

5K RUN

Whether this is your 1st 5K or your 50th, the Sole Burner – Coulee Region 5K Run is the perfect event for everyone!

PACKET PICKUP

- Pickup your race packet and t-shirt at one of the two pickup times:
 - o After April 8th at the American Cancer Society office in Onalaska (1285 Rudy St. Ste. 103 Onalaska, WI 54640) during normal Mon-Fri 8:00 AM – 4:30 PM business hours.
 - o April 21, 2017 at American Cancer Society office in Onalaska (1285 Rudy St. Ste. 103 Onalaska, WI 54640) from 8:00 AM – 11:00 AM

5K RUN INFORMATION

- Runners start at 11.00 AM on Midwest Dr.
- All runners are “chip timed”
- Kids and strollers are welcome. Runners pushing strollers please start at the back of the running que.
- Young children riding in strollers do NOT need to be registered.
- For safety reasons, dogs are NOT allowed (except for verified service animals)
- Water available on the course
- All registered participants will receive a custom-printed short-sleeve event shirt and post-race refreshments. **Register prior to March 16 to guarantee an event shirt.**