

BELLIN RUN

10K • 5K '23



EVENT GUIDE

POWERED BY
belinhealth

festival
of the
woods



The Elite Group
A Division of The Kresz Foundation

Nature's Way

KI

GREEN BAY PACKAGING
GEORGE KRESZ FOUNDATION

pepsi

Robin
Healthcare

Concentra

SCHNEIDER

PARTICIPANT INFORMATION



Timing Mechanism

The Bellin Run uses timing mechanisms built into participants' race bibs. Wear your bib on your outermost layer of clothing and keep it visible. Do not bend the bib-worn timing mechanism. Don't block it with your arm, hydration belt or other items as you cross timing mats at the start, halfway point and finish.



Free Race-Day Photos

The Bellin Run is pleased to announce we're partnering with FinisherPix to offer free race-day photos to all participants. Photographers will be positioned throughout the course, so make sure your race bib is visible. Runners and walkers will be able to download race photos at no cost the day after the event. It's our way of helping you share your memories of the 2023 Bellin Run.



Results

Participants and spectators can access and get push notifications with their unofficial results using our smartphone app.



The Bellin Run website, bellinrun.com/post-race, will have unofficial results race morning and complete official results later on race day.



Wisconsin 10K Championship Site

The 2023 Bellin Run will serve as the Wisconsin USATF 10K Championship. The top competitor in the open male, open female, masters (over 40) male and masters (over 40) female divisions will receive an award. The Bellin Run is honored to be selected by the Wisconsin Association of USA Track and Field to host the championship.



Pasta Dinner Fuel-up

The Friday expo, events and packet pick-up all happen around dinnertime. We've made pre-race fueling easy, delicious and affordable. Our all-you-can-eat pasta dinner is just \$9 for adults, \$4 for children 12 and under, and free for anyone under 2 years old. The menu includes salad, garlic toast, pasta with marinara or meat sauce, bowtie mac & cheese, baby carrots, apple slices, cookies, water and Pepsi products. Stop in between 4:30-7:30 pm and fuel up!



NO RACE-DAY SHUTTLES – Plan Ahead

After careful consideration, we have elected to move forward without our shuttle program on race day this year. Make a plan for race day parking! Ample parking is available near the Bellin Run course, and identified by signage in nearby lots and on city streets. It's always a good idea to plan ahead, leaving yourself plenty of time to park your car and make your way to the start line.



Tech Shirts

All runners and walkers will receive a high-quality technical fabric T-shirt with their registration for the 2023 Bellin Run.



Post-Race Food

Refuel post-race with our selection of awesome eats from race sponsor Festival Foods. We'll have classic favorites including bananas, and delicious new offerings including Kate's Real Food Bars. Wash it all down with a tasty chocolate milk as you celebrate finishing the 2023 Bellin Run.



PARTICIPANT INFORMATION



Course – 10K and new 5K!

The Bellin Run starts and finishes on Webster Avenue in front of Bellin Hospital. The 10K course weaves through the streets of Green Bay and Allouez. The 5K course starts with the 10K on Webster Avenue, turns left on Beaupre Street and rejoins the 10K at Baird Street. An elevation chart and course map with first aid stations, restrooms, entertainment and water stations is available at bellinrun.com.



Start Format

A corral system is used to line up participants by their anticipated pace. Our 10K and 5K participants will utilize this system as they start together on race day. At the starting gun, the continuous line of participants will move forward until all runners and walkers have crossed the start line. Detailed information for runners and walkers is included with your race packet.



Safety Information

Please help us promote safety at this community event. Race officials, volunteers, public safety and EMS personnel and first responders staff the course. Contact the nearest official in the event of a medical emergency or safety concern.

Do not bring large bags, backpacks or purses.

Unattended bags should be reported immediately to authorities.

Running with strollers is prohibited by USA Track & Field regulations and Bellin Run course rules and may result in disqualification. Walking with strollers or wagons is allowed and encouraged.

No pets are allowed on the course.

Personal audio devices should be at a level that allows you to easily hear officials.

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



Star 98 (98.5 FM) Official Radio Station

In addition to providing entertainment in the Star 98 Energy Zone near the homestretch, the station will also be used for any necessary announcements on race morning.



Get Social with the Bellin Run

We're proud that Green Bay is a running community and proud to tell others. You can, too! Use the hashtag **#RunYourTown** on Twitter, Facebook, YouTube and Instagram. Search **@BellinRun** to find us and share your training and event experiences using **#RunYourTown**.



Bellin Run Apparel

Official Bellin Run merchandise is available for purchase from 3-8 p.m. Friday at the expo and from 6:30-10:45 a.m. Saturday in Astor Park. You can also shop online at bellinrun.com.



FRIDAY NIGHT AT ASTOR PARK

R Registration/Packet Pick-up • 3-8 pm

Registration Fees:

May 2-June 1 • \$40

June 2-8 • \$45

June 9 (in person) • \$50

H Health & Fitness Expo • 3-8 pm

The expo features booths with health education, athletic training consultations, nutrition information, fitness equipment and apparel vendors, and community organizations.

C Children's Activities • 3-8 pm

Face painting, magic tricks, obstacle course, balloon animals, mascots and more help children get in on the fun.

P Pasta Dinner • 4:30-7:30 pm

All-You-Can-Eat

Adults \$9, Children 12 and under \$4,

Children under 2 Free

A Elite Athlete Autographs • 4-4:30 pm

E Participant Events

Back to the Road Crew • 4 pm

TRIUMPH Mile of Greatness • 5 pm

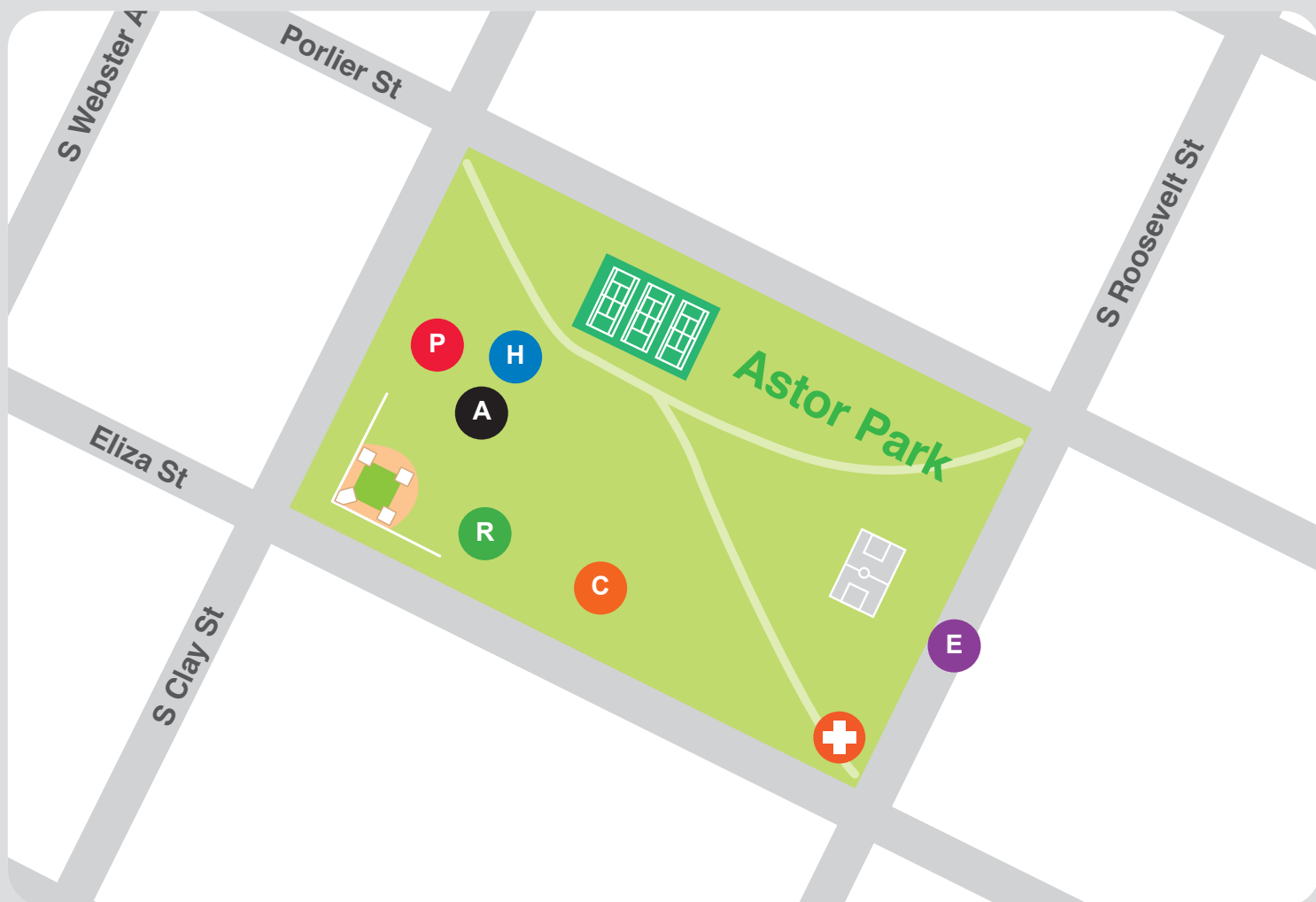
Children's Run • 6 pm

6 pm ages 4 and younger

6:15 pm ages 5-6

6:30 pm ages 7-8

6:45 pm ages 9-10



SATURDAY RACE DAY

- P** Packet Pick-up • 6:15-7:45 am
- K** Kids for Running Meeting Place
- C** Corporate Challenge Village
Photos 6:30-7:30 am at basketball court

Start Bellin Health, 744 S. Webster Ave.

7:30-8 am **1** **2** **3** **4** Corral Staging
7:50 am National Anthem
7:53 am myTEAM TRIUMPH Start
8 am 5K/10K Start

- F** Finishers Area and Post-Race Meeting Place

- E** Entertainment & Refreshments • 8:30 am

- A** Awards Ceremony • 10:45 am
Recognizing the overall winners and the top 3 competitors in each 10K male and female age division.

- i** 5K awards will be available for pick up at the info booth after 9:15 am.



RUNNING EXPERTISE



Sports Medicine & Orthopedics

Training Runs

Our running experts offer free training runs and walks between now and race day – and beyond. These no-cost sessions are open to runners and walkers of all levels and abilities, offering weekly short- and longer-distance runs to help you meet your training goals. Free training sessions are held at 6 p.m. Wednesdays at Bellin Health Tiletown Sports Medicine & Orthopedics. The training sessions continue into October, so you can keep running with us after the Bellin Run!

Custom Running Plans and Personal Training

Bellin Fitness is a full-service fitness center with two locations – Bellevue and Oconto. Our fitness and running experts are ready to help you build a training plan that helps you reach your goals.

Nutrition and Hydration

How you fuel your runs makes a difference, and we want to help you get it right. Our team of experts has plenty of practical information on nutrition and hydration — tips and suggested menus that will help you optimize performance with just the right balance of carbohydrates, protein and fat. Whether you're training for your first 5K or 10K or your next marathon, maintaining a quality diet is key. Visit bellinrun.com/training for more information.

Video Running Analysis

Bellin Health Sports Medicine & Orthopedics can help you recover from injury and improve performance with our high-tech video running analysis. Using electronic sensors, ultra-high-speed video and the know-how of our trained experts, we can help athletes of any age recover from injury, enhance performance, return safely to running and minimize potential for future injury. Call (920) 430-4888 for more information or to schedule an appointment.

Free Injury Assessments

If you are having aches and pains and want to make sure you are “all systems go” for the Bellin Run, Bellin Health Sports Medicine will be providing free injury screenings at the Bellin Run Expo from 3-8 p.m. Friday, June 9. The assessments will be completed by physical therapists.

Walk-In Injury Assessment

Sports injury and orthopedic assessments by our team of licensed athletic trainers, without an appointment.

Monday-Friday: 8 a.m.-5 p.m.

(extended coverage is available with a Licensed Athletic Trainer until 6 p.m.)

Saturday: 8 a.m.-12 noon

(no physician is available at this time, but the clinic will be staffed by a Licensed Athletic Trainer)

Bellin Health Tiletown

1970 S. Ridge Road, Green Bay