



BOLD

BELLIN
WOMEN'S
HALF 2022
MARATHON • 5K

*Event
Guide*

TABLE OF CONTENTS

Letter from Race Director & Bellin Health President/CEO..... 2

Event Schedule..... 4

Runner Information 5

Relay Information..... 6

Parking Information 8

Course Map..... 10

Start Area Map..... 11-12

Finish Area Map 13

Runner Safety & Medical Information 14-15

Spectator Information..... 17

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& Orthopedics

 Official Healthcare Provider of
the Green Bay Packers



LETTER FROM BELLIN

WHAT DOES IT MEAN TO BE BOLD?

This year's event theme can mean different things to different people. You don't have to be brash, loud or outspoken to be **bold**. You can lead out loud or lead by example, exhibit your boldness in a host of ways. But make no mistake – you are all **bold**.

You are **bold** because you are taking control of your health by doing something that is good for you, even when it's not always the easy choice. You get up early or squeeze in that run at lunch, or even after your kids' bedtimes. You boldly tackle long distances on the weekends to prepare you to go the distance on race day. You carve out time for your physical and mental health, knowing that each challenge you overcome and each milestone you meet makes you that much more **bold**.

At Bellin Health, we made a pretty **bold** move of our own earlier this year, announcing our intent to merge with Gundersen Health System, a La Crosse-based healthcare provider that has a mission, vision and values that align very directly with our own. Given the changing healthcare landscape and the importance of keeping healthcare high-quality, affordable and close-to-home, we knew we had to make a **bold** move to continue to serve our patients and communities in the best way possible. Pending regulatory approval, the merger

would be complete late this year or early next, leaving us to boldly chart the next chapter for Bellin Health with a partner that will allow us to do even more for those we serve.

One of the things we love best about Gundersen is that they, too, are community-minded, and boldly committed to the health of not just their patients, but also the communities they serve. That means our newly formed company will remain committed to the Bellin Run and Bellin Women's Half Marathon & 5K, and that we will continue to bring you these iconic community events that help get feet on the street in the name of health and wellness.

Being **bold** requires hard work, whether it's sweating out that Saturday 10-miler or sweating the details of an integration plan that will help our newly formed health system thrive into the next decades and beyond. But we know we are up to the task, and we know the hard work will be worth it. We are **bold**, and we are eager to embrace the challenges and opportunities before us.

Let's do this.

Sincerely,
LINDA MAXWELL
Race Director
Bellin Women's Half Marathon & 5K

CHRIS WOLESKE
President and CEO
Bellin Health

OUR SPONSORS

GOLD



SILVER



BRONZE



MEDIA



EVENT SCHEDULE*

FRIDAY, SEPTEMBER 30

RUNNER REGISTRATION & PACKET PICK-UP

KI Convention Center West – Riverview 3 | Noon-6 p.m.

HEALTH & FITNESS EXPO

KI Convention Center West – Grand Ballroom | Noon-8 p.m.

WOMEN'S INSPIRATION DINNER

KI Convention Center West – Grand Ballroom | 4:30-7:30 p.m.

KEYNOTE SPEAKER MOLLY CROSBY

KI Convention Center West – Grand Ballroom | 6 p.m.

SATURDAY, OCTOBER 1

RUNNER REGISTRATION, PACKET PICK-UP

KI Convention Center, Meeting Room 4 | 6:30 – 7:45 a.m.

GEAR CHECK DROP-OFF

Elm St., outside the KI Convention Center (north side) | 6:30 – 7:45 a.m.

BELLIN WOMEN'S HALF MARATHON, RELAY & 5K

Start Time Window | 8 - 8:10 a.m.

Participants should enter the start corrals at 8 a.m. and immediately start their race. **NOTE: 5K participants will turn left at Washington St. (before the bridge)** while half marathon and relay participants will continue straight and cross the river.

**Bellin Health continues to monitor state and local COVID-19 activity trends, and will keep participants informed of related guidelines and requirements via participant emails, social media and race-weekend announcements. Individuals who are ill are respectfully asked to remain home and may take advantage of our event's deferral policy to register for next year's event at no additional cost.*

RUNNER INFORMATION

GEAR CHECK is available to half marathon and relay participants. Please use only the drawstring bags provided. Affix the individually numbered gear bag tag attached to the bottom of your bib to the bag. Bags may be checked in the start area on Elm Street, outside the KI Convention Center (north side), no later than 7:45 a.m. They will be available for pick-up in the finish area just past Hagemeister Park. **Runners must present their race bib to retrieve their bag.**

Please note there is no 5K gear check.

FOR RACE-DAY UPDATES, like us on Facebook, follow us on Twitter (@BellinWomen) and check out our website, BellinWomensHalf.com

FLUID & MEDICAL STATIONS will be located approximately every 1.5 miles along the route. Each station will offer sports drink and water. Volunteers will follow strict hand and surface sanitizing precautions for the safety of our participants. The medical team will have anti-chafing lubricant, bandages and other medical supplies.

HAMMER GEL in vanilla, huckleberry and apple-cinnamon will be available in the half marathon and relay at miles 3.7 and 9. Runners are advised to use them only if they have done so in training. If you train with another type of energy product (gel, bar, etc.), you are advised to bring it with you.

RESTROOM FACILITIES Porta-potties, sponsored by Urology Associates of Green Bay, will be available at the start in the parking lot on Elm St., at each of the rest stations along the course, at the relay exchange and at the finish line. Restroom facilities also are available in the KI Convention Center at the start line.

TIMING MATS will be positioned at the start, mile 6.55 (after the relay exchange), mile 12.1 and at the finish line of the half marathon; and at the start and mile 2.1 for the 5K.

PRELIMINARY RESULTS will be available immediately following the race through our timing app, RTRT.me, for Android or iPhone. Be sure to download this app before race day as cellular coverage at the start and finish can be unreliable. This is a free service provided by Bellin Health.

PARKING INFORMATION Refer to page eight.



SCAN FOR
TIMING APP

RELAY TEAM INFORMATION

EXCHANGE The relay exchange is located at Fifth Street, between Main and Reid Streets in De Pere, mile 6.5 on the course. Each team member will run approximately half of the half marathon distance. *There is no parking in the relay exchange lot on Reid Street.*

BOTH relay team members should be at the start area. Runner #1 will start there at 8 a.m. Just after the race begins, Runner #2 will immediately board a shuttle on Madison Street and travel to the relay exchange location. Runner #1 will hand off the timing band (see below) to runner #2 at the exchange and take a shuttle to the runner reunite or finish area.

Participants who choose to not use the shuttle buses are not able to park in the relay exchange lot on Reid Street, and parking on the neighboring streets may be difficult to find due to street closures.

RESULTS Each relay team member's bib will contain a timing chip that records individual mat crossings and your combined time. Relay teams also will have a wrist-worn hand-off timing band that will serve as the relay "baton."

FINISH TOGETHER Relay team members are able, but not required, to cross the finish line together. There will be a relay team reunite area at Fox Harbor Pub & Grill, one-quarter mile south of the finish line, allowing relay team members to cross with their partners. The relay team reunite area will offer a heated indoor waiting space, indoor restrooms and volunteers to announce incoming runners by bib number.



WHEN YOU RUN, DO YOU “RUN”?

As women, we have many shared experiences that we'd rather not experience...or share. Like when laughing leads to leaking. Or when going for a run means you're probably going to, uh...run. That's why at Bellin Health Generations, our Urogynecology Team has created a place for you to get help. For incontinence, pelvic pain or any private matter.

To learn all the reasons why women should choose Bellin,
visit bellin.org/generations.

***bellin*health** | Generations®

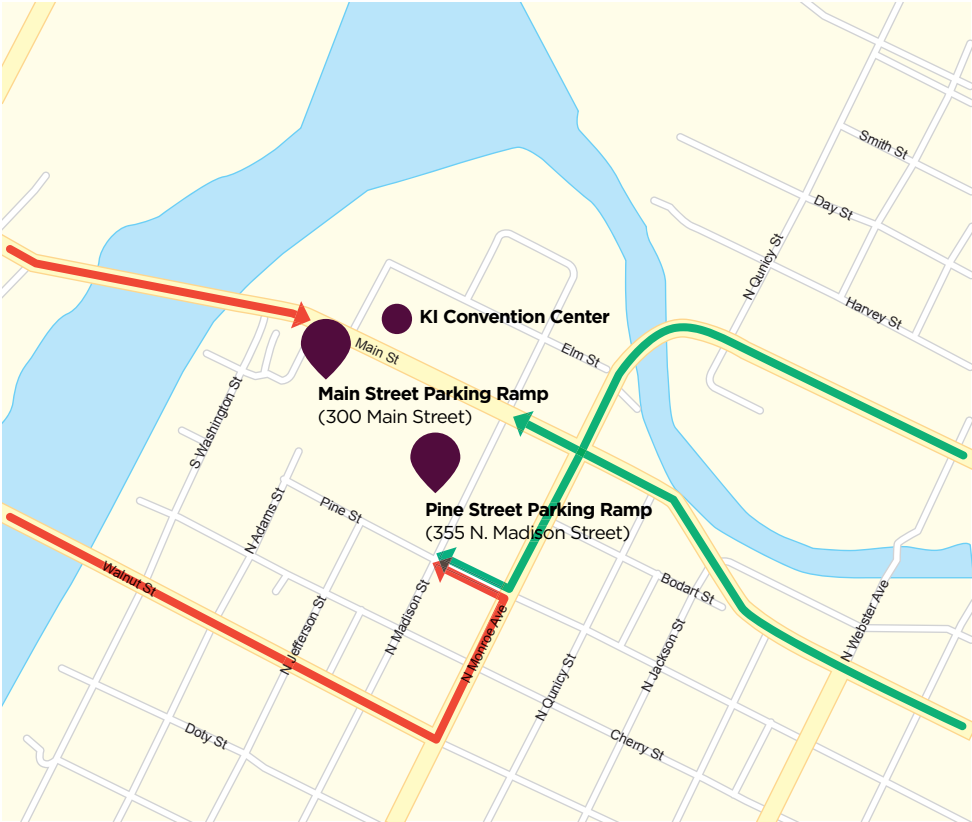


PARKING

Parking will be available at the Main Street Parking Ramp (300 Main St.) and **Pine Street Parking Ramp*** (355 N. Madison St.).

Arriving from the east: Park in the Pine Street ramp, entering via N. Monroe and Pine streets.

Arriving from the west: Park in the Main Street ramp via Main Street or the Pine Street ramp.



**We strongly recommend using the Pine St. ramp for easier access, with entrance/exits on both Pine St. and Madison St.*

**BELLIN WOMEN'S
HALF MARATHON**
A race to empower women



Race Route,
with mile markers



Start



Relay Exchange



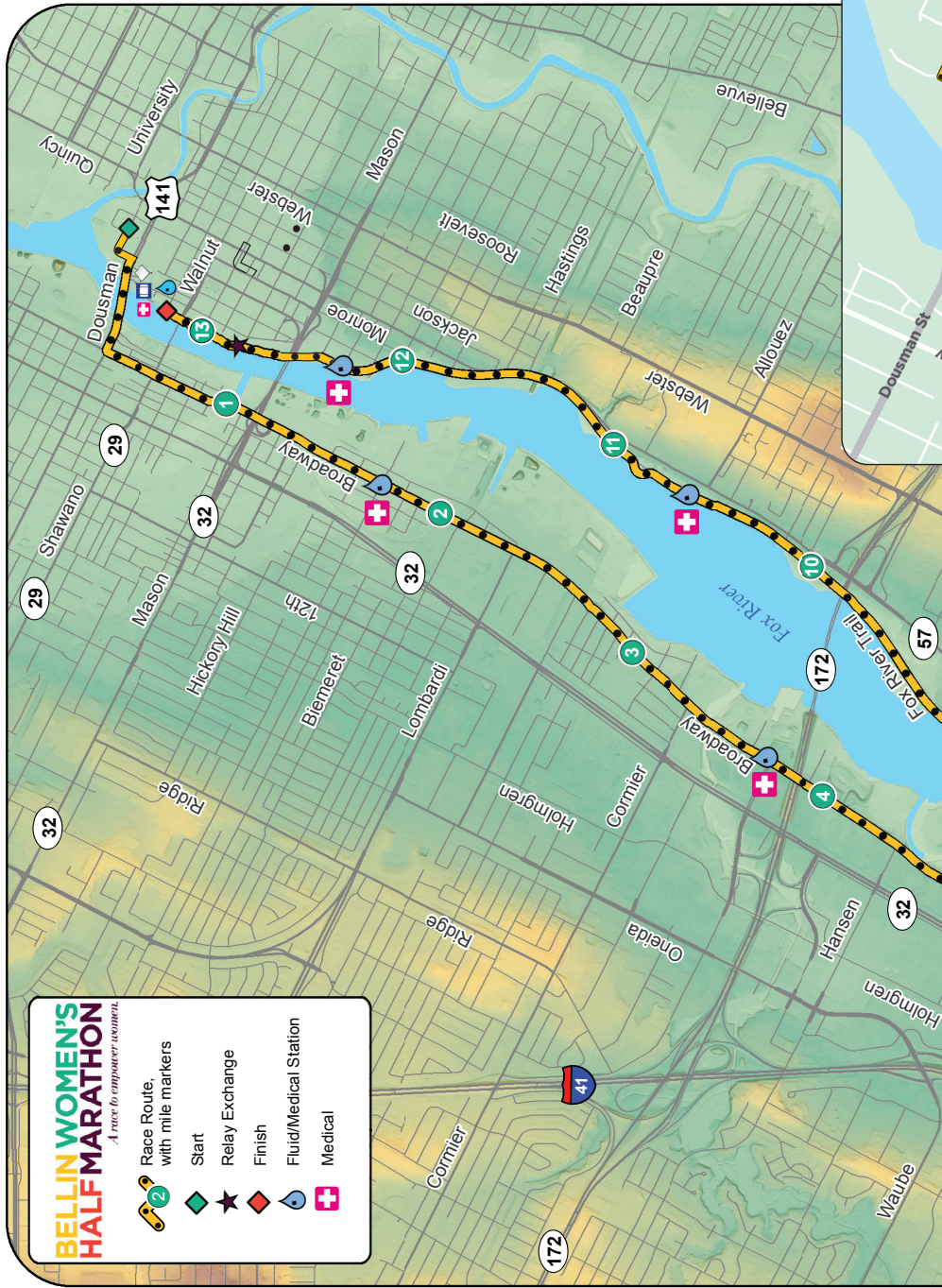
Finish

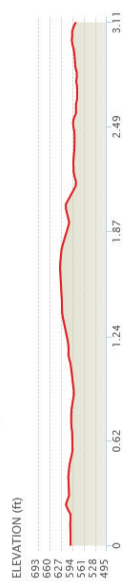
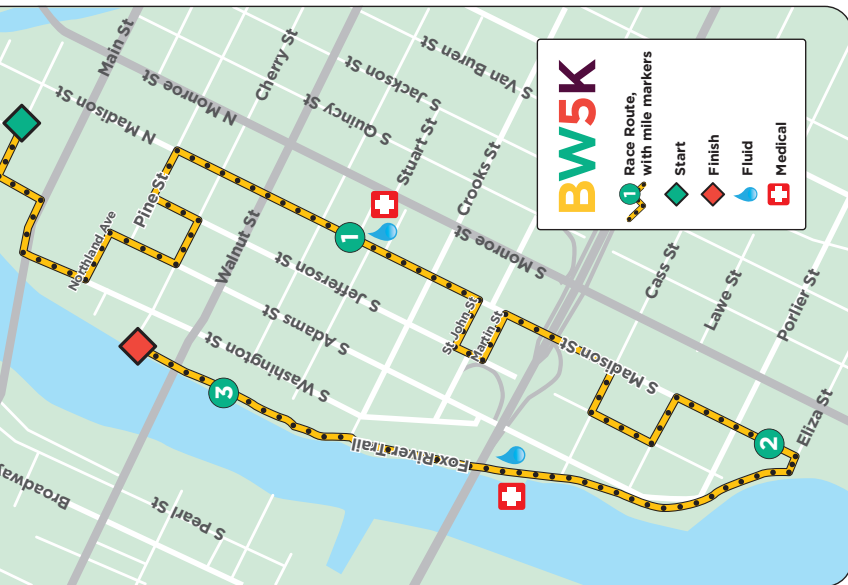
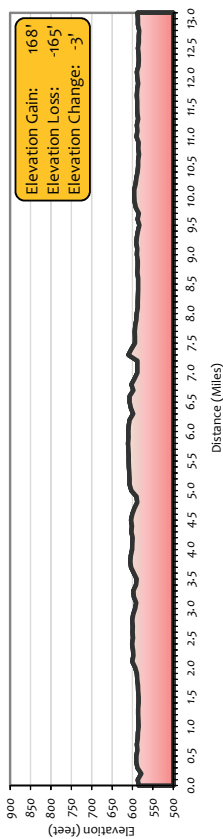
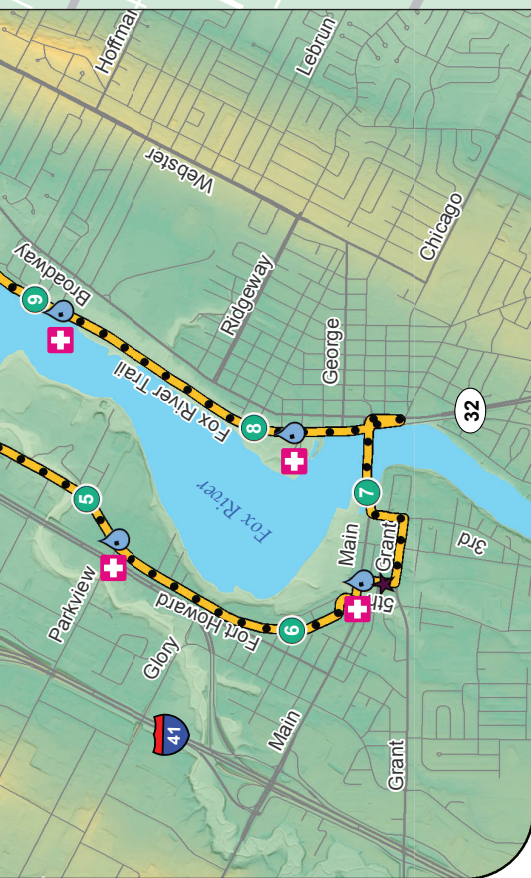


Fluid/Medical Station



Medical





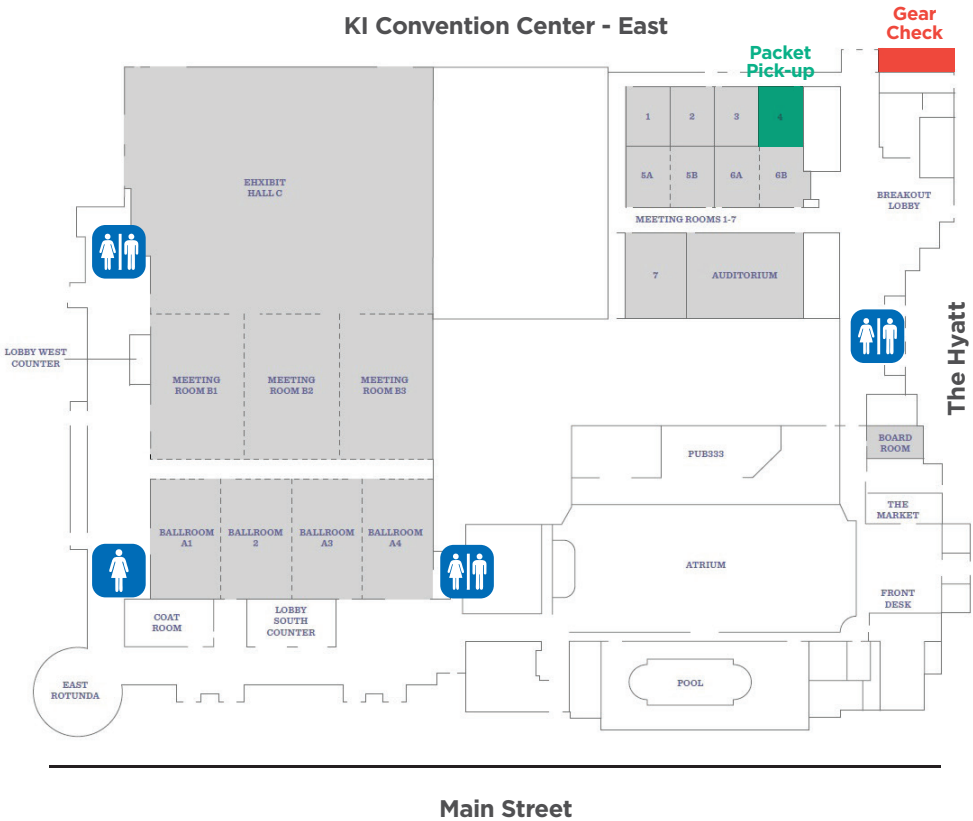
BW5K

- Race Route, with mile markers
- Start
- Finish
- Fluid
- Medical

START AREA INFORMATION

START AREA: Our event offers a rolling start from 8 – 8:10 a.m. Participants must cross the start line no later than 8:10 a.m.

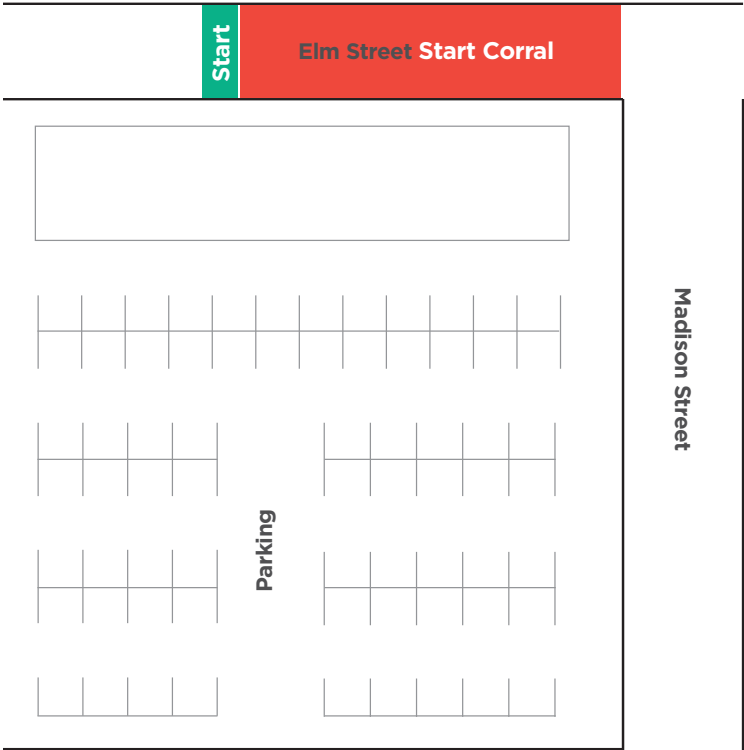
There will be packet pick-up available on Saturday morning from 6:30 – 7:45 a.m. in Meeting Room 4, but we encourage all participants to pick up their packets on Friday if possible to reduce congestion in the KI Convention Center on race morning.



**Pre-race assembly area available upstairs in Grand Ballroom.*

We encourage participants to arrive no earlier than 7:30 a.m. We ask participants to use the available parking lots north of the KI Convention Center or the Grand Ballroom (upstairs) for pre-race stretching and preparation. We ask participants to wait until 7:50 a.m. before making their way to the start corral, which is located on Elm St. just west of Madison St. Again this year, our event will feature a “rolling start”. Participants can start any time between 8 and 8:10 a.m., leaving immediately upon arrival at the start line, which is located on Elm Street directly in front of the Hyatt. Porta potties will be available along Elm Street for your convenience.

Porta Potties



Main Street

FINISH AREA INFORMATION

CITYDECK downtown Green Bay on the Fox River.

FINISH AREA AMENITIES INCLUDE:

- Finisher medallions | Gear bag pick-up (half marathon and relay only)
- Fruit | Specialty flatbreads | Custom chocolate bars
- Pink lemonade | Strawberry shortcake | Cookies
- Chocolate milk | Water, Ubr, Klarbrunn and Bubblr



RUNNER SAFETY & MEDICAL INFORMATION

KEEPING YOU SAFE

Your safety is our highest priority. Race officials, volunteers, public safety officials, EMS personnel and first responders staff the course. Contact the nearest official in the event of a medical emergency or safety concern.

EVENT ALERT SYSTEM

A color-coded Event Alert System is used on the course to inform participants of the 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



2 Mile Fun Run • 2 Mile Walk • 5 Mile Run
Thanksgiving Day

November 24, 2022 | 8:00 AM
Register today at

FestivalFoodsTurkeyTrot.com

RUNNER SAFETY & MEDICAL INFORMATION

HELPFUL GUIDELINES FOR EVERYONE'S SAFETY AND ENJOYMENT:

COVID-19 PRECAUTIONS

Bellin Health continues to monitor state and local COVID-19 activity trends, and will keep participants informed of related guidelines and requirements via participant emails, social media and race-weekend announcements. Individuals who are ill are respectfully asked to remain home and may take advantage of our event's deferral policy to register for next year's event at no additional cost.

REGISTER WITH RACESAFE

Visit the registration page on our website and scroll down for a link to share some basic medical information on the RaceSafe secure website. This will give our medical team pertinent information in case of a medical emergency on the course or post-race.

COMPLETE the medical and emergency contact information on the back of your bib in permanent ink.

SHARE your bib number with friends and family so they can find you if you are in the medical tent.

DO NOT bring large bags, backpacks or purses.

RUNNING with strollers is prohibited by USA Track & Field regulations and may result in disqualification. Walking with strollers is allowed in our 5K event.

FATIGUED runners on the course should proceed to the nearest aid station and seek out medical personnel to arrange for transportation.

NO PETS are allowed on the course.

PERSONAL AUDIO DEVICE volume should be kept at reasonable levels.

INCLEMENT WEATHER On race morning, check the event website and social media or tune into Star 98.5 FM for up-to-the-minute updates on weather-related cancellations or delays.

HALF MARATHON COURSE TIME LIMIT is four hours, which equates to 18 minutes per mile. If you remain on the course, a fatigued runner vehicle will be available for transport.

ON-COURSE SAFETY While the course will be closely monitored by public safety officers, there may be local traffic allowed in the southbound lane along Broadway Steet on the half marathon course. Please stay on the northbound side of the road whenever possible.

All participants must yield to emergency vehicles.

Give people
more life to enjoy
including yourself.

APPLY TODAY

bellin.org/careers

bellinhealth

**The Women's Fund of Greater Green Bay
is now accepting nominations for the**
**NANCY ARMBRUST
IMPACT AWARD**

The award is given to recognize a woman who has had a positive impact on our community. It is given in partnership with Schreiber Foods and the Greater Green Bay Community Foundation, and includes a \$5,000 grant to support women and girls in the community.

Nominations are due October 31, 2022.



For more information and the nomination form visit womensfundgb.org.

Women's Fund
of Greater Green Bay Community Foundation

Empowering Women. Inspiring Girls.

SPECTATOR INFORMATION

THE BEST SPECTATOR SPOTS ALONG THE HALF MARATHON COURSE ROUTE INCLUDE:

MILE 1 N. Broadway Street, between Dousman and N. Walnut. Parking is readily available in a public lot off Chestnut between Walnut and Dousman (please obey parking signs) and on city streets both east and west of Broadway.

MILE 3.75 Verhalen Inc: 500 Pilgrim Way; enter from Ashland Avenue and park in the Verhalen Inc. parking lot, a short walk to Broadway. Thanks to Verhalen for sharing their lot!

MILE 7.75 Voyageur Park

MILE 10.75 Fox River Trail at 2200 Riverside Drive.

FINISH LINE Park in the Cherry Street Ramp and access the CityDeck via **Pine Street**. Access to the CityDeck via Cherry Street will not be allowed due to public safety considerations.

5K SPECTATORS can park along city streets west of Madison Street and cheer for their participants as they travel along Madison Street or on the Fox River Trail between Eliza and Cass Streets.



THANK *you*

SAVE THE DATE | 10.7.23
BWHM•5K 2023



**BELLIN
FOR
WOMEN**

**A CHANCE TO
LEARN. SHARE. EXPERIENCE.**

for more information and to become a
FREE member, visit **BELLINFORWOMEN.COM**.

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BOLD

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2022