



SATURDAY, MARCH 28

**BROWN COUNTY REFORESTATION
CAMP**

PARTICIPANT GUIDE



A MIDWEST STAPLE

We're from the Midwest. We love pancakes. We **REALLY** love maple syrup. So yes, let's celebrate with a 5K and a stack of pancakes with maple syrup waiting at the finish line! The Maple Syrup 5K is a fun, seasonal run on the wide, well maintained trails at the Brown County Reforestation Camp with a suitable route for road and trail runners to enjoy.

REGISTRATION

Know anyone that still needs to register?

[REGISTER HERE](#)

Online registration will remain **OPEN** until the start of both events on **Saturday and Pancake Breakfast.**

TIMELINE

Saturday, March 28th	
7:45AM	Packet Pick Up Begins - Outside the Ski Lodge under Golden Made Events tent
9:00AM	Maple Syrup 5K & Pancake Breakfast Begin
10:00AM	Mini Maple Fun Run Begins
11:00AM	Pancake Breakfast Ends

GETTING THERE

 **Brown County Reforestation Camp** located at 4418 Reforestation Rd, Suamico, WI 543138 - located at the upper parking lot. **If you go down the hill and past the zoo you have gone too far!**

- The upper lot is a big lot with ample parking available



BAY NORDIC

The Maple Syrup event benefits the Bay Nordic Ski Club who strengthens and builds the ski community in Northeastern WI and encourages all skill levels to participate which promotes a healthy lifestyle, education, and fosters competitive experience through youth athletics, adult and family programming.

[LEARN MORE & GET INVOLVED](#)



PACKET PICK UP

Begins at 7:45am and will take place **outside** of the ski lodge under the **Golden Made Events Tent**

****Please do not wait to arrive 10 minutes for the run to check in . The ski lodge will be available to go inside and use the bathrooms.

Packet pick up will remain open till 10am when the Mini Maple Fun Run begins



5K Bib - Timed



1K Bib - Not timed

Please your bib on the front of your body!

EVENT MAP



PARTICIPANT SWAG

Registration includes:

- Race bib
- Beanie
- Pancake Breakfast
- 5K Finishers - 1.75ml bottle of Anderson's Maple Syrup
- Fun Run Finishers - Maple chocolate chip cookie from Maple Buzz



PANCAKE BREAKFAST

presented by

Tear off your pancake coupon on your race bib to redeem breakfast. Breakfast will take place inside the ski lodge with outdoor picnic tables as well!

- Pancakes made by Freedom Foods
- Coffee provided by Caribou Coffee
- Bananas and water provided by Festival Foods
- Maple syrup from Anderson's Maple Syrup



WEATHER

The weather is looking to be in the 40's and partly cloudy. At 9am in the morning it should be in the 30's.

Sat 28 | Day

49° 

☁ 1%
⇒ W 14 mph

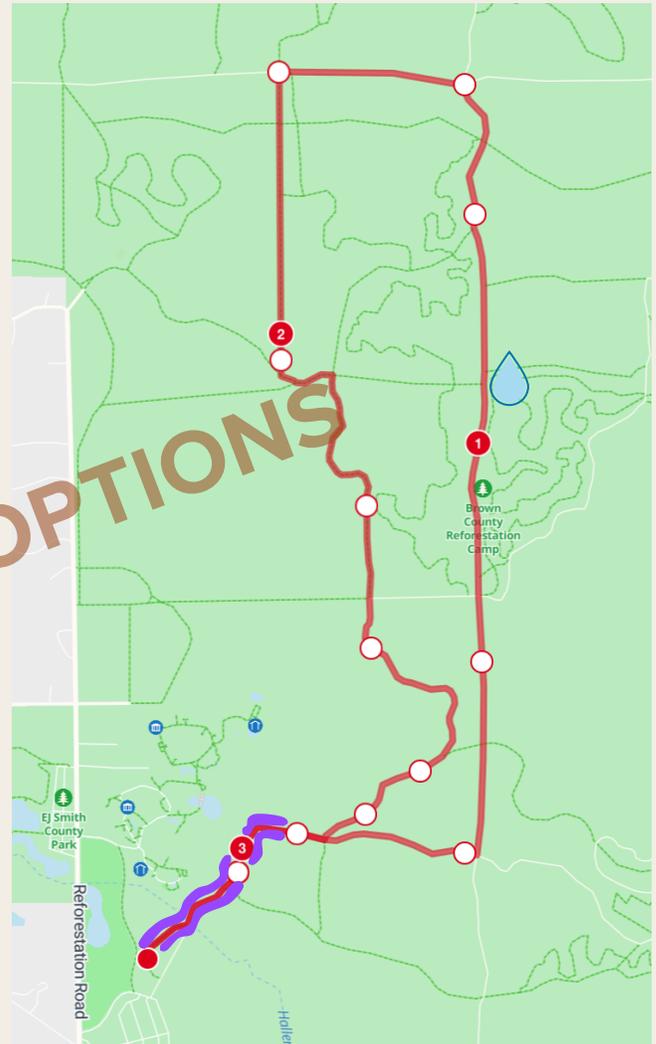
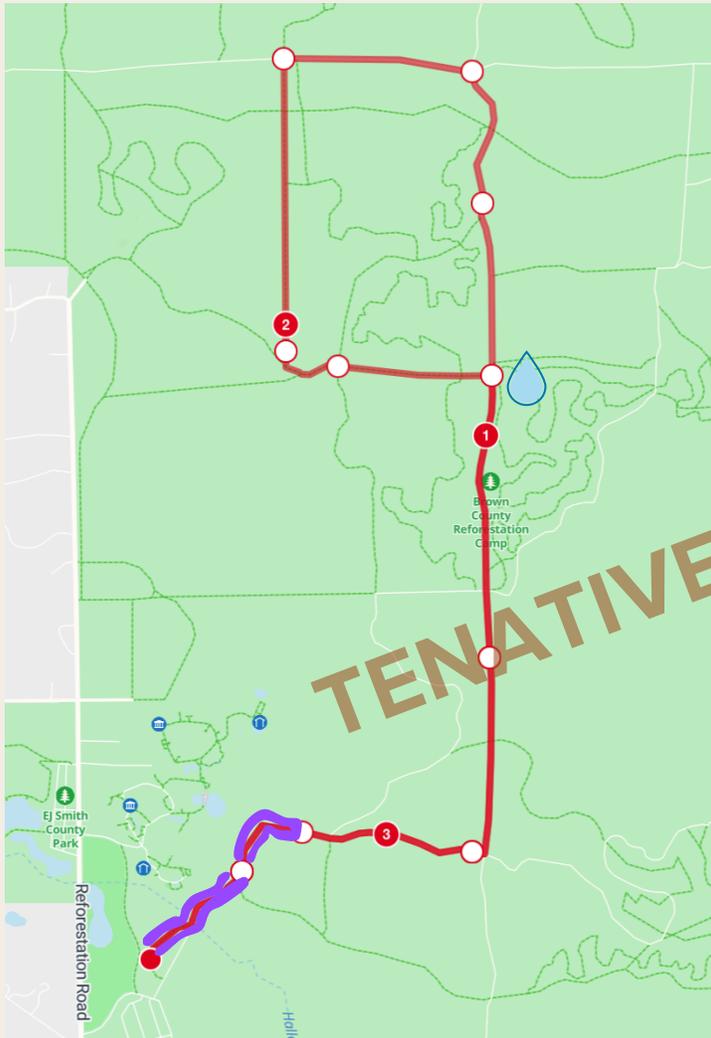
Intervals of clouds and sunshine. High 49F. Winds W at 10 to 20 mph.

TRAIL CONDITIONS: We are monitoring the trails at the reforestation. The warmer temperatures this week are quickly melting the snow away. The trail might have a thin layer of snow yet or be grass/gravel/dirt. Be prepared for different conditions and potential wet conditions. If you have trail shoes - wear them. Bring a different pair of shoe and socks to change into after just in case! The official route will be determined on Friday.

A trail condition update will be posted on the [Maple Syrup 5K Facebook Event Page](#) on Friday so check their for updates >> [Maple Syrup 5K Facebook Event](#)

COURSE ROUTE

The 5K route is still TBD based off of trail conditions. Below are a couple of proposed routes. Final decision will be made Friday. The Mini Maple Fun Run will be an out and back course ~.5 mile (purple below)



TENTATIVE OPTIONS

COURSE MARKINGS

Be aware and follow the yellow course markings!

WATER STOPS

There will be one water stop on course. Depending on the route the water stop may be available twice on the course.

BATHROOMS

Bathrooms are located inside of the ski lodge. There are women's and men's specific bathrooms. No bathrooms on course.



AWARDS

Only the Overall Male and Female finisher in the 5K will receive a prize.

Results can be found here!



MAPLE BUZZ CAFE

Located at 3718 Riverside Dr, De Pere, WI 54115

- Tuesday - Friday open 6AM - 2PM
- Saturday 7AM - 12PM
- Closed Sunday & Monday

Coffee shop and food menu



ANDERSON'S MAPLE SYRUP

Looking for more Anderson's Maple Syrup!?!? You can find it locally at Festival Foods, Target and Piggly Wiggly!



[STORE LOCATOR](#)

THANK YOU SPONSORS!



THANK YOU PARTNERS!





Free Injury Assessment

Do you have an injury or pain that is keeping you from doing the activities you love? A FREE injury assessment by an athletic trainer can help you get back to your best.

Injuries that our athletic trainers can assess and offer further recommendations on are:

- Muscle soreness or discomfort
- Joint pain
- Activity-based injuries
- Issues preventing you from doing activity

Call 920-288-5491 to schedule an appointment or virtual visit

aurorabaycare.com/services/sports-medicine

Aurora BayCare Sports Medicine



Performance Testing

Running Analysis

Maximize your running performance. Our team of experts will utilize cutting-edge video analysis technology to make recommendations and adjustments related to your running mechanics, improve your overall performance, and reduce your risk of running-related injuries.

Program details:

Who: Novice to experienced runners

Where: Aurora BayCare Sports Medicine
1160 Kepler Drive, Green Bay, WI

Cost: \$125 (includes three sessions)

Session 1 includes a review of your running history, a full musculoskeletal evaluation, and video analysis of your mechanics.

Session 2 & 3 includes review of your analysis, adjustments to running form, and training recommendations.

Your personalized program includes:

- Review of your running history
- Musculoskeletal evaluation
- Video analysis of running mechanics
- Adjustment to running form
- Training recommendations
- Advice on proper footwear

Our program focuses on:

- Running biomechanics
- Strength imbalances
- Muscle flexibility
- Joint mobility



Call 920-288-5491 to schedule your running analysis.

Aurora BayCare Sports Medicine

aurorabaycare.com/services/sports-medicine