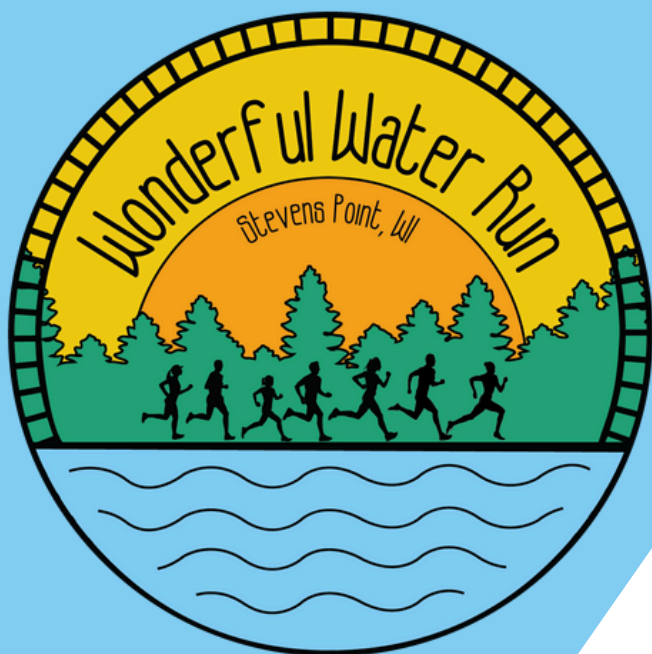




Participant Guide

20
25



Health & Wellness Expo

Friday, September 26th, 2025

Mid State Technical College

1001 Centerpoint Dr, Stevens Point, WI 54481

4:30 PM - 7:30 PM

Timeline:

4:30 PM	Expo Opens: Vendors, Packet Pickup, Registration, Merchandise Sales, Kid's Activities
6:00 PM	Kid's Run (1/4 mi) Start Time (AT MSTC)
6:15 PM	Kid's Run (1/2 mi) Start Time (AT MSTC)
7:30 PM	Expo Closes



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Important Information

- We account for all runners. If you (or a participant) starts the race and leaves the course please alert a volunteer or call/text: 815-901-4300. Please include your bib number in the message.
- 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

Friday, September 26th

Mid State Technical College

1001 Centerpoint Dr, Stevens Point, WI 54481

4:30–7:30pm: Packet pickup, race registration, merch sales, race expo

6:00pm: 1/4 mile Kids' Run

6:15pm: 1/2 mile Kids' Run

Saturday, September 27th

Pfiffner Pioneer Park

1100 Crosby Ave, Stevens Point, WI 54481

7:00–9:45am: Packet pickup and race registration

8:00am: Bag drop opens

9:00am: Half marathon start

9:30am: 10k Start

9:45am: 5k start

10:00am: Band, food trucks, and post-race party begins

12:30pm: Half marathon course closes

1:00pm: Band and food trucks conclude

Awards:

All times are approximate

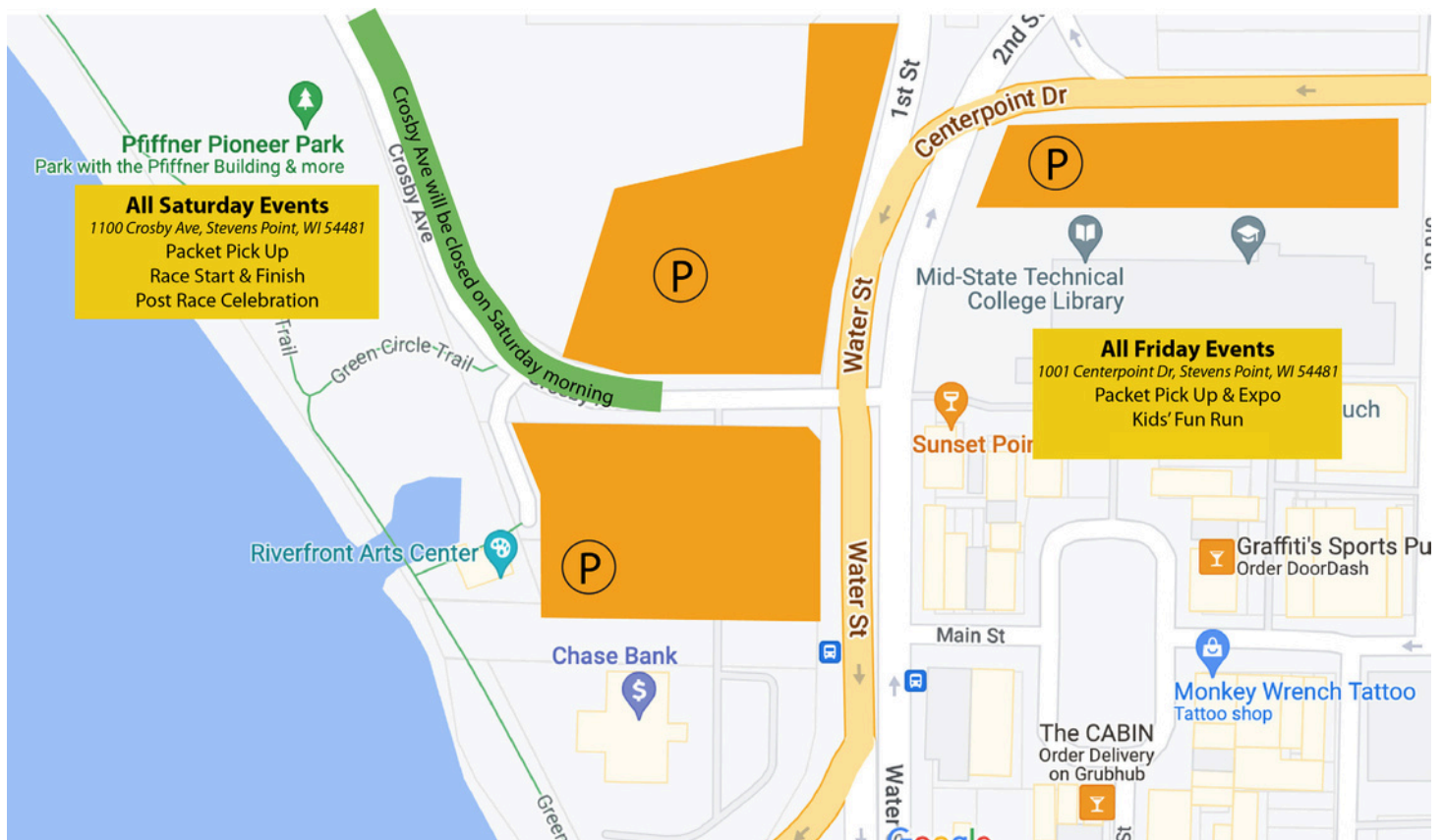
11:00am - 5k

12:00pm - 10K followed by Half Marathon

Parking

Free parking is available on Friday & Saturday:

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



Packet Pick Up

Friday, September 26th

Mid State Technical College

1001 Centerpoint Dr, Stevens Point, WI 54481

4:30–7:30pm: Packet pickup, race registration & expo

Saturday, September 27th

Pfiffner Pioneer Park

1100 Crosby Ave, Stevens Point, WI 54481

7:00–9:45am: Packet pickup and race registration

New Sign Station Sponsor!

👏 Runners love crowd support—now you can create it! Stop by the Food and Farm Exploration Center's sign-making station during packet pickup and design your own cheer sign. Available both Friday at MSTC and Saturday in Pfiffner Park. Let's line the course with encouragement!



food+farm
EXPLORATION CENTER



Wellness Expo

Friday, September 26th, 4:30–7:30pm

Mid State Technical College

1001 Centerpoint Dr, 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 Clinic
- North Central Conservancy Trust
- Mid-State Technical College
- Point Counseling Center
- Food + Farm
- Noble Community Clinic
- Infinity Wellness
- Walk Wisconsin
- Girls on The Run

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 Friday & Saturday.

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: *approximately 12:00pm*

Course Time Limit: 3.5 hours

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

Gatorade: Mile 4, 8, & 12

Fuel: Mile 6 & 12

Toilets: Mile 4, 8, & 11.5

Age Groups:

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

*Bag Drop available in Pfiffner Park

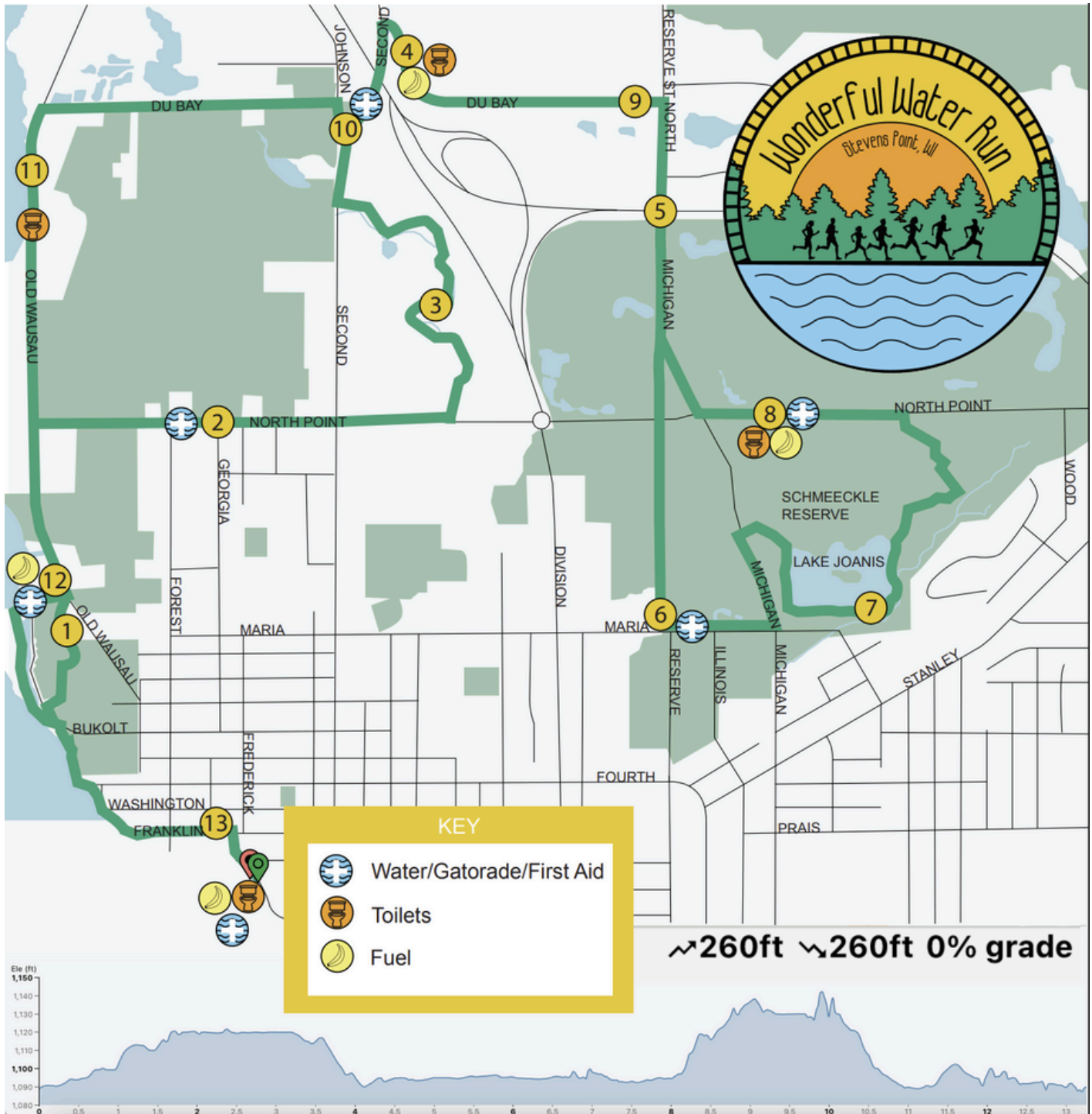
Rules of the Race:

- 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 all races this year! - Walkers are welcome! Please keep in mind that the course has a 3.5 hour time limit and will close at 12:30pm.

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: 815-901-4300. Please include your bib number in the message.



Half Marathon Route



10k

Start Time: 9:30am

Start and Finish location: Pfiffner Pioneer Park

Awards Ceremony: *approximately 12:00pm*

Following 5k award ceremony

Water Stations: Mile 1, 3 & 5 (Gatorade also at Mile 5)

Toilets: Mile 4

Age Groups:

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

*Bag Drop available in Pfiffner Park

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. - Walkers are welcome!

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: 815-901-4300. Please include your bib number in the message.





5k

Start Time: 9:45am

Start and Finish location: Pfiffner Pioneer Park

Awards Ceremony: *approximately* 11:00am

Water/Gatorade Station: Mile 2

Fuel: Mile 2

Age Groups:

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

*Bag Drop available in Pfiffner Park

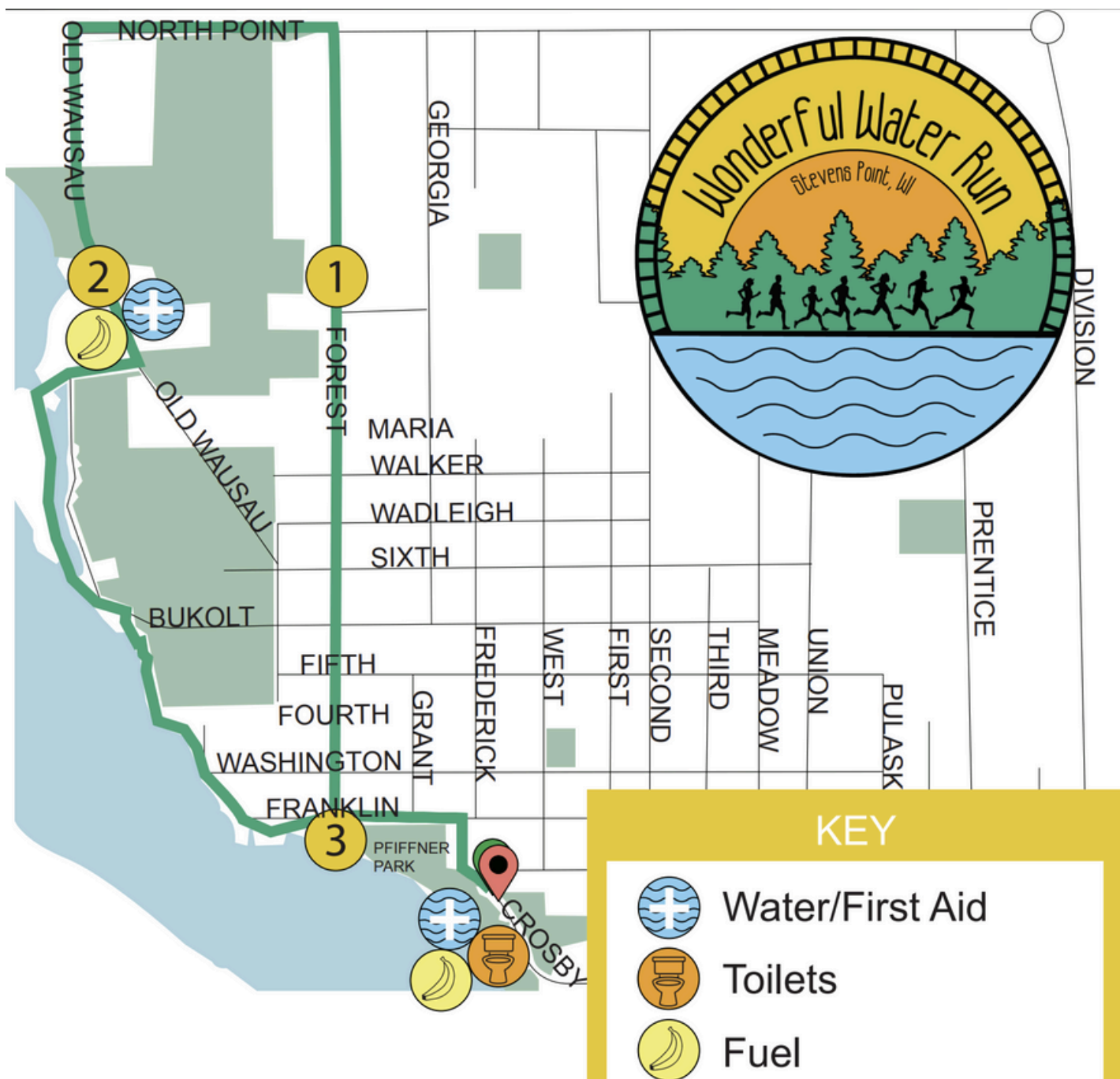
Rules of the Race:

- 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. - Walkers are welcome!

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: 815-901-4300. Please include your bib number in the message.



5k Route



Kids Run



Date: Friday, September 26th, 2025

Start Time: 6:00pm (1/4 mile) and 6:15pm (1/2 mile)

Start and Finish location: Mid State Technical College

Ages: 12 and under

The 1/4 mile dash will be one lap starting at the front doors of MSTC and go counter-clockwise around the MSTC building. The 1/2 mile dash will also start at the front doors of MSTC and be two laps, counterclockwise around the MSTC building.

Rules of the Race:

- Kids can choose to participate in the 1/4 mile (1 lap) or 1/2 mile (2 laps) race
- Guardians are welcome to assist children as necessary. For children under 4, we request that guardians stay close to them on the route.

Post Race

10:00am–12:30pm FREE post-race massage offered by:



This year there will be free post-race massage for all runners of the 5K, 10k, & half marathon! Stop by the booth in Pfiffner Park to meet the Pineries team and receive some feel-good soft tissue massage after your amazing accomplishment.

10:00am–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 local artist, Jordan Bain. Jordan will get your body moving and your vocal chords grooving through cover songs spanning genres and decades.

Food available for purchase from Kat's Sweet Escape, El Sembrador and Stevie's Food Truck, as well as a selection of local beers and Point Root Beer!



Inclement Weather Plan

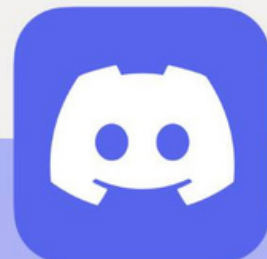
In case of severe weather, the Wonderful Water Run (WWR) Board of Directors or Committee Members on site will determine action. Announcements will be made in the park, on social media, and on Discord.

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, Logan, at 815-901-4300. Please include your bib number in the message.

Join Our Discord!



Volunteers | Participants | Community

Merchandise

Check out the branded merchandise available for purchase for all race events! *purchases available via cash & card





Run For Our Cause

Benefiting North Central Conservancy Trust (NCCT)

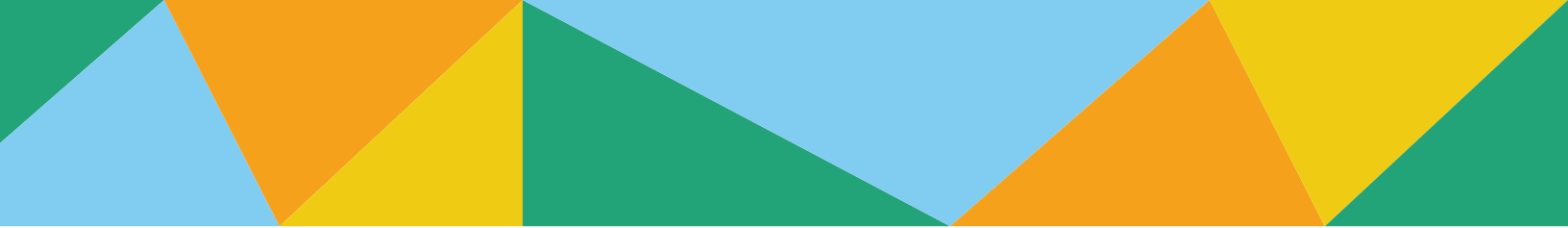
Based in Stevens Point, North Central Conservancy Trust (NCCT) is a nonprofit land trust organization that works in Central Wisconsin! NCCT's mission is to conserve the natural heritage of Central Wisconsin through the protection of land.

As a land trust, NCCT protects land by working with private landowners to develop conservation easements that protect and preserve natural features on their properties, or by accepting donations of land that become open to the public as nature preserves (including the small property north of Bukolt Park, which runners will be passing near mile 12!).

NCCT works in eight counties in Central Wisconsin: Adams, Clark, Lincoln, Marathon, Portage, Taylor, Waushara, and Wood. This year NCCT is celebrating their 30th anniversary! Since it was established in 1994, the organization has worked with more than 60 landowners to protect 5,200 acres of land and more than 10 miles of shoreline on Central Wisconsin water bodies.

To learn more about NCCT, visit www.ncctwi.org, follow NCCT on social media, or call 715-344-1910.

Did you know that Wisconsin has more than 40 land trusts that protect land from the Mississippi River to Lake Michigan, from the Northwoods to the southern driftless area? A land trust is a community-based, nonprofit organization dedicated to conserving land!



Thank You To Our Generous Sponsors

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Presented By:



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Gold Sponsors



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Prairie Nursery
Rent-A-Flash
Stevens Point Orthopedics

Silver Sponsors

