**

**KI**

  
GREEN BAY PACKAGING

**SCHNEIDER**

# 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.

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## Results

Participants and spectators can access and get push notifications with their unofficial results using our smartphone app, Eclipse Timing, or by logging in to <http://rtrt.me/bellinrun19> on race morning. The Bellin Run website, [bellinrun.com](http://bellinrun.com), will have complete official results later on race day.

## RaceJoy App to Enhance Event Experience

We're excited to announce that 2019 Bellin Run spectators and participants can enhance their event experience with the RaceJoy smartphone app! This awesome app offers live tracking of our participants and GPS progress alerts for participants and spectators. But perhaps the best feature is the ability for spectators to send motivational pre-recorded audio cheers or text-to-cheer messages for participants to receive before, during and after the race. [Click here](#) for information on downloading and using RaceJoy.



## 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 2019, 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.

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## Tech Shirts

All runners and walkers will receive a high-quality technical fabric T-shirt with their registration for the 2019 Bellin Run.

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## Free Race-Day Photos

The Bellin Run is pleased to announce we're partnering with Conquest Event Photos 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 the day after the event. It's our way of helping you share your memories of the 2019 Bellin Run.



### Wisconsin 10K Championship Site

The 2019 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.

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### 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!

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### 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 Bob's Better Bars (by Bob's Red Mill) and delicious mini cookies. Wash it all down with a tasty chocolate milk as you celebrate finishing the 2019 Bellin Run.

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### Festival Bag Recycling Program

New for 2019, we are proud to offer on-site food bag recycling courtesy of Festival Foods. We'll have bag recycling receptacles conveniently located at the end of the post-race food line and near the runner reunite area in Astor Park.



### 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 just west of 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.

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### 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 is available at [bellinrun.com](http://bellinrun.com). Please note that our water station locations have changed to better serve our participants.

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### 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 help us promote safety at this community event. Race officials, volunteers, public safety and EMS personnel 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**



### 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. You can also shop online at [bellinrun.com](http://bellinrun.com).



### 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.

# FRIDAY NIGHT AT ASTOR PARK



## Registration/Packet Pick-up • 3-8 pm

### Registration Fees:

May 2-June 1 • \$30

June 2-7 • \$35

June 8 (in person) • \$40



## Spaghetti Dinner • 4-7:30 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



## 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

Sponsored by Bellin Health The Children's Team  
Giant inflatable slides and bouncers, a photo booth, music, face painting, t-shirt painting, magic tricks and more help children get in on the fun.



# 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 Titledown Sports Medicine & Orthopedics. 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](http://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 7. The assessments will be completed by physical therapists.

### Walk-In Injury Assessment

Sports injury and orthopedic assessments by our team of licensed athletic trainers, without an appointment.

**Monday-Thursday: 8 a.m.-8 p.m.**

**Friday: 8 a.m.-6 p.m.**

**Saturday: 8 a.m.-12 noon**

**1970 S. Ridge Road, Green Bay**