



2024
EVENT GUIDE

SEPTEMBER 20-22



foxcitiesmarathon.org

FULL | HALF | RELAY | 10K | 5K | KIDS EVENTS | EXPO



WE RUN ON MERAKI

33 Years Running With
HEART & SOLE

As the
PROUD TITLE SPONSOR

When you do something with Meraki, you do it
with heart, soul, love and creativity.

Meraki spirit drives our work everyday and
inspires us not only as the title sponsor, but also
as your biggest fans on the course and behind
the scenes. You've put heart, soul and love into
your training ... now it's time to celebrate!

We'll be there for you every step of the way



COMMUNITY FIRST
C R E D I T U N I O N

We'll Find A Way!

communityfirstcu.com

SCHEDULE OF EVENTS



EVENT LOCATION ADDRESSES

Fox Cities Stadium – 2400 N. Casaloma Dr., Appleton



UWO-Fox Cities – 1478 Midway Rd., Menasha

Riverside Park – 500 E. Wisconsin Ave., Neenah


FRIDAY, SEPTEMBER 20

	Time	Location
Registration & Packet Pickup	4:00 - 6:00 pm	Fox Cities Stadium
 Huggies® Diaper Dash	4:00 - 6:00 pm	Fox Cities Stadium
Huggies® Toddler Trot	5:00 - 5:30 pm	Fox Cities Stadium
Guardian® Kids Fun Run		
Mini Dash (age 6 and under)	5:45 - 6:15 pm	Fox Cities Stadium
 Guardian		
1/4 mile Races	6:30 - 7:00 pm	Fox Cities Stadium
1/2 mile Races	7:00 - 7:30 pm	Fox Cities Stadium
Nutritional Healing™ Health & Wellness Expo		
Saturday & Sunday Events		
Packet Pickup & Registration	4:00 - 8:00 pm	UWO-Fox Cities

SATURDAY, SEPTEMBER 21

	Time	Location
 SCHEELS® 10K Run/Walk		
Ascension® 5K Run/Walk		
Packet Pickup & Day of Registration	7:00 - 8:45 am	Riverside Park
 Ascension		
5K & 10K Start	9:00 am	Riverside Park
Nutritional Healing™ Health & Wellness Expo		
Sunday Packet Pickup & Registration	9:00 - 3:30 pm	UWO-Fox Cities
1st Timers Questions Answered	2:00 - 3:00 pm	UWO-Fox Cities

SUNDAY, SEPTEMBER 22

	Time	Location
 COMMUNITY FIRST		
Wheelchair & Hand Crank Start Time	6:55 am	UWO-Fox Cities
Community First Marathon	7:00 am	UWO-Fox Cities
 OSMS		
OSMS Relay Marathon	7:00 am	UWO-Fox Cities
ThedaCare® Half Marathon	7:00 am	UWO-Fox Cities
 ThedaCare		
ThedaCare® Half Marathon (Competitive Walk Division)	7:05 am	UWO-Fox Cities

Sunday Event Finish Line is located at Riverside Park, Neenah

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Information contained in this Event Guide is accurate as of press time. For the most up-to-date information, visit foxcitiesmarathon.org, Fox Cities Marathon Race App or the Information Booth at the Expo.



EXPO



NUTRITIONAL HEALING

Changing people's lives from the inside out

FUN things to do at the Health & Wellness Expo

Packet /Goodie Bag Pick-Up

Get everything you need for race morning and meet up with fellow participants along the way.

Cheer Them On!

Pick up a sign and personalize it to encourage your participant along the way.

Smile! Photo Spot

Take your pre-race photo at the expo.

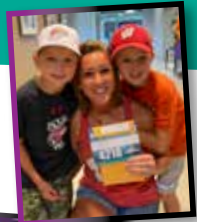
First Timer Seminar

(Saturday 9/21) 2:00 pm with Dean Peterson

Meet other first timers and get your questions answered from an expert. Join this seminar near Perry Hall.

Visit Fitness & Health-Related Vendors

From injury prevention to recovery materials – there's lots to see at the Expo



Sponsored by



2024 Vendors*

- 50 States Marathon Club
- beem® Light Sauna
- Caribou Coffee
- Chiropractic Health & Rehab Center
- Face Foundrie
- FIRST massage
- Fleet Feet Fox Valley
- Fox Cities Marathon Merchandise
- Fox World Travel
- Hann Crafted Goods
- Motherhood Alliance
- MyCancerCureStory.com
- Nutritional Healing
- OnPace Race
- PaceSetters
- PT Solutions
- Shifting Tides Chiropractic
- Stretch Zone
- Smoothie King
- The Wellness Way
- ThedaCare
- U.S. Cellular

*as of press time

FUNCTIONAL MEDICINE CLINIC

CLINICAL NUTRITIONIST

The right testing can lead you on the road to healing.

Schedule a **FREE** Health Evaluation!



NUTRITIONAL HEALING

Changing people's lives from the inside out.™

- Body Composition Testing
- Customized Menu Planning
- Customized Supplements
- Cardio-Metabolic Lab Work
- Food Sensitivity Testing
- Gut Health Testing
- Hormone Testing
- Vitamin & Mineral Testing
- Total Toxin Burden Testing
- Infrared Sauna | Red Light Therapy | Salt Therapy



(920) 358-5764

NutritionalHealingLLC.com

APPLETON OFFICE:

639 W Ridgeview Dr., Appleton



STAY CONNECTED

Download the Fox Cities Marathon App

Track your participant, stay up to date, and get alerts sent directly to your phone.

Powered by
fiserv.

Visit Our Website

Go to foxcitiesmarathon.org to get all the information on our Weekend of Events!

Follow Us On Social

Watch for weekend highlights and tag us in your posts.

#FoxCitiesMarathon    



GIVING BACK

Over \$1.1 Million Donated!

Since 2006, together with our participants and sponsors, the Community First Fox Cities Marathon presented by Miron Construction, has returned over \$1.1 million in proceeds creating positive change in the communities of the Fox Cities.



VOLUNTEER

Sponsored by **Kwik Trip**

Thank you to all the volunteers that make the race weekend run!

We couldn't do it without them! If you see a volunteer on race weekend, say "thanks" and consider volunteering next year as part of your race weekend experience!

Refresh.



Refuel.



Kwik REWARDS
ORDER AHEAD!
CURBSIDE • CARRYOUT • DELIVERY

We've got you covered!



WE MAKE, SHIP, AND SELL YOUR FAVORITE ESSENTIALS!



PROUD 10K SPONSOR



SCHEELS®



is proud to sponsor the Fox Cities Marathon Relay .

osmsgb.com |     

HUGGIES®

We got you, baby™

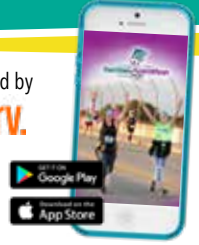


SPECTATOR INFO

Track Your Participant

Family, friends and spectators can track participants along the course by downloading the Fox Cities Marathon App. Get it from your App store.

Powered by
fiserv.



Getting Around & Parking

Plan your route on race day to cheer on your runner by avoiding the race course as much as possible. For participant safety, there is no parking and limited or no vehicular traffic on the course. Road closures may impact your travel time (see page 10). At the Finish Line, park on side streets south of Riverside Park or in Downtown Neenah.



Watch for your Runner's Bib Color



Suggested Viewing Sites on Sunday's Course:

- Start Line, UWO-Fox Cities, Menasha (F&H)
- Heart of the Valley YMCA, Kimberly (F)
- Sunset Park Trails, Kimberly (F)
- Papermill Run Trail, Kimberly (F)
- Telulah Park, Appleton (F)
- Riverheath Way, Appleton (F)
- Jaycee Park, Appleton (F)
- Hoover Park, Appleton (H)
- Fritse Park, Fox Crossing (F&H)
- Arrowhead Park, Neenah (F&H)
- Anywhere along Columbian Ave., west of Oak St., Neenah (F&H)
- On Wisconsin Ave., from Oak St. to Riverside Park, Neenah (F&H)
- Finish Line, Riverside Park, Neenah (F&H)



(F) - Full Course viewing (including Relay Legs), (H) - Half Course viewing



Send a Shout-Out!

Friends and community members can cheer on participants with personalized and inspirational messages during Sunday's full, half and relay marathon. It will be positioned at Arrowhead Park in Neenah near mile 25 for the full and relay and mile 12 for the half marathon - give your participant a boost when they need it most!



Scan the QR Code with your mobile device and simply follow these 3 steps!

Shout-Out Video submissions close Friday, Sept. 20th at midnight.

Course & Finish Line Medical Stations

We are here for your safety and medical needs while you participate in the event with dozens of Fox Cities Marathon medical volunteers in red shirts with a white cross. Look for these volunteers at on-course medical stations, patrolling the course on bicycles, motorcycles and ATVs, and at the Finish Line.



To assist our volunteers and medical personnel in providing you with fast and appropriate medical attention: **Complete your emergency contact information and medical conditions or allergies on the back of your bib for quick access by non-emergency personnel.**

Impaired Runners Policy

Our medical personnel reserve the right to remove any competitor deemed medically impaired or medically unsafe to finish the race. Impairments may include disorientation to person, place and time or difficulty running in a straight line with proper positioning. Our number one concern is your safety!

It's for Your Safety!

We are dedicated to providing a safe environment on race day. Below are some tips to keep you healthy and help you reach your running goals.

- Complete your emergency contact and medical information on the back of your bib. Also include any medical conditions, medications or allergies.
- Do not participate if you are feeling ill or have recently been ill. This includes Covid-19 symptoms and other symptoms such as diarrhea, vomiting, chest pains, or fevers. Running if you are not well poses a significant risk to your health and is unfair to yourself, your family, and the event support staff because it creates medical emergency situations during or after the race.
- Start the race well hydrated. Your urine should be pale yellow (the color of lemonade). Get plenty of rest, avoid alcohol, and try to stay cool in the days leading up to the race.
- On race day, be aware of your fluid intake. Be certain to drink a mixture of electrolyte solutions or sport drinks as well as water. Try to avoid drinking only water. Your goal is to drink enough to replace fluid losses from sweating. Thirst is the best guide to how much you should drink. When in doubt, drink 3-6oz (about ½ cup) every 20 minutes. After the race, consume water and electrolyte drinks until your urine is pale yellow.
- In hot or humid weather it is important to prevent overheating by staying hydrated, wearing a hat and a light-colored, mesh top which breathes. In extreme conditions you may need to slow your pace, walk, or withdraw from the competition.
- Dress appropriately in cool or wet weather. Wearing a hat and gloves will prevent heat loss. A polypropylene top as a base layer will help wick moisture away from your skin and will help to keep your body warm.

We will be using and providing you guidance through a color-coded Event Alert System on the course to inform participants of the current course conditions. Please watch for alerts and follow the instructions of all race officials. (SEE PAGE 14).

POST RACE INJURY ASSESSMENT



ThedaCare
Orthopedic Care

NO APPOINTMENT NECESSARY.

ThedaCare providers will be in the Recovery Zone after the marathon providing post-race injury assessments.

920.831.5050 | thedacare.org

*If more advanced exam and diagnostics needed, additional costs may apply.



Cold Stress

Cold weather brings the danger of hypothermia. Hypothermia is the lowering below normal of the central or core temperature of the body. As the temperature falls, the body responds with shivering, which is the muscle's attempt to produce heat. If not attended to, you could become incoherent and then lapse into a coma, even die.

Follow these guidelines for racing in the cold:

- Dress in layers that can be easily adjusted. The innermost layer should be non-absorbent (moisture wicking) and non-irritating, such as polypropylene. The second layer is usually insulating, such as fleece. The outer shell is usually designed to break the wind, such as Gore-Tex.
- Keep extremities covered (mittens, cap, and coating face with petroleum jelly).
- There is great danger in not only under dressing, but also in overdressing. You should open up your clothing as soon as sweat starts to build up. You will get cold much more quickly in sweat soaked clothing.

Tips for Race Day

- During the race, drink fluids along the route and extra when you are thirsty. It is very important to drink extra in hot weather. If race conditions are YELLOW, I would recommend drinking fluids at every water station.
- Do not take any product with "ephedra" in it race day as this increases your risk of heat illness.
- Stay away from dehydrating agents such as cold medications, anti-diarrhea products, sinus medication and caffeine, which all can lead to dehydration.
- It is recommended that you avoid anti-inflammatory medications from midnight of race day and 6 hours post-race. Only after you have been able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal would an anti-inflammatory medication be safe and beneficial in preventing post-event muscle soreness.

Finish Line Tips

During the race, blood has been redirected to working muscles in your legs and away from internal organs. It's important to continue walking after you finish your race for about 20 minutes to allow the body to re-balance your blood supply. Otherwise you may feel nauseous (not enough blood flow to the stomach) or dizzy and weak (not enough blood flow to the brain).

Continue to replenish fluid by hydrating with water, sports drinks and electrolytes solutions. Drink fluids slowly at the Finish Line as your body is able to tolerate without feeling nauseous. In addition, as you're able to tolerate them, eating salty foods such as pretzels and bananas will also help replenish salt stores in your body.

Our medical staff is here to help so please seek us out at the Finish Line if you have any questions. GOOD LUCK and HAVE A GREAT RACE!

Medical Information Provided by



ThedaCare.

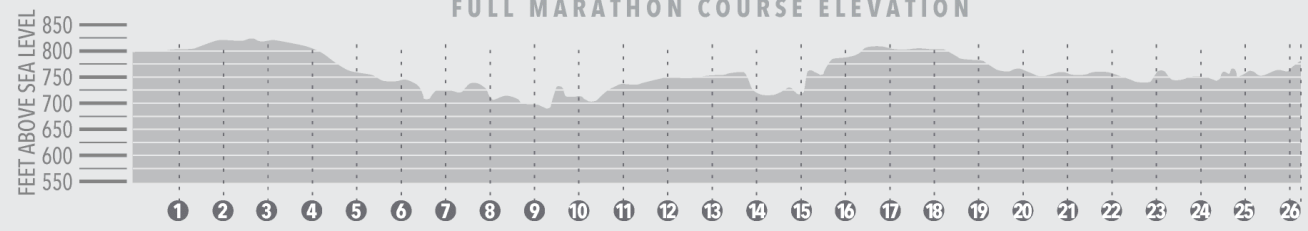
David Hirschi, MD.
Fox Cities Marathon
Medical Director



COMMUNITY FIRST FoxCities Marathon

Presented by **Miracosta**
Building Excellence

FULL & HALF MARATHON COURSE MAP



MAP LEGEND

- Course Route & Mile Markers**
- 1 Full Marathon
 - 1 Half Marathon
 - Shared
- Course Highlights/Stations**
- Relay Zone
 - Park or Greenspace
 - Shout Out Board
 - Medical
 - Water
 - Gel
 - Fruit

Sunday Course Information/Rules

- Water Stations:** 20 water stations along the Marathon course (10 on the Half Marathon course), will serve Gatorade Lemon-Lime Endurance Formula first in green Gatorade cups, and water second in plain cups.
- GU Energy Gel:** GU Energy Gel is offered at miles 14 and 22 along the Marathon course and mile 9 on the Half Marathon course prior to a water station.
- Medical Stations:** Medical stations are located at Marathon miles 9.5, 11.5, 16.5, 20.5, 23.5, and 25.5 plus, miles 7 and 10 of the Half Marathon.
- Fruit Station:** Fruit station is located on each course.
- Porta-potties:** Porta-potties are located at Start Line, each water station, and Finish Line.
- Safety for participants is our first concern!** For this reason, the following items are not permitted at all Sunday events: skateboards, pets, baby joggers, unauthorized bicycles, in-line skates or roller skates. No vehicles of any kind other than official event vehicles are permitted on the race course at any time. People on bikes, skates, roller blades, automobiles, etc., present a hazard to the runners and to themselves. The use of headphones is permitted, but not recommended. Please be aware of your surroundings as you participate.
- Passing Lane:** The beginning and end of the Half Marathon course is part of the full Marathon course. All participants are encouraged to stay curb side and allow a passing lane for runners or walkers.
- Course Cones:** If a lane is coned, it is very important that you stay inside of it. For your safety, listen to the police and course marshals wearing safety vests throughout the course. Watch for cones if road is crowded.



Local Weather
8 A.M. 12 NOON
46° 60°
AVERAGE TEMP AVERAGE TEMP

Please check local forecasts for the most up-to-date weather.

ZONE MAPS

ZONE 1

START LINE thru MILE 6 / "The Tunnel"



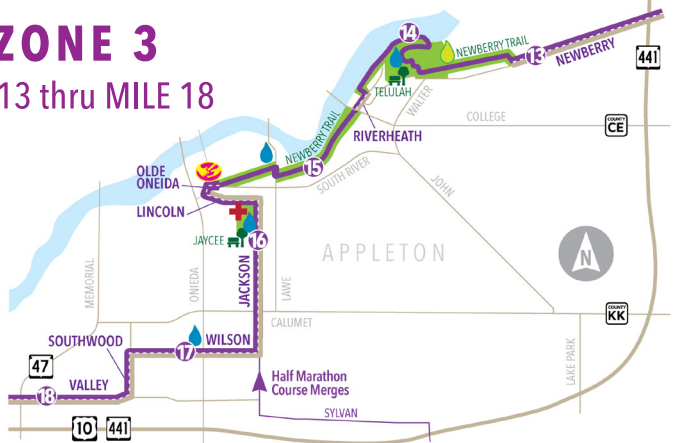
ZONE 2

MILE 6 / "The Tunnel" thru MILE 13



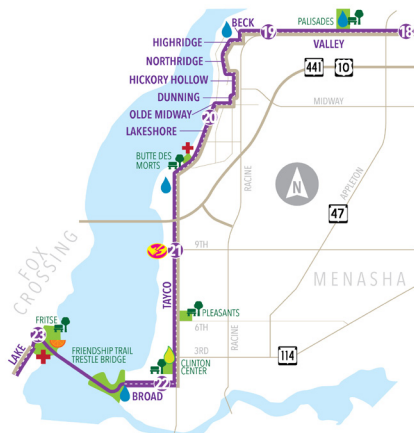
ZONE 3

MILE 13 thru MILE 18



ZONE 4

MILE 18 thru MILE 23 / Trestle Bridge



ZONE 5

MILE 22 / Trestle Bridge thru FINISH LINE



MAP LEGEND

Course Route & Mile Markers		Course Highlights/Stations		
	Road (both sides)			
	Road (single lane)			
	Trail			

COMMUNITY FIRST
FoxCities Marathon
Presented by **WISCONSIN**

Ascension
5K RUN/WALK
SCHEELS
10K RUN/WALK

COURSE MAP



MAP LEGEND

	5K/10K Shared Course
	5K Run/Walk Only
	10K Run/Walk Only
	Course uses full road (no traffic allowed)
	Course uses side of road (limited traffic allowed)
	Trail
Course Highlights	
	Mile Marker
	Water
	Greenspace
	Medical
	Restrooms

082024

5K/10K MAP

PARKING & SHUTTLES

Parking and Shuttles

Because Start Line parking is very limited, we recommend participants park near the Finish Line in Downtown Neenah's ramp or on-street parking and utilize FREE shuttles to the Start Line. Shuttles will run continuously Sunday morning from 5:00-6:15am. Pick up is near the Double Tree by Hilton (123 E. Wisconsin Ave), 1/2 mile from the Finish Line.

FREE Pre-Race Park'n Ride Locations give participants and guests several points in the Fox Cities to catch a Shuttle Bus to the Start Line in the morning prior to the start of the race. We encourage all participants to be at the Start Line NO LATER than 45 minutes prior to their start time.

A complete shuttle schedule is available online at foxcitiesmarathon.org.

FREE Post-Start Spectator Shuttle Bus from the Start Line to the Finish Line Spectator shuttle will leave after the start at 7am for the Finish Line. Look for the bus on University Dr., just west of the UWO-Fox Cities parking lot.

FREE Post-Race Shuttle Buses back to the Start Line, Park'n Ride locations or to area parking ramps will operate continuously from Riverside Park in Neenah between 9am-2pm.

LAMERS
The Passenger Professional



Sunday Intersection Delays & Road Closures

Please note and plan ahead for these closures and delays as you travel on **Sunday, September 22.**

Intersection	City	Begin	End
Oneida St. & Midway Rd.	Menasha/Appleton	7:00 am	7:20 am
NOTE: Midway Rd. will be closed from University Dr. (by UWO-Fox Cities) to Telulah Ave. from 7:00- 8:00 am. Oneida St. intersection will be closed from 7:00 – 7:20 am.			
Telulah Ave. & Midway Rd.	Appleton	7:10 am	7:40 am
Midway Rd. & Plank Rd. (roundabout)	Appleton	7:10 am	7:40 am
Midway Rd. & Lake Park Rd. (roundabout)	Appleton	7:10 am	7:50 am
Midway Rd. & N. Coop Rd.	Appleton	7:15 am	8:15 am
Eisenhower Dr. & Calumet St. (Cty. Hwy. KK)	Appleton	7:20 am	8:30 am
Cty. Hwy. CE. & Cty. Hwy N	Kimberly	7:30 am	9:00 am
Park St. & Wallace St.	Combined Locks	7:40 am	9:45 am
Lowe St. & Newberry St.	Appleton	8:15 am	11:00 am
E. South River St. & Olde Oneida St.	Appleton	8:15 am	11:05 am
Jackson St. & Fremont St.	Appleton	8:30 am	11:15 am
Jackson St. & Calumet St. (Cty. Hwy. KK)	Appleton	8:30 am	11:25 am
Wilson St. & Oneida St.	Appleton	7:15 am	11:40 am
Valley Rd. & Appleton Rd.	Appleton	7:20 am	11:50 am
Tayco Rd. & 9th St.	Menasha	7:35 am	12:45 pm
Columbian Ave. & Commercial St.	Neenah	8:00 am	1:45 pm
Oak St. & Wisconsin Ave.	Neenah	8:00 am	1:45 pm
NOTE: Wisconsin Ave in Neenah from Oak St. to S. Park Ave. will be closed from 7am – 2pm.			

www.foxcitiesmarathon.org



NOTE: Please obey all No Parking signs along course for race day street closures! **CARS WILL BE TOWED** early race morning if still parked on streets marked with no parking signs. Please help us avoid this and provide a safe course by parking in a parking lot or on side streets.

SUNDAY START LINE

Announcements

There will be music and announcements from 6-7am at the Start Line. Please listen for important announcements as you arrive and prepare for the start of your event. Refer to the schedule on page 1 of this Event Guide for start times for each event and plan to arrive at least 45 minutes prior to your start time. Restrooms are available both inside and outside at the Start Line.

**All Sunday Events
Start At
UWO-Fox Cities**
1478 Midway Rd., Menasha



Gear Check

We provide a free gear check at the Start Line for participants of the Marathon, Half Marathon and Relay Marathon. It's the easy way to get your warm-up gear, extra shoes, etc. to the Finish Line. You can use your own bags or bags will be provided. Bags are tagged by a volunteer with your bib number and are loaded onto the Gear Check truck provided by ITU AbsorbTech. Look for Gear Check signage and the ITU AbsorbTech truck in the UWO-Fox Cities parking lot in front of the Communication Arts Center, just north of the Start Line. Your bag will be transported to the Finish Line and available for pickup in the Gear Check area, near the Riverside Park Pavilion.

Pacing Teams for Full & Half Marathons

OnPace Race will be back again to provide group leaders to assist you in achieving your goal time for the Marathon and Half Marathon.

- Marathon target times will be 3:20, 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 4:45, 5:00, 5:30, and Sweeper (stays with the last runner).
- Half Marathon target times will be 1:30, 1:40, 1:50, 2:00, 2:10, 2:20, 2:30, 2:40, 2:50, 3:00, and Sweeper (stays with the last runner).



Participation is FREE! Go to the OnPace Race booth at the Expo to register for a pacing team and ask any questions. Then, find your pacing group at the Start Line on Sunday morning.

MYLAPS BIBTAG

Your race bib utilizes MyLaps© BIBTAG technology, an electronic reader strip mounted to the back side of the participant's bib. The BIBTAG system cannot be altered in any way prior to or during the event. Please **DO NOT** try to remove it!



SUNDAY FINISH LINE

Finish Line Food & Refreshments

FREE post-race food and refreshments will be provided at the Participant-Only Finish Line Food area.



ThedaCare Orthopedics Recovery Zone

Stop in after your race. Staffed by physical therapists and athletic trainers at Riverside Park, you'll be sure to have a great recovery after your race on Sunday.



Stretch Zone inside the Recovery Zone

Located in the Recovery Zone, Stretch Zone will provide stretching to help with circulation and relieve stiffness and soreness.



Showers

Free showers are available, courtesy of YMCA of the Fox Cities, located in Downtown Neenah. After the race, take the YMCA shuttle from the east edge of Riverside Park (same spot as post-race shuttles). Afterward, you can walk to your car in Downtown Neenah from the YMCA, take the YMCA shuttle back to Riverside Park for bus back to a shuttle stop.



110 W. North Water St., Neenah

Results

Preliminary results will be available in the Fox Cities Marathon App. Results will be based on your chip time. Results will be posted later Sunday night on our website: foxcitiesmarathon.org. Sunday participants will also be able to scan the QR code on their bib with a smart phone to link directly to their results page.

Awards

Official Results for all Sunday events will be based on chip time. Awards will be given to the top male and female Marathon finishers, top male and female Half Marathon finishers and top Relay teams. Awards will not be distributed in multiple categories, therefore individual participants will not receive more than one award. **To ensure results are final and accurate, awards will NOT be given out on race day and there will not be a formal awards ceremony.**

Visit foxcitiesmarathon.org for detailed weekend maps & info





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The **future**
is our day job.

We all have a hand in what tomorrow holds. Together, we can make the future brighter, one step at a time. At Guardian, we are proud to sponsor the Guardian Kids Fun Run.

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**You deserve
compassionate care.**

Personalized healthcare when you need it most

When you walk through our doors, you deserve to be seen and heard. Your questions matter. That's why Ascension care teams are here to empower you by listening to you, respecting your experiences and creating a care plan that works for you and your family.

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EVENT ALERT SYSTEM

For the safety of all participants, the **Community First Fox Cities Marathon presented by Miron Construction** utilizes a color-coded Event Alert System to keep you informed about course conditions leading up to and during the Full, Half and Relay marathon events

The system follows the American College of Sports Medicine color-coded flag system to convey the risk level for cold or heat/humidity stress, thunderstorms, high winds, air quality or other safety concerns.

Colored flags will be posted at number two water stations throughout the course indicating the current alert level. The alert level will also be shared via our app and social media.

In addition, prior to the event, anticipated course conditions will be shared in email communications our race app, and at the Nutritional Healing Health & Wellness Expo/Packet Pickup.

Event Alert System		
Alert Level	Event Conditions	Recommended Actions
EXTREME	Event Canceled / Extreme And Dangerous Conditions	Participation Stopped / Follow Event Official Instruction
HIGH	Potentially Dangerous Conditions	Slow Down / Observe Course Changes / Follow Event Official Instruction / Consider Stopping
MODERATE	Less Than Ideal Conditions	Slow Down / Be Prepared For Worsening Conditions
LOW	Good Conditions	Enjoy The Event / Be Alert



All participants and volunteers should familiarize themselves with the Event Alert System color indicators prior to the race, remain alert for directions from the race officials, announcers and volunteers and take precautions to prepare properly for varying conditions on race day.

See Something, Say Something

The safety of our participants, volunteers and spectators is of the utmost importance. Therefore, Community First Fox Cities Marathon presented by Miron Construction will be utilizing the "If You See Something, Say Something" program from the Department of Homeland Security.

"If You See Something, Say Something" is a simple and effective program to raise public awareness of indicators of terrorism and terrorism-related crime, and to emphasize the importance of reporting suspicious activity to proper local law enforcement authorities.

All those in attendance are encouraged to be vigilant in reporting suspicious behavior and situations (e.g., an unattended backpack in a public place or something trying to break into a restricted area).

If suspicious activity is suspected, attendees are encouraged to report that activity to nearby law enforcement personnel, race officials or a volunteer.

Remember, the easiest and fastest way to report any emergency is to dial 9-1-1.

Factors such as race, ethnicity, national origin, or religious affiliation alone are not suspicious. For that reason, the public should only report suspicious behavior and situations (e.g., an unattended backpack in a public place or something trying to break into a restricted area) rather than beliefs, thoughts, ideas, expressions, associations, or speech unrelated to terrorism or criminal activity.

GENERAL INFO

Lost & Found

All articles left at the Start Line will be transported to the Information Tent at the Finish Line at Riverside Park in Neenah. Any items not claimed by 2pm on race day will be taken to the Marathon office. Contact our office at (920) 882-9499 or info@foxcitiesmarathon.org by October 18, to claim an item. Items not claimed will be donated to a local charity.

Race Day Photographs

All Sunday, 10K and 5K participants will be photographed throughout the course and at the Finish Line. Photos will be available for viewing and purchase approximately one week after the event. Find the link at foxcitiesmarathon.org. Photos are categorized by event and bib number. **As you cross the Finish Line, be sure your race number is visible, look up and smile!**

Back Bibs

Stop by the Nutritional Healing Health & Wellness Expo at UWU-Fox Cities to fill out a personalized back bib!



**PROUD TECHNOLOGY
& RACE APP SPONSOR**

fiserv.



SAVE
THE
DATE

SEPT.
19-21
2025

2024 SPONSORS

THANK YOU FOR YOUR PARTNERSHIP!

Title Sponsor



Platinum Sponsor



Building Excellence

Presenting Sponsors



Ascension

SCHEELS



NUTRITIONAL HEALING

Changing people's lives from the inside out



KWIK TRIP

fiserv.



ThedaCare.

Major Sponsors

HUGGIES



FAST SIGNS

Sign & Graphic Solutions Made Simple



meijer

ThedaCare.
Orthopedic Care

SECURA
INSURANCE COMPANIES



US Venture



Sure-Dry



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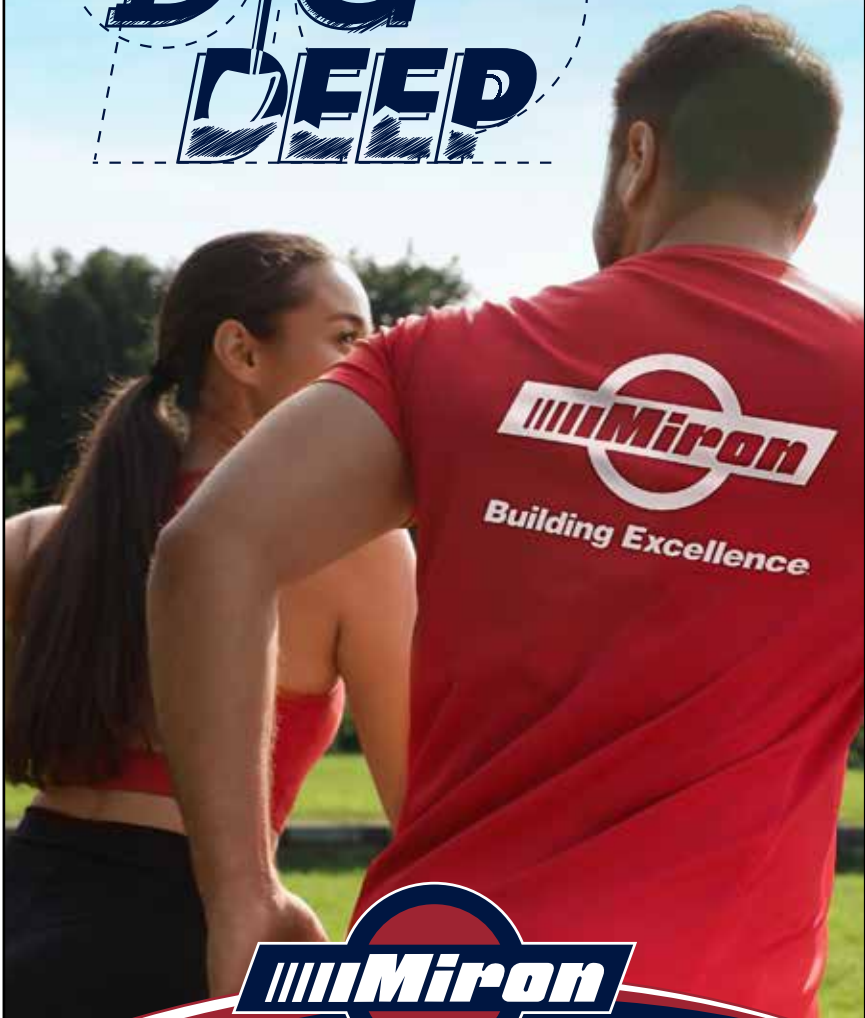
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