


Get running! Local Run Information


Of course, you don't need to enter a race to keep running. Sometimes, however, it provides the motivation needed to keep going!


I have participated in all but one (Packers 5K) of the races below and rate each high based on the following criteria:


1. Registration fee
2. What's provided for registration fee (t-shirt and what's in the goody bag)
3. Food that is provided following the race.
4. Appropriate age groups
5. Awards Given


www.active.com is also a great website to check for local race information. I will occasionally send out information about races as well.

 **Neenah Fun Run Series.** This series of races is held on Sunday evenings--June 5, June 19, July 10, July 24, August 7. Start location is the south side of Memorial Park (near Neenah High School) at the park pavilion off Appleblossom Drive. The runs are professionally run, the distance is appropriate, there is GREAT food after the race and the best part is that there is no fee for registration! Runners are grouped as boys and girls in three categories: ages 6 and younger, ages 7 to 9, and ages 10 to 14. Those in the younger categories run a half mile, and those in the older group run a mile. Runners who compete in three races in the series receive a T-shirt, and runners who compete in all five races receive a medal. Use this link to very simply pre-register your runner: www.neenahsummerfunrun.com.

 **Bellin Run,** downtown Green Bay, Saturday, June 11, 2011 - 8:00 a.m. 10k run or walk.
Entry Fee: Run/Walk/Wheelchair/Stroller - \$18 through May 15; \$23 May 16-June 9; Children's Run - \$10
Website: www.bellinrun.com


 **Bret Younger 10K Run/Walk,** Saturday, July 11, 2009, 08:00 AM, Appleton North High School
Prices: Adults - 13 and up - \$18.00, Children - 12 and under - \$15.00, Kids Fun Run - \$5.00
Online Registration Closes: 07/08/10 09:59 PM
Website: <http://www.ymcafoxcities.org>ton, WI 54913

 **Fox Firecracker 5k run/walk,** Monday, July 04, 2011, Kaukauna Central Park
Brief Description: The FOX FIRECRACKER Badger State Games 5K Run/Walk held in Kaukauna is a family-friendly yet competitive event beginning at 8:00am in Central Park by the library. Run through town and across the two bridges. Every finisher gets an AMERICAN FLAG! Fourth of July celebration complete with music, apple pie, skydivers, and patriotic fun after the race.
Website: <http://foxtriclub.com>


 **2nd Annual Packers 5k Run/Walk** July 30, 2011 beginning at 10:00 a.m. Sponsored by the Green Bay Packers along with Bellin Health. The race will begin on Lombardi Ave in front of the atrium, and conclude in the Lambeau Field parking lot with the route including a trip around the field inside the stadium.

Entry Fee: Adult - \$25 (\$30 after July 15th); Youth 12-Under - \$15 (\$20 after July 15th)


Website: http://nfl.packers.com/fan_zone/events/5k/register/

 **Otto Grunski Runski** Saturday, August 13th, 2011, Jefferson Park • Menasha, Wisconsin

Awards: Great T-shirts to all participants. Plaques to male and female winners in each division. Second and Third place finishers win medals. Special prize to the best male and female over in each race.

 **PaceSetters XC Run**, Wednesday, August 3, 6:00 PM, Winnebago County Park, Oshkosh,

Website: <http://www.pacesettersrun.com> Great training run for cross country!

 **Fox Cities Marathon Festival of Races**, Saturday, September 17, Kids Run and 5K; Sunday, September 18 full and half marathon.

See website for more info: www.foxcitiesmarathon.org

WATCH YOUR LOCAL NEWSPAPERS AND MY EMAILS FOR MORE RUN INFO!