



# RACE WEEK UPDATE

## Griffin Ford FORT14 & 5K

Benefitting



United Way Jefferson &  
North Walworth Counties

### SCHEDULE:

#### SATURDAY, AUGUST 3, 2019

- 6:00am to 7:15am - Packet Pick-Up at Race Site ([Griffin Ford - 1642 Janesville Ave Fort Atkinson, WI 53538](#))
- 7:30am - **RACE START** for 14-MILE RUN
- 7:45am - **RACE START** for 5K

### PLEASE BRING THE FOLLOWING:

- Your QR code (available in your Race Week Update or confirmation emails)
- Picture ID (for packet pick up/registration)
- Proper clothing for the weather
- Friends, family and a fun time!

### PACKET PICK-UP:

#### RACE DAY REGISTRATION AND PACKET PICK UP

- **SAT, AUGUST 3 – 6:00am-7:15am** – Griffin Ford - 1642 Janesville Ave. Fort Atkinson, WI 53538  
➔ The race starts promptly at 7:30pm. Please come early so you don't miss the start!

## **COURSE DESCRIPTION:**

**EXERCISE CAUTION AND BE AWARE OF TRAFFIC AS THIS IS AN OPEN COURSE**

**14-Mile Aid Stations:** Aid stations will be available roughly every 2 miles at miles

- **Aid Station 1: Jones Market/Glacial River Trail**
  - Water
- **Aid Station 2: Lorman Bicentennial Park/Glacial River Trail**
  - Port-a-potties
  - Water
  - Gatorade
  - Gels
- **Aid Station 3: Faith Community Church/Hackbarth Rd**
  - Water
- **Aid Station 4: Star School Rd/K**
  - Port-a-potties
  - Water
  - Gatorade
  - Gels
- **Aid Station 5: Poeppel Rd/Briar Lane**
  - Water
- **Aid Station 6: 26/Groeler Rd**
  - Port-a-potties
  - Water
  - Gatorade
  - Gels
- **Aid Station 7: Schwemmer Ln/Groeler Rd**
  - Water

### **5K Aid Station:**

- Aid Station 1: Jamesway/Lakeview Dr

**The Official Medical Services Provider Fort HealthCare:** Will assist with the following as needed on site by the Start/Finish line

- Initial injury evaluation and treatments
- Evaluating and treating athletic injuries
- Direct the rehabilitation of athletic injuries
- Implement injury prevention programs when necessary

## COURSE SUPPORT:

An ambulance will be on course roving and is on call throughout the entire event. There are seven aid stations on the route! Runner support vehicles are out monitoring the course and available for call in the case you or another runner needs assistance. Please notify a volunteer of anyone who needs support and we will send a vehicle out to help them.

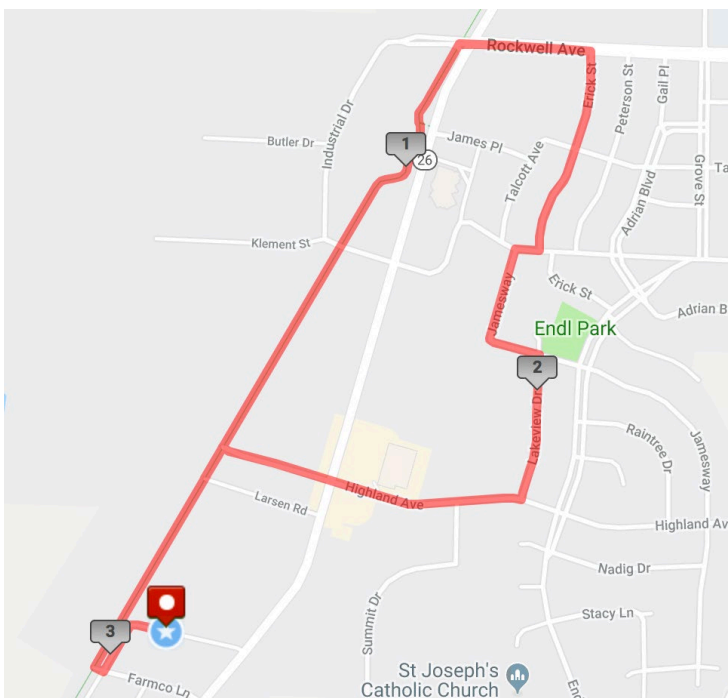
## COURSE RULES:

- Headphones are OK, but PLEASE make sure you can hear police instructions on course
- Strollers are OK, please start at the back
- Please, no dogs
- Please use the trash/recycle bins found along the route near aid stations. No littering on course.
- No abandoning any gear while on course
- HAVE FUN!

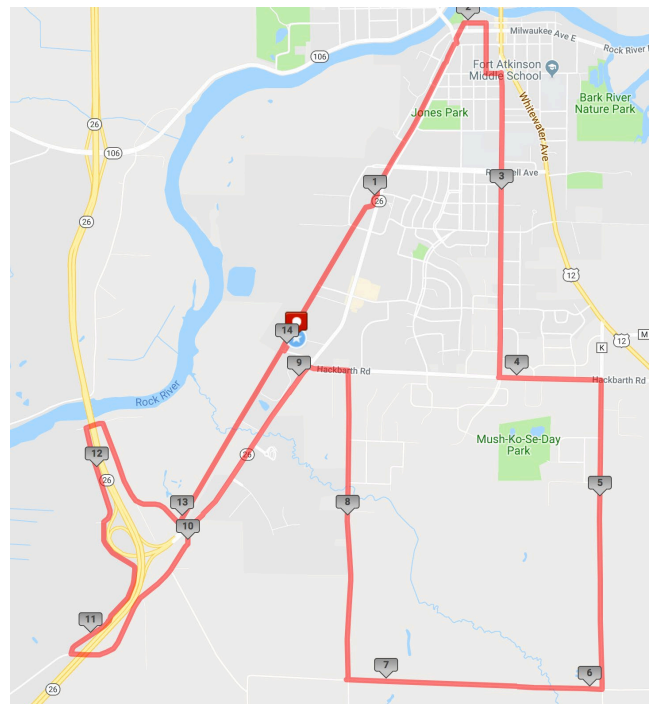
## COURSE MAP:

Course maps can be found on the website for the 14-Mile Run [HERE](#) and the 5K [HERE](#).

**5K**



## 14-MILE



**COURSE CLOSURE:**

The course will close at 11:30am. While we encourage participating at any speed, course crews will not be on course past this time.

## **PARKING:**

- Spacesaver:
  - 1450 Janesville Ave
  - Fort Atkinson, WI
- On Street parking east of the Start/Finish line

→ Any vehicle parked in a no parking zone will be towed at the owner's expense. There are also multiple free public parking lots that are open for parking race morning.

## **STAGING AND THE STARTING LINE:**

- We will begin staging people for the start at 7:15am (14-Mile start at 7:30am and 5K start at 7:45am). Please follow the announcer's instructions.
- Please stage yourself according to your abilities. Those planning to run fast should start in the front. Those planning to jog start in the middle. Those planning to walk or those with strollers, must start towards the back.

## **WEATHER:**

We will do everything we can to make the course as safe as possible but please pay attention to the weather forecast. Be prepared for any type of weather such as rain, heat, storms. **The race will go on rain/snow or shine.**

In the event of extreme or dangerous weather, the race director has the right to alter or cancel the race to keep the participants safe. If the race is altered or cancelled, there will be NO refunds.

## **STROLLERS:**

Strollers are welcomed but **MUST** start at the back of the pack in the last wave. We want to make sure this event is safe and fun for all.

## **IPODS/EARPHONES:**

iPod and earphones **ARE** allowed. Please remain aware of your surroundings and exercise caution when crossing streets or running in the roadway.

## **VOLUNTEERS:**

Please be sure to thank the volunteers. With more than 70 volunteers from all over the Fort Atkinson area, you are sure to be in good hands. Without their help, this event is not possible.

## RACE PERKS:

- Water brought to you by **PremierBank**
- A complimentary beer from **Hubbleton Brewery** for those 21+ at the **PremierBank** Post-Race Party
  - Each bib will have a tear tab to use for claiming
  - Soda & water will be available for those underage
  - Must be 21 to drink alcohol. Please make sure you have ID if you plan to consume alcohol.
- A **Jones Market** wrap with chips to replenish nutrients post-race
- A one of a kind finisher medal & shirt
- On Race Day ONLY, **Jones Market** is offering 14% off ALL retail **Jones Market** products
- **FREE PHOTOS:** All participants can download free digital images compliments of **Race Day Events**. Check the website to view and download your favorite photos post-event. (Photo link will be emailed as soon as available post-event.)



The poster for Fort 14 Race Day Events features a large circular logo at the top left with a sun, a runner, and the text 'FT. ATKINSON' and 'FORT 14'. Below the logo is a photo of a pig mascot and two children. The main text reads 'CHEER WITH US! FAN ZONE' in large blue and black letters. Below this, it says 'SATURDAY, AUGUST 3RD' and 'EARLY OPEN AT 7:30 A.M.' with the Jones Market logo. A table of perks includes: 'RUNNERS RECEIVE A JONES DAIRY FARM RACE BAG!', 'Race starts at 7:30 a.m., runners expected to run past the Jones Market around 7:45-8:30 a.m.', 'Free Parking at Jones Park and the Jones Market', 'FREE SAMPLES OF BACON', 'RETAIL ITEM SALE 14% OFF', 'RUNNERS AID & SPRINKLER STATION', 'PIG NOISE MAKERS & OUTDOOR SEATING', 'FRESH SQUEEZED ORANGE JUICE & FRESH BREWED COFFEE', 'MUSIC', 'PORK CHOP JONES', and 'PRIZES'.

**FT. ATKINSON**  
**FORT 14**

**CHEER WITH US!**  
**FAN ZONE**

**SATURDAY, AUGUST 3<sup>RD</sup>**  
**EARLY OPEN AT 7:30 A.M.**

**JONES Market**

**RUNNERS RECEIVE A JONES DAIRY FARM RACE BAG!**

Race starts at 7:30 a.m., runners expected to run past the Jones Market around 7:45-8:30 a.m.

Free Parking at Jones Park and the Jones Market

FREE SAMPLES OF BACON	RETAIL ITEM SALE 14% OFF	RUNNERS AID & SPRINKLER STATION
PIG NOISE MAKERS & OUTDOOR SEATING	FRESH SQUEEZED ORANGE JUICE & FRESH BREWED COFFEE	
MUSIC	PORK CHOP JONES	PRIZES

## REMINDERS:

- Please attach your bib number so that it is visible on the front of your shirt. This helps with identification and making sure you can see your race photos!
- If you are running with children, please make sure they are safe and near you at all times.
- Please be courteous and respectful to Race Staff, Volunteers, Police and those around you!

*We look forward to seeing you this Saturday!*

**-The Race Day Events Team**



# THANK YOU!

Please thank our sponsors with your patronage.  
Without their support, this event would not be possible.

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## FAN ZONE SPONSOR



## POST RACE PARTY SPONSOR



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