



# 2017 Point Bock Run

12:00 Noon, March 4th, 2017



## Packet Pickup

- In the large tent across the street from the Brewery
- From 5:00 – 7:00 pm Friday night and 10:00-11:30 am Saturday
- And “YES,” you may pick up a packet for a fellow runner Friday night.

## Parking

- Available on side streets adjacent to Brewery (very limited)
- The large lot at 817 Whiting Avenue (Ruth Gilfry Center)
- Not allowed on the course

## Rules and Reminders for Your Safety and Enjoyment

- Dogs not allowed on the course or at the event
- Strollers are discouraged and will be asked to start at the back of the pack
- Stay on the right-hand side of the road
- The course is closed to traffic but be mindful of what’s happening around you
- Line up in the designated starting area for your expected finishing time; there will be signs and volunteers to assist you
- Be in the starting area by 11:50 for pre-race welcome, instructions, and national anthem
- Runners without a 2017 bib number will not be allowed in the starting area
- Bandits are not allowed and if caught, will be banned from entering future Point Bock Runs (and YES, we have already done this)
- A disposable chip is attached to your bib number. Your time does not start until you cross the mat at the start line. A half-way split will be taken at the turnaround. No turnaround time = no finish time. With the exception of overall male and female winners, all official times will be chip time. Overall male and female winner times will be based on gun time.
- Water will be provided just after the turnaround. The water will be available only to runners that are inbound.
- Medical Assistance will be available at the finish line.
- Ice packs and band aids will be available at the Runner Assistance area inside the tent.
- Volunteers with emergency radios will be on the course in the event you or another runner needs medical assistance.
- Bib Bock runners should weigh 200 lbs. for men and 150 lbs. for women.
- Dapplebock runners should weigh 225 lbs. for men and 170 lbs. for women.
- Organizers reserve the right to confirm Big Bock and Dapplebock award winners’ weight by weigh-in.

- The Point Bock Run is a run but walkers will be allowed. Walkers will be asked to start in the back of the pack and to stay on the sidewalk on Hwy HH. Stay on the right-hand side of road at all other times and do not walk more than two abreast. Slower walkers may be asked to move to the sidewalk as roads are reopened. Timing will stop at 1:30.

## **Fun Stuff**

- Individual results will be available at the kiosks located at the Runner Assistance area inside the tent.
- Results will be posted on the garage doors across the street from the tent as soon as possible after the race
- The award ceremony will begin at approximately 1:45, weather permitting, in front of the garage. The ceremony will be moved inside the tent in case of inclement weather.
- Packet pickup and the post-race party will be inside the large, heated tent across the street from the Brewery
- Door prize winners will be drawn before packet pickup and will be available for pickup starting Saturday morning at the Runner Assistance area
- Complimentary entry into the 2018 run for overall male and female winners
- Complimentary entry into the 2018 run for any age group winners setting a new course record. Age group course records can be found on the website.
- Guaranteed entry into the 2018 run for all age group winners. They will be contacted after the 2017 run with instructions.
- Complimentary snacks (sponsored by Arbuckle's Eatery & Pub) and beverages (including Point specialty beers) will be available to all participants. Three beverage coupons are attached to your bib number.
- Additional beer tickets for runners and spectators may be purchased for \$2 at the Runner Assistance area (cash or check only).
- Runners must show their bib numbers for proof of age; all others must provide identification if asked
- Food will be available for purchase from the Stevens Point Area Senior High (SPASH) Girl's Cross Country Booster Club.
- The fun doesn't have to stop after Point Bock Run! Check out our sponsors. Arbuckle's Eatery & Pub is offering \$3.00 off your dinner (with your bib number) and Rookies Sports will be featuring 9 Point brews and 3 different Cider Boys (all on tap).

**Bib Tag Timing Information** - A MYLAPS timing chip is attached to the back of your bib number.

### **DO**

- Always keep your race number visible to ensure an accurate finish time
- Wear your race number on your torso (FRONT)
- Keep your hands and arms away from your race number when starting or stopping your wrist watch
- Keep your race number away from metal zippers, fuel belts, water bottles, gel packets (they could negatively impact performance)
- SMILE for the camera when you cross the finish line
- Have FUN
- Have a GREAT RACE!!!

### **DO NOT**

- Do NOT remove your timing tag from your race number or remove the foam spacer from behind the timing tag
- Do NOT excessively bend, twist, or crumple your race number
- Do NOT wear your race number on your back, around your arm, or around your leg
- Do NOT cover your race number with a shirt or jacket
- Do NOT cover your race number with your arm or hand while starting or stopping your wrist watch