



SATURDAY, JULY 4

DOWNTOWN GREEN BAY

**PARTICIPANT
GUIDE**

AMERICA 250

Get ready to celebrate 250 years of America –at the Stars & Strides on the Fox event! This exciting new 4th of July tradition invites runners, walkers, and families to come together for a patriotic 4-mile run and ½ mile kids run along the scenic Fox River Trail in Downtown Green Bay. Show your stars, stripes, and patriotic pride! .

REGISTRATION

Know anyone that still needs to register?

[REGISTER HERE](#)

Online registration will remain OPEN until the start of both events on Saturday. There Is ONLY online registration.

TIMELINE

Friday, July 3	
5:30PM - 7PM	Packet pick up at Copper State Brewing
Saturday, July 4	
8:00AM	Packet Pick Up Begins in Neville Museum Parking Lot under Golden Made Events tent
9:30AM	4 mile event begins
10:30AM	½ mile kids run begins

GETTING THERE

- The start and finish line is located on **Dousman Street in front of the Neville Museum** (star on map). Roads in preparation for Fire Over the Fox will close starting at 7:30AM so plan accordingly if you are coming from the East or West side of the Fox River. The map below shows what area will be closed and what roads.



PARKING

- **EAST SIDE OPTION:**
 - Park in the Main Street ramp and then walk over the bridge to the start line. The ramp is free for the holiday.
 - **If coming from the East side you can also use the Walnut St or Mason St bridge to cross to the West side.**
- **WEST SIDE OPTIONS:**
 - Museum Place Rd. street parking
 - Pearl St. street parking
 - Broadway St. street parking

PACKET PICK UP

FRIDAY, JULY 3

- **Copper State Brewing** - 313 Dousman St, Green Bay, WI 54303
- 5:30PM - 7:00PM
- Outside under the Golden Made Events Tent

SATURDAY, JULY 4

- **Neville Museum Parking Lot** - 210 Museum Pl, Green Bay, WI 54303
- 8:00AM - 10:30AM
- Under the Golden Made Events Tent

****Please do not wait to arrive 10 minutes before the run to check in 😊.
Packet pick up will remain open till 10:30am when the kids run will take place.



4 Mile Event - Timed
½ Kids Race - Not timed
**Attach your bib to the front
of your body!**

PARTICIPANT SWAG

4 Mile Registration includes:

- Race bib (timed)
- Stars & Strides tank top
- Finish line Pabst or Pabst Light beer (21+ participants)
- Post race funnel cake and watermelon

½ Mile Kids Registration includes:

- Race bib (not timed)
- Finish line prize
- Post race funnel cake and watermelon



COURSE ROUTE

The route includes crossing over the river, turning right onto Washington St, turning right onto City Deck Landing Rd and then left onto the City Deck where you will get on the Fox River Trail. You will stay straight on the trail all the way to Marine Dr, where you will leave the trail to the turnaround spot and then will run the route back!

When you get back to the bridge you will take a right and do a short down and back stretch from Washington St to Pine St before crossing the bridge (see circle on route).

The Downtown Saturday Farmers Market is from 7am - 12pm and will be around the ½ mile and 3ish mile of the course. They will be cheering you on!

For the kids race they will run over the bridge, turn around, and head back!

The Fox River Trail is a public use trail and is not closed for the run.



COURSE MARKINGS

Look for yellow arrows and listen to road marshals. There will also be a lead tandem biker to guide you on course.

WATER STOP

There will be one water stop on course. The water stop will be around the two mile marker and near the turn around.

BATHROOMS

Porta potties will be available at the start & finish line

EVENT MAP



WEATHER

The forecasted weather for Saturday continues to change. It does appear to be cooling down in temperatures though with a high temperature in the mid 70's. **The event will take place rain or shine.** Severe weather will be assessed as it gets closer and you will be notified by email of any changes. Follow [Golden Made Events](#) on social for most recent updates.

AWARDS

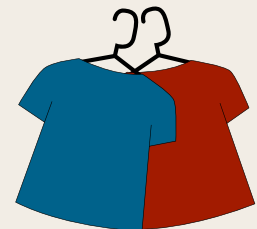
The Overall Male and Female finisher in the 4 mile run will win a pair of "Iced By Yetis" Goodr sunglasses.

Results can be found [HERE!](#)



BEST DRESSED

We want to see your BEST RED, WHITE & BLUE outfit! Plan your outfit and showcase your patriotic pride. The best dressed will be announced at the event and will win a pair of Goodrs.



GRIT 920

Stars & Strides on the Fox benefits GRIT 920 who inspires individuals of all abilities to lead healthier lives by providing inclusive, adaptive fitness programs that foster whole-body health and well-being. Their vision is to enhance our community by providing a space where everyone, regardless of ability, has equal access to fitness and wellness opportunities.



[LEARN MORE & GET INVOLVED](#)

THANK YOU SPONSORS!



THANK YOU PARTNERS!



THINGS TO DO IN DOWNTOWN ON THE 4TH

Along with the Stars & Strides on the Fox event enjoy other downtown activities taking place to celebrate America 250!

- The **City of Green Bay America 250** event at 10:30am in Leicht Memorial Park
- The **Neville Museum** will be open from 9:00am - 5:00pm featuring exhibits specific to America 250.
- The **Downtown Saturday Farmers Market** on Washington St is from 7am - 12pm
- **Fire Over the Fox** is from 3 - 10pm. Enjoy music, live entertainment, kids area and Waterboard Warrior show performances at 2pm and 4pm! Fireworks go off at dusk around 9:45pm!

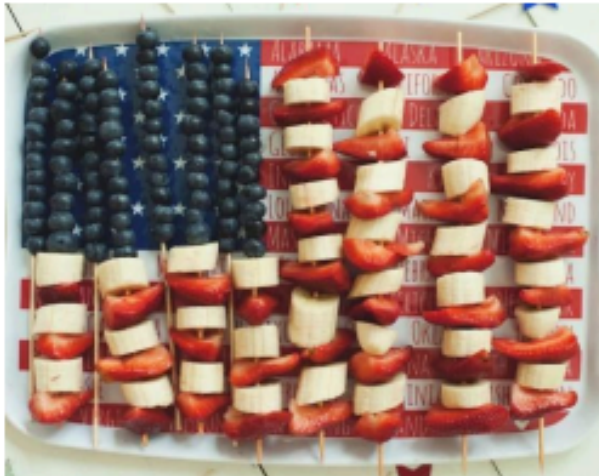


Aurora BayCare Sports Medicine

★ Family-Friendly Patriotic Recipes ★

Making red, white, and blue or patriotic recipes are a creative way to celebrate the 4th of July. With a focus on fresh, wholesome ingredients – you can create colorful dishes that are both delicious and nutritious! Here are some healthy, family-friendly patriotic recipes that everyone can enjoy together during the holiday celebrations. Recipes were picked out by Aurora BayCare Sports Medicine's Sports & Wellness Registered Dietitian, Lindsay Fencel.

[American Flag Fruit Kababs](#)



[American Flag Fruit Pizza](#)



[Flag Charcuterie Board](#)



[Patriotic Fruit Salad](#)



Ready to take the next stride toward your fitness and health goals? Call **920-288-5491** to schedule an appointment with **Lindsay Fencel, RD, CD** – Sports & Wellness Registered Dietitian at Aurora BayCare Sports Medicine. We are here to support you every step of the way!

[VIEW THESE RECIPES & MORE 4TH OF JULY RECIPES HERE](#)



Performance Nutrition

Learn how to fuel your body for optimal performance, whether you are training for a triathlon, competing in a sport, or recovering from exercise.

Meeting with a nutritionist can help with:

- Increasing performance
- Accelerating muscle recovery
- Optimizing pre/post-workout nutrition
- Weight management
- Women's health for female athletes
- Improving energy and overall wellness

Your individualized program includes:

- 1-on-1 with a registered dietitian
- Flexible virtual and/or in-person appointments
- Cash-based program, no insurance billing
- All sales are final

Performance nutrition sessions:

- Initial consult - \$45
Required for new clients
- Follow up session - \$35
- Follow up 2 pack - \$65
- Follow up 4 pack - \$130

**To schedule your initial
consultation,
call 920-288-5491.**

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