

# Participant Guide

20  
23





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# Important Information

- We account for all runners. If you (or a participant) starts the race and leaves the course please let us know by calling or texting: 715-323-1554
- There will be directional arrows throughout the course. Please stay on the side of the road that the arrows are on.
- We're hosting a shoe drive to collect new and gently used shoes to create opportunities for women in developing nations to start and sustain a small business. We will have drop boxes available on Friday and Saturday. Please see page 7 for more information.
- Please read through the rest of the participant guide for all of the other details of race weekend. Thank you for joining us!



# Weekend Schedule

## Saturday, October 7th

### Downtown Stevens Point — Mathias Mitchell Public Square

*913 Main Street, Stevens Point, WI 54481*

4–8pm: Packet pickup, race registration, and race expo

4–9pm: Pasta feed at Graffiti's Sports Pub, 912 Main Street, Stevens Point, WI 54481

\*enjoy a \$9.99 spaghetti dinner, add meatballs for +\$3.00

5–7pm: Live entertainment by local band, Mall Crawler

6:00pm: Organized Shakeout run: downtown square through Pfiffner Park & Bukolt Park

## Sunday, October 8th

### Pfiffner Pioneer Park

*1100 Crosby Ave, Stevens Point, WI 54481*

6:30–9:15am: Packet pickup and race registration

7:00am: Bag drop opens

9:00am: Half marathon start

9:30am: Kids' race start

10:00am: 5k start

10:30am: Band, food trucks, and post-race party begins

11:30am: Awards: Half marathon and 5k

12:30pm: Half marathon course closes

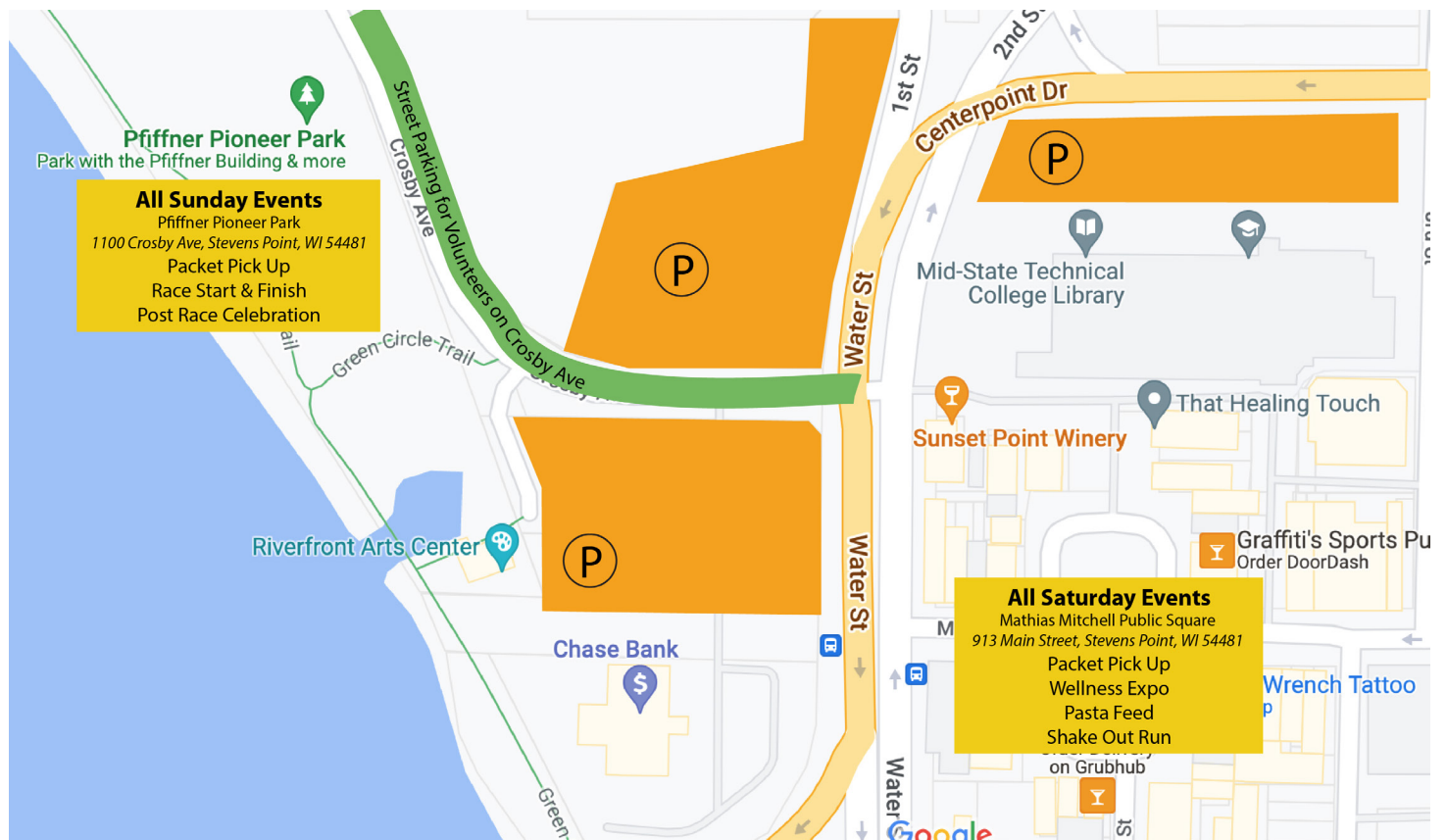
1:00pm: Band and food trucks conclude

# Parking

Free parking is available on Saturday and Sunday:

1. Lot parking north and south of Crosby Avenue
2. Lot parking by Mid-State Technical College

\*\*\*Street parking on Crosby Ave is available for volunteers only



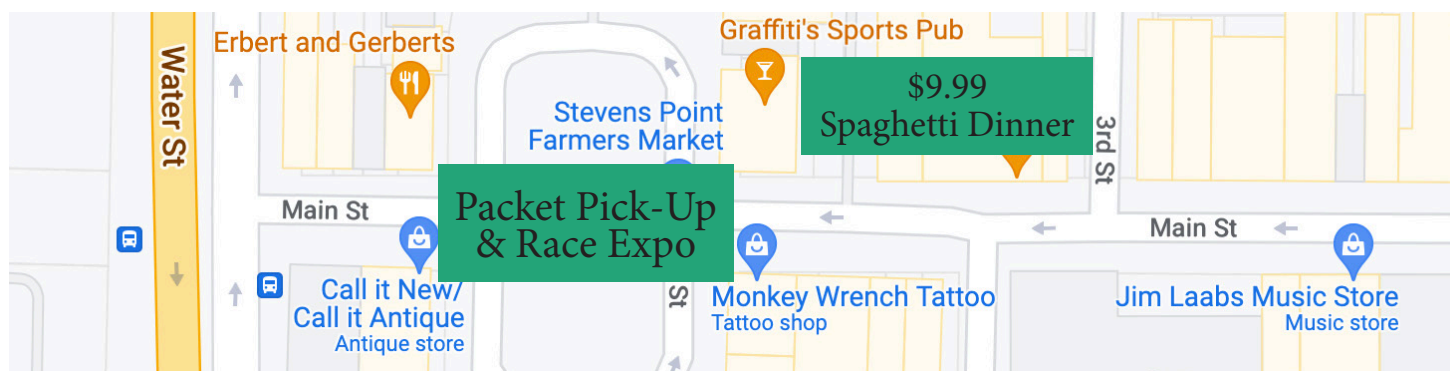
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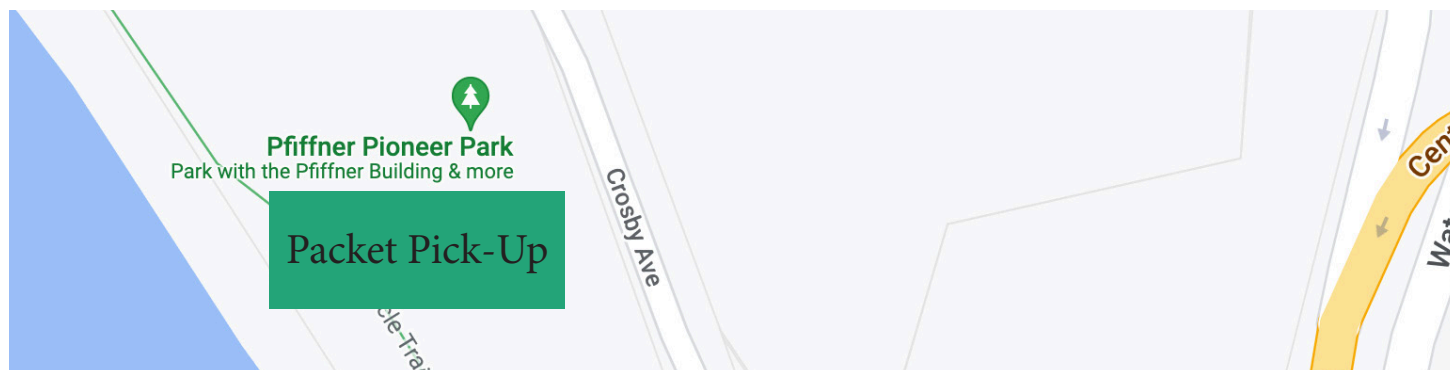


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# Wellness Expo

Saturday, October 7th

Downtown Stevens Point — Mathias Mitchell Public Square

*913 Main Street, Stevens Point, WI 54481*

Visit local health and wellness vendors to learn about what they have to offer and get free samples and services.

- Aspirus
- Girls on the Run
- Infinity Wellness & Chiropractic
- Lake Pacawa Park Run
- NCCT (North Central Conservancy Trust)
- OnPoint Physical Therapy
- Pineries Running Lab
- Portage County Planning & Zoning
- Stevens Point Area YMCA
- UWSP Pre-PT Club
- Welcomed Run/Walk

Enjoy Live entertainment by local band, Mall Crawler and a \$9.99 spaghetti dinner at Graffiti's Sports Pub, 912 Main Street, Stevens Point, WI 54481



# SOLES4SOULS

Turning shoes and clothing into opportunity

We're hosting a shoe drive to collect new and gently used shoes to create opportunities for women in developing nations to start and sustain a small business.

You can help by simply donating your shoes! Drop boxes will be available for your new or used shoes on Saturday & Sunday.

All shoes will be donated to the non-profit organization Soles4Souls. Soles4Souls creates sustainable jobs and provides relief through the distribution of shoes and clothing around the world. Since 2006, Soles4Souls has distributed 40 million pairs of new and gently worn shoes in 127 countries. Soles4Souls is a four-star charity rated by Charity Navigator.



# Half Marathon

**Start Time:** 9:00am

**Start and Finish location:** Pfiffner Pioneer Park

**Awards Ceremony:** 11:45am

**Course Time Limit:** 3.5 hours

**Water/Gatorade Stations:** Mile 2, 4, 6, 8, 10, & 12

**Fuel:** Bananas and Granola available at mile 6 & 12.

Pure Fuel by Anderson's Maple Syrup available at miles 4 & 8

**Porta Potties:** Mile 4 & 8

**Age Groups:** 19 & under, 20–29, 30–39, 40–49, 50–59, 60–69, and 70+

\*Bag Drop available in Pfiffner Park

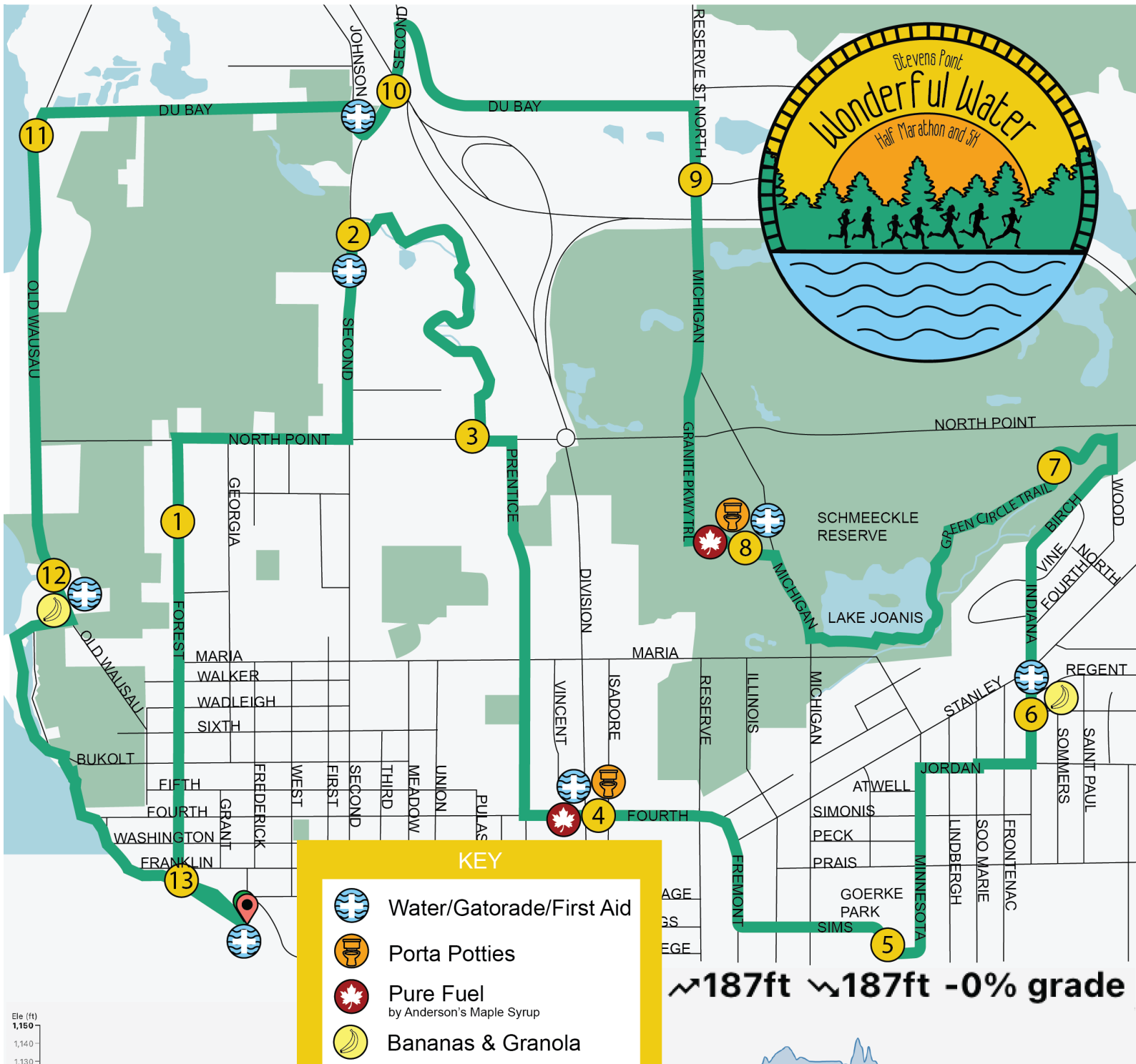
## 2 Hour Pacer

Do you have a goal of running a 2 hour half marathon? New this year, we have a volunteer runner who would love to help you achieve your goal! Look for the pink 2:00 sign at the starting line!

We account for all runners. If you (or a participant) starts the race and leaves the course please let us know by calling or texting: 715-323-1554

## Rules of the Race:

- *Headphones during the race are allowed, but participants are expected to be aware of their surroundings.*
- *Any runner who is felt to be posing a safety concern to other runners or themselves may be removed from the race at the discretion of the Race Directors.*
- *Strollers, pets, and roller blades are prohibited on the course.*
- *Walkers are welcome! Please keep in mind that the course has a 3.5 hour time limit and will close at 12:30pm.*



# Half Marathon Route

Interactive Race Map

# 5k

**Start Time:** 10:00am

**Start and Finish location:** Pfiffner Pioneer Park

**Awards Ceremony:** 11:30am

**Water/Gatorade Station:** Mile 2

**Fuel:** Bananas and Granola available at mile 2

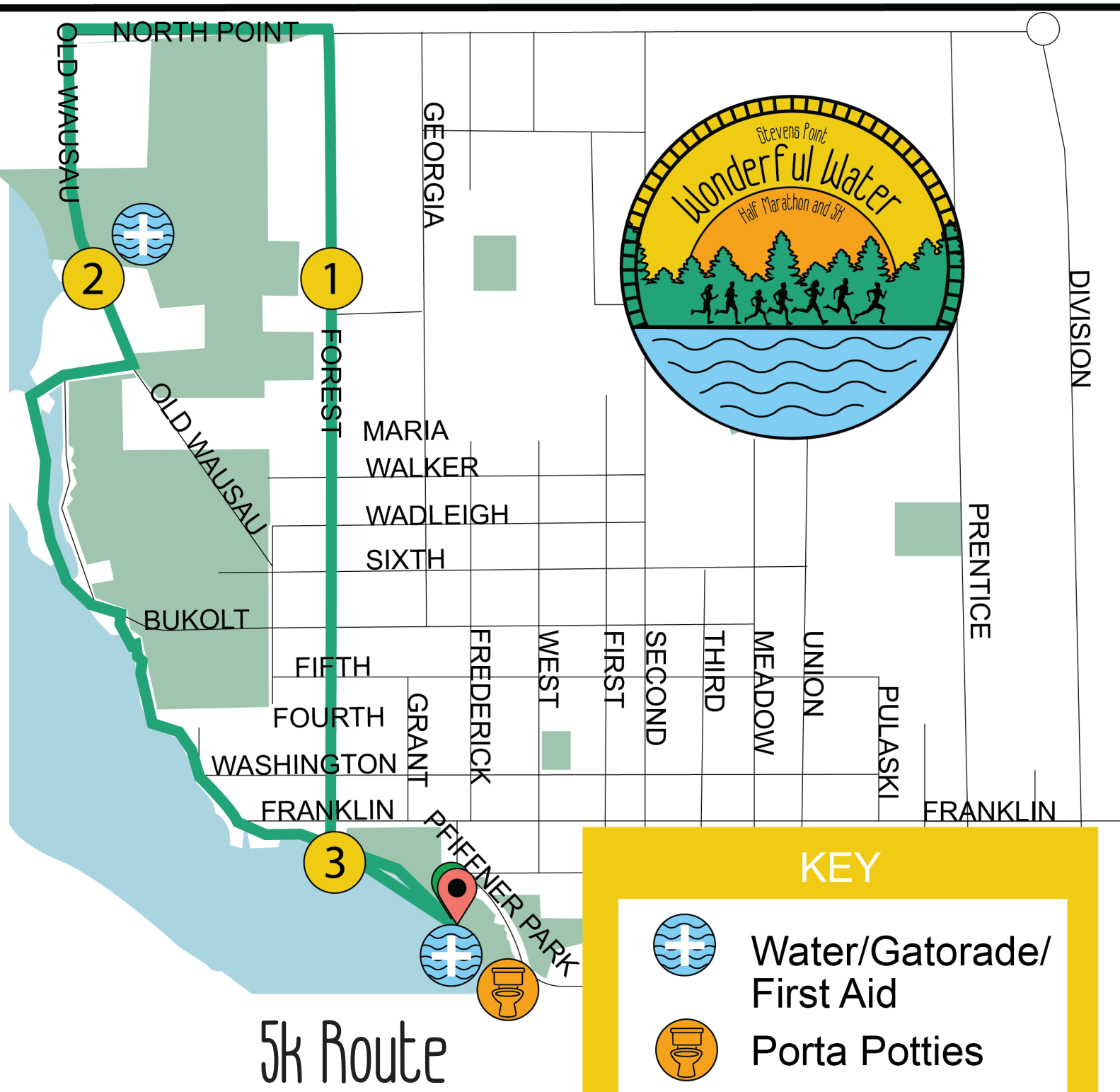
**Age Groups:** 19 & under, 20–29, 30–39, 40–49, 50–59, 60–69, and 70+

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## Rules of the Race:

- *Headphones during the race are allowed, but participants are expected to be aware of their surroundings.*
- *Any runner who is felt to be posing a safety concern to other runners or themselves may be removed from the race at the discretion of the Race Directors.*
- *Pets and roller blades are prohibited on the course. Strollers are permitted on the 5k course.*
- *Walkers are welcome!*

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715-323-1554



# Kids Run



**Start Time:** 9:30am

**Start and Finish location:** PfiFFner Pioneer Park

**Ages:** 4–12

**Distance:** 0.5 or 1.0 miles

## Rules of the Race:

- Kids can choose to turnaround at the first or second boat landing for a total distance of .5 miles or 1 mile.
- Parents are welcome to assist children as necessary



# Post Race

**9:00am–12:30pm**

FREE post-race massage offered by



Pineries is a bio-mechanics running lab that specializes in helping runners stay healthy, return from injury, and develop sustainable running habits through run coaching, 3D running analysis, and run performance training.

This year they will be offering free post-race massage for all runners of the 5K and half marathon! Stop by their booth in Pfiffner Park to meet their team and receive some feel-good soft tissue massage after your amazing accomplishment.

**10:30am–1:00pm**

Finish your morning race (or cheering session) with a meal and music in Pfiffner Park! The Wonderful Water Run concludes with a live performance by Stevens Point area musicians, and some of Central Wisconsin's best mobile food. In 2023, Wonderful Water Run is excited to have Tailwater, a Stevens Point modern pop/rock band, back to join us for the 2nd year!



Food available for purchase from Hanuman Express, Gifted Hands, the Munchie Mobile, and a selection of local beers and beverages!



# Inclement Weather Plan

In case of severe weather, the Wonderful Water Run (WWR) Board of Directors or Committee Members on site will determine action and will announce in the park as conditions allow.

If lightning is observed by any WWR Board or Committee member, 20 minutes must pass before conditions are deemed safe.

If a tornado watch or warning is issued by the National or Local Weather Service, 20 minutes must pass from the end of the watch or warning before conditions are deemed safe.

If any other threatening weather presents itself (flooding, winds, hail, or other), 20 minutes must pass from the severe weather end before conditions are deemed safe.

If two hours pass from the half marathon start at 9am and conditions have not been deemed safe, all race events will be transferred to virtual and the rest of the festivities will be canceled for the day.

If, while on the course, weather becomes unsafe, please listen to volunteers and look for the sweeper vehicle. We will do our best to inform any and all volunteers and participants as quickly as possible. Call 911 if you are injured or unable to get quickly to a safe location. For non-emergency, call or text the Course Director, Jeanna, at 715-323-1554



# Merchandise

Check out the branded merchandise available for purchase at all race events!

\*purchases available via check, cash, & card



# Thank You

## To Our Generous Sponsors

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### PLATINUM



### GOLD



### SILVER



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