



Thank you for registering for our Pace & Pedal Duathlon, 5K Wazee Color Fun Run/Walk or Youth Color Run. Please take some time to familiarize yourself with all the information in this packet. You will find that it contains everything you need to know to ensure you have an enjoyable and safe event. Proceeds from this event benefit Jackson In Action, Jackson County's healthy living coalition.

SCHEDULE OF EVENTS

Friday, May 17th

3:00 – 6:00 p.m. T-Shirt Pickup and Duathlon Race Packet Pickup
Location: Black River Memorial Hospital (main lobby)

Saturday, May 18th

6:30 – 7:30 a.m. T-Shirt & Packet Pick-up; Race Registration & Check-In
Location: Wazee Lake Recreation Area

**Pre-registered participants are encouraged to pick up t-shirts and race packets the night before at BRMH main lobby.*

7:30 a.m. Duathlon Race Registration Closes
8:00 a.m. Pace & Pedal Duathlon Begins
8:30 a.m. 5K Wazee Color Fun Run/Walk Begins
10:00 a.m. Youth Color Run Begins

DIRECTIONS

N6302 Brockway Road, Black River Falls, WI 54615

Wazee Lake Recreation Area is located approximately 20 minutes East of Black River Falls. Please allow enough time for travel when planning your departure time. Duathlon registration and packet pickup will close at 7:30 a.m. to allow the race to start on-time. **The main park entrance will be closed for the event. Please see event map at the end of packet for entrance details.** 5K and youth race participants – please watch for runners and bikers when you arrive for your event; the duathlon participants will be on-course starting at 8:00am.

PARKING

Parking will be located near the main event area. There is a short walk from the parking area to the start of the race. Follow signs and directional personnel upon entering Wazee Lake Recreation Area. Please plan ahead to allow enough time for parking.

RESTROOMS

There will be porta-potties and hand washing stations near the event area.

FIRST AID

Medical staff from BRMH and Black River Falls EMS will be present at the finish line and out on the race course.

INCLEMENT WEATHER

Race officials may cancel, delay, or change the race to a non-scored event in case of severe weather or other conditions. In the event of cancellation, no refunds will be issued.



DUATHLON DETAILS

The Pace & Pedal Duathlon consists of a 6.0 mile trail run, followed by a 10.3 mile bike on paved roads. Bike racks will be set up for you to rack your bike during the run portion of the race at the transition area.

Run Details

- 6.0 mile trail run
- This is a TRAIL run. Participants may encounter mud, water puddles, sticks, etc. Please plan accordingly.
- Water stations are located throughout the run course, approximately every mile.
- The duathlon run course will be marked with bright green signage.

Bike Details

- 10.3 mile bike route on paved roads
- Bikers are encouraged to bring water bottles for use during the bike portion of the race.
- The duathlon bike course will be marked with bright red signage.

Rules of Participating *(please read carefully)*

- All participants must have signed the event waiver form; online registrants will have done this electronically.
- A **bike helmet is REQUIRED** during the biking portion of the race.
- Participants must wear appropriate athletic footwear on all courses.
- For your safety, no earbuds/music will be allowed during the biking portion of the race.
- **Bikes can only be mounted after passing the "Mount" sign at the end of the transition area.**
- Bikes must only pass on the left. Slower riders must stay on the right side of the road.
- The biking route is open to traffic. Please stay on the right side of the road.
- Although courses are well-marked and staffed by volunteers, participants are responsible for knowing the course. Please review the course map and ask any questions prior to the race.
- Participants must wear a shirt/tank top during all portions of the race.
- No pets are allowed on the race course.

Timing

Timing will be provided by the Black River Falls High School Athletic Department. Each participant will have a disposable timing chip attached to the participant's race bib. All participants must wear the race bib on the front of the body, in a visible location for timing personnel, and be sure to cross the timing mat at the completion of the run and the bike. **Team duathlon participants will need to transfer the race bib between participants.** Team participants may want to consider using a race belt to hold the race bib, to allow for a faster switch between participants.

Results

Race results will be compiled and announced at the awards ceremony following completion of the youth race. Complete race results will be posted at www.brmh.net/paceandpedal as soon as they are available.

Awards

All duathlon participants will receive a Finisher's medal upon completion of the race. Additional awards will be given to the top individual male duathlon finisher, top individual female duathlon finisher, and the top team in each category. No awards ceremony will be held.



5k WAZEE COLOR FUN RUN/WALK DETAILS

Race Details

- Any age welcome.
- All participants must register individually.
- No awards (non-competitive).
- The fun run/walk will be marked with bright blue signage.
- Optional color zones throughout the course where participants can get sprinkled with in color! See FAQs below for more information.

Rules of Participating

- Participants must have signed the event waiver form; online registrants will have done this electronically.
- Participants must wear appropriate athletic footwear on all courses.
- Although courses are well-marked and staffed by volunteers, participants are responsible for knowing the course.
- Participants must wear a shirt/tank top during all portions of the race.
- Strollers are permitted on the race course.
- Participants that intend to run the event should line up near the front. Those walking and/or with strollers should line up behind the runners.
- No pets are allowed on the race course.

Color FAQs

- **Is the color powder safe?** The colors we will be using are made with high quality cornstarch and food dyes. All materials are 100% FD&C and/or D&C grade and approved by the US FDA; however, the product is not designed for consumption, so please do not intentionally eat the powder.
- **Is it harmful if you inhale it?** Although all the materials are food grade we do not recommend inhaling large quantities of color powder. Anyone who has asthma, is allergic to any of the ingredients or has any respiratory issues should exercise caution when participating in color powder events.
- **Does color powder stain clothing?** The color powder washes out of most clothing, but it can stain some materials. 100% cotton clothing is recommended. Typical machine washing with stain remover should remove any color. It is recommended to remove excess powder from clothing before washing or applying water.
- **Does color powder stain skin or hair?** It is recommended to shake off all excess powder before exposing to water. Normal soap and water should remove color powder from skin and hair. Some color does tend to linger for a few days, especially on blonde hair. If you are worried about staining, it is recommended to apply a moisturizer to skin and coat your hair with a small amount of coconut or olive oil before the event.
- **Can I skip the color zones?** Yes, the color zones are optional. You have the choice of staying on the main path without going through the color zones. There will be 4 color zones on the course, giving you the opportunity to receive as much or little powder as you like.



YOUTH RUN

Please arrive early. Traffic will be stopped at times due to the bike portion of the duathlon. Allow extra time for arrival and parking at the event.

Race Details

- Ages 12 & under only
- Participants must register individually.
- Optional color zones throughout the course where participants can get sprinkled with in color! See FAQs on previous page for more information.

Rules of Participating

- Each participant must have a signed event waiver on file with the parent/guardian's signature; online registrants will have done this electronically.
- Participants must wear appropriate athletic footwear.
- Although the course is well-marked and staffed by volunteers, participants are responsible for knowing the course. For young children, parents should accompany their children to ensure the proper course is followed.
- Participants must wear a shirt/tank top during the race.
- No pets are allowed on the race course.

QUESTIONS?

E-mail: jacobsond@brmh.net

Website: www.brmh.net/paceandpedal



COURSE MAP

