



Thank you for signing up for this Year's Brennan Firecracker 4 Mile! We are happy to again be a part of the Riverfest's week of events. Below we have listed some important notes, instructions, a course map and a schedule for your reference.

#### **Race Bib/Timing Chip**

Your race bib has your timing chip attached to it. It is very important that you do NOT bend, fold or rip your race bib/timing chip. The race bib must always be worn on the front of your body. If you plan to remove a piece of clothing (jacket, shirt, etc.), please be sure to place the race bib somewhere else where it is always visible. The bib and timing chip are disposable and yours to keep once the race is over.

#### **4 Mile Course:**

Back by popular demand, this unique course will take runners from Riverside Park over the Cass St. Bridge to Pettibone Island and back to finish at Riverside Park. This out-and-back course will feature some of the best views you'll ever find of the Mississippi River with the bluffs and the city of La Crosse.

#### **Important Notes:**

- Traffic on Cass Street bridge is reduced to one lane, but not closed off entirely. When you are on the bridge, please be cautious and stay as far off to the right as possible. Cars will be alerted to the runners, but it is your job to keep yourself safe and away from traffic.
- With an "Out and Back" course such as this, it is important to be courteous to the other runners on the course and give others plenty of space in the narrow portions of the course. In addition, on your way back, you will be running against traffic, so please be alert and watch for any dangers that may be around.
- The course will be marked with white markings on the grounds, signs at every turn and cones to separate the course from oncoming traffic.

### **Impaired Runner Policy:**

We authorize our medical personnel to remove from the race any runner deemed medically impaired. We will use this criterion to determine whether you should continue. You must be able to:

1. Proceed in a straight path toward the finish line.
2. Say who you are, where you are, and what you are doing.
3. Look clinically fit to proceed with good color, and reasonable running posture.

### **Weather information**

We will announce the race conditions prior to the start to help you gauge your pace and fluid replacement. These will be displayed at Aid Stations in the event of inclement weather.

- **Black Flag (EXTREME RISK):** The race will not start in these conditions.
- **Red Flag (EXTREME CAUTION):** Consider not starting if not acclimated to conditions. If running, slow your pace, drink extra fluids. If you've had previous issues with heat stress, heart disease, or are running with a projected finish time of greater than four hours, we recommend withdrawing from the race.
- **Yellow Flag (CAUTION):** Consider not starting or slow your pace if you have had previous heart problems or heat stress related issues.
- **Green Flag (LOW RISK):** Risk of heat stress is low. Be watchful of symptoms of heat stress and cautious of changing weather conditions.
- **White Flag (RISK OF HYPOTHERMIA):** Risk of heat stress is low, but the risk of hypothermia exists, especially in slow runners or in wet/windy conditions.

### **Severe Weather:**

For the safety of the runners, volunteers and spectators, the race officials will be in contact with the La Crosse Weather Service before and during the race. Although it is unlikely, all runners should be aware that the start of the races may be delayed or even cancelled due to the threat of severe weather.

After the races are underway, it may be necessary to halt the race should severe weather suddenly threaten the race course. Should this occur, race officials will notify the staff at the water station, as well as police officers along the course, and will close the finish line.

Runners on the course should attempt to find shelter, and race officials will attempt to provide transportation to pick up the runners as needed.

### **Excessive Heat and Humidity:**

The medical director has the responsibility for notifying the Race Director if he/she believes that the heat/humidity combination is such that it presents a risk to the health of the runners. If this should occur, heat advisories will go out to runners still on the course. The race director will make all decisions on when to close the finish line.



## Race Week Schedule

Wednesday, July 3 | 10:00am-5:00pm

**Participant packet pick-up and  
Volunteer registration & shirt  
pick-up**

Children's Museum of La Crosse  
207 5th Ave S, La Crosse

Thursday, July 4 *(all at Riverside Park)*

### **Firecracker 4 Mile**

Registration & Packet Pick-Up	6:00-6:50 am
Race Start	7:00 am
Award Pick Up	8:00 am

### **Youth Races**

Registration & Packet Pick-Up	6:00-8:20 am
Race Start	8:30 am

**Firecracker4Mile.com**

# Firecracker 4 Mile Course:



Please see [firecracker4mile.com](http://firecracker4mile.com) for more information, details and frequently asked questions. Thanks, and we will see you on July 4<sup>th</sup>!