EVENT INFORMATION

Health and Fitness Expo
Friday, May 1st
The La Crosse Center (South Hall B) will be home base for all pre-race action, including packet pick-up and vendor booths from 4:30-8:00 pm.

Running Time Trial
Friday, May 1st
Race 1.5 miles up Grandad Bluff Friday evening at 5:30 pm to compete in the time trial. Run the half marathon the following morning to compete in the Bluff Challenge for cash prizes!

Coulee Region Bike Tours
Saturday, May 2nd
A 5-mile family ride through marsh trails, a 32-mile moderate ride with rolling hills, or for experienced riders a 43-mile or 62-mile option with scenic rolling hills and a variety of major climbs.
5-mile: 9:30-10:00 am start
32, 43 & 62 miles: 7:30 am start

Half Marathon & 2-Person Relay
Saturday, May 2nd
Events start together at 8:00 am on the historic Grandad Bluff Overlook and finish along the Mighty Mississippi.

Three Rivers 5K Run/Walk
Saturday, May 2nd
The 5K run will be a timed, competitive race, while the 5K walk is a fun, untimed fitness event for all abilities. Events begin in Riverside Park at 8:30 am.

FREE Riverside Youth Races
Saturday, May 2nd
Children 5th grade and below are invited to compete in a 100, 400 or 800 yard dash. A Mascot Race will kick off the event at 1:00 pm in Riverside Park along the Mississippi River. Youth Race registration forms available online.

RUN.
WALK.
BIKE.

Register Today!
Choose Employer: UW-La Crosse
Use Code: "CORP10" when you register online to get 10% off!