



Presented by **Miron**
Building Excellence

2025

EVENT GUIDE

SEPTEMBER 19-21



foxcitiesmarathon.org

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

34 Years Running

PASSION

— FUELED BY —

PURPOSE



When you do something fueled by passion and driven by purpose, you give it your heart, soul, and creativity. That spirit drives our work every day and inspires us—not only as the title sponsor, but also as your biggest fans on the course and behind the scenes.

You've poured your heart, soul, and purpose into your training . . . now it's time to celebrate!

As we mark Community First's 50th anniversary, we're proud to cheer you on and be there for you every step of the way!

communityfirstcu.com

SCHEDULE OF EVENTS

EVENT LOCATION ADDRESSES

Fox Cities Stadium – 2400 N. Casaloma Dr., Appleton
Community First Champion Center – 5000 W. Champion Dr., Appleton
Riverside Park – 500 E. Wisconsin Ave., Neenah
Start Line - 1478 Midway Rd., Menasha



FRIDAY, SEPTEMBER 19



	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
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		Community First Champion Center
Packet Pickup & Registration	4:00 - 8:00 pm	



SATURDAY, SEPTEMBER 20



	Time	Location
FLEET FEET® 10K Run/Walk		
Ascension® 5K Run/Walk		
Packet Pickup & Day of Registration	7:00 - 8:45 am	Riverside Park
5K & 10K Start	9:00 am	Riverside Park



Nutritional Healing™ Health & Wellness Expo		
Sunday Packet Pickup & Registration	9:00 - 3:30 pm	Community First Champion Center
1st Timers Questions Answered	2:00 - 3:00 pm	



SUNDAY, SEPTEMBER 21



	Time	Location
Wheelchair & Hand Crank Start Time	6:55 am	Start Line
Community First Marathon	7:00 am	Start Line
OSMS Relay Marathon	7:00 am	Start Line
ThedaCare® Half Marathon	7:00 am	Start Line



ThedaCare® Half Marathon		
(Competitive Walk Division)	7:05 am	Start Line

Start Line – 1478 Midway Rd., Menasha (formerly known as UW-Oshkosh Fox Cities)
Finish Line – Riverside Park located at 500 E. Wisconsin Ave., 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



**NEW
LOCATION**

COMMUNITY FIRST
CHAMPION CENTER
FOX CITIES

5000 W Champion Dr, Appleton

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 Spots

Take your pre-race photo at the Expo.

First Timer Seminar

(Saturday 9/20) 2:00 pm with Dean Peterson

Meet other first timers and get your questions answered from an expert.

Visit Fitness & Health-Related Vendors

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



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2025 Vendors*

CarePros, LLC
Community First
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Fleet Feet Fox Valley
Fox Cities Marathon
Merchandise
Floors by Angie
Fox Cities Convention &
Visitors Bureau
L'Bri Pure & Natural
Skincare
Natural Healthy Concepts
Network Health
Nutritional Healing
On Pace Race
Pickleball Kingdom
Prime IV - Appleton
PT Solutions at Ascension
Raceessentials
Simply Attuned
The Spa Team
ThedaCare

*as of press time

FUNCTIONAL MEDICINE CLINIC CLINICAL NUTRITIONIST

The right testing can lead you on the road to healing.
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Changing people's lives from the inside out.™

- Body Composition Testing
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- Customized Supplements
- Cardio-Metabolic Lab Work
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- Gut Health Testing
- Hormone Testing
- Vitamin & Mineral Testing
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- 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.

Visit Our Website

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

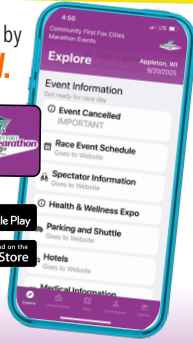
Follow Us On Social

Watch for weekend highlights and tag us in your posts.

#FoxCitiesMarathon



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GIVING BACK

Over \$1.3 Million Donated!

Since 2006, together with our participants and sponsors, the Community First Fox Cities Marathon presented by Miron Construction, has returned over \$1.3 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!

food[s]here



hot eats



Kwik Trip

FLEET  FEET

FIND
YOUR
Perfect
FIT

Proud to be in
the Fox Cities!

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insoles and gear that
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comfortable through
your workday and
beyond.



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"Just keep running"?



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HUGGIES®

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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.

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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 9). 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, 1478 Midway Road, 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, September 19th at midnight.**

MEDICAL INFO

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 16).

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



You've put in the work - now it's time to make it count. Based on years of research at the Gatorade Sports Science Institute, Gatorade Endurance products are specifically designed to help endurance athletes like you replace fluids and electrolytes lost when training and racing over prolonged periods. Want to really bring it on the race course? We'll have Gatorade Endurance Formula on-course at all aid stations. Fuel to unlock your best race day with Gatorade Endurance!

BUILT TO GO THE

EXTRA MILE

Boldt is proud to support the Fox Cities Marathon and those who go above and beyond to reach their goals.

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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 16 water stations throughout the course as well as at the start and finish line, indicating the current alert level and posted in our race app and at foxcitiesmarathon.org.

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.

SUNDAY START LINE

Announcements

There will be music and announcements from 5:30-7am at the Start Line. Will Call Packet Pick-Up will be available for an additional fee Sunday morning. 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 at the Start Line.

**All Sunday Events
Start at 1478 Midway
Rd., Menasha**

Formerly known as
UWO-Fox Cities

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 war-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 AbsorbTech. Look for Gear Check signage and the AbsorbTech truck. 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, 3:25, 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 1:40, 1:50, 2:00, 2:10, 2:15, 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.

BIBTAG



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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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.

Listening to you, caring for you.®
ascension.org



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CHALLENGE ACCEPTED

Sparkling Friendly Competition

These challenges add a fun twist to the weekend! Bragging rights are on the line in the Healthy Business Challenge, where companies compete based on employee participation, and schools can win cash prizes in the School Challenge by rallying the highest percentage of student involvement. Plus, our Community Challenge celebrates local pride by recognizing the top 3 male and top 3 female marathoners from each of our original seven communities.



HEALTHY BUSINESS
CHALLENGE



network
health



**COMMUNITY
CHALLENGE**



US Venture

SCHMIDT FAMILY FOUNDATION

**SCHOOL
CHALLENGE**



BEYOND THE RACE

YOU are the Star of the Runner's Reel!

You put in the miles, and we'll help you remember it with a personalized video of your journey from the start line to the finish line delivered within days! We're excited to introduce Runner's Reel - capturing video at different spots on the course, then compiling them in to a highlight reel of your very own! Watch for our video locations throughout the course and then watch for your own, personal Runner's Reel in the days following the race! Let's make some memories!

NEW



Powered by
velera

Re-Energize at the Wall

We've teamed up with Boldt to bring you a needed boost near Mile 20 for the Full Marathon and Mile 7 for the Half Marathon. Just when you need it most to finish strong!



Finish Line Merchandise

Shop for official FCM merch on Sunday at our Finish Line Merchandise Tent—stock up on race gear, souvenirs, and must-have keepsakes to celebrate your finish!

FLEET FEET



Happy Pace

Say Cheese! Don't miss your chance to snap a photo with the Happy Pace Results Clock at the Finishline! We can't wait to see everyone's smiling faces at the clock. Share your Happy Pace moments by posting your on your Socials—we'd love to see how many we can collect!



-ISI-
& CO.
Stacey Hennessey & Co.
Century 21 Affiliated



Custom On Site Shirt Printing

Celebrate your finish with some swag! Stop by the Finish Line and check out our Custom T-Shirt Printing available on both Saturday and Sunday. Choose your favorite design, add your finishing time or name, and create a one-of-a-kind keepsake to remember your race experience!

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Pace Car Selfies!

Grab a pic with our Pace Car, on display at this year's expo! Graciously sponsored by Bergstrom, this just one of several Pace Cars that lead our runners in the 5K, 10K, Half Marathon and Full Marathon.



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 17, 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 Community First Champion Center to fill out a personalized back bib!



SAVE THE DATE

SEPT. 18-20, 2026

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Building Excellence

Miron Construction is proud to be the presenting sponsor of the Community First Fox Cities Marathon. We dig deep and bring the passion to build communities one stride at a time.

Together, we're ***Building Excellence***.

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LEARN MORE AT [MIRON-CONSTRUCTION.COM](https://www.miron-construction.com)

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