



2019 Hixon 50

October 26th and 27th, 2019

Saturday 10/26:

10k Start @ 9:00am

5k Start @ 9:00am

Sunday 10/27:

50k Start @ 7:34am

25k Start @ 8:30am

Opening Notes:

- Hixon Forest will not need to be closed for either day of the event.
- Signs will be positioned at all entrances notifying trail users of race, where to yield to racers, etc.
- Volunteers will be positioned at major trail entrances to help direct trail users throughout the day.
- La Crosse Fire Department bluff rescue team members will be on hand throughout the entirety of the event in case of emergency

Committee Members:

- Tyler: Grand Bluff Race Management Owner
- Jacob Hegge: Physical Therapist/Owner at Dynamic Performance and Therapy, ultramarathoner
- Michael Borst: Physical Therapist at Dynamic Performance and Therapy, ultramarathoner

Key Points:

- Fifth Annual Hixon 50 event
- 548 participants in 2018
- 600 participants expected for 2019
- Strong partnership and sponsorship level for City of La Crosse Parks, Recreation and Forestry Department's involvement.
- All on City of La Crosse Parks, Recreation & Forestry land
- Race was initially organized with extensive help and discussions with Jay Odegard from City of La Crosse Parks, Recreation & Forestry to discuss race details.
- Consulted with George Arimond to create a course that avoided all private lands and best utilize the current trail conditions
- Parking will be similar to the WORS race parking (designated street parking)
- Medical Personnel:
 - UWLATA (10 certified Athletic Trainers + students)
 - Athletic Trainer volunteers to help out.
 - Tri-state Ambulance and City Police will be informed of race date and location.
- Neighborhood notification:
 - Delivering flyer notifications to residents 1 month out and 1 week out. (see attached)
- Race benefits to the community
 - Local business increased revenue
 - New tourists to the area
 - Promotion of new trails
 - Extensive trail building/maintenance efforts surrounding race production
- No alcohol will be provided at the event
- No camping will be allowed in Hixon Forest for the event
- Saturday's events will affect only Upper Hixon Forest
- Sunday's events will affect all of Hixon Forest (upper and lower, including Miller Bluff and the Quarry)



IMPORTANT UPCOMING EVENT INFORMATION!

On Saturday October 26th and Sunday October 27th Grand Bluff Running will host the Fifth Annual Hixon 50, a 5k, 10k, 25k and 50k trail event through Hixon Forest. The event is keeping with the spirit of trail running, in that it is directly benefitting trail maintenance for Hixon forest to create a positive change in the most beautiful part of our city. An estimated 600 runners are expected to participate. **We'd love for you to join us – learn more and register online at www.hixon50.com.**

We want to make sure you're aware of this event and its timing so that we minimize as much as possible the impact on your morning. The event will be centered near the Upper Hixon parking lot (by the weather ball) and will include road crossings at that point.

The 5k and 10k will take place on Saturday 10/26 all within Upper Hixon Forest on Saturday and will occupy the Upper Hixon parking lot that day. The 25k and 50k run will start on Sunday 10/27 at 7:00 a.m. at the Upper Hixon parking lot. During the Sunday races your area will be impacted intermittently from approximately 7 a.m. to 5 p.m. in the following areas:

Street Crossings:

- Cty Rd. FA from the Mathy Quarry parking lot to Rim of the City Rd.
- Entire length of Rim of the City Road
- Cty. Rd. FA at the Upper Hixon parking lot

Parking: Please note that cars will be parking on both sides of Cty. Rd. FA near the Upper Hixon parking lot through the duration of the event, as well as near the end of Rim of the City Road.

Please know that we will do everything we can to minimize the negative impact to your day and we appreciate your patience. If you are located near the streets mentioned above, you may want to notify friends, family, etc. about possible traffic delays. **The roads will close as runners are crossing, and open again once the runners have passed.**

If you need help in determining the impact on your particular street or have any concerns whatsoever, please call Race Headquarters at 608-782-8227 or email us at info@grandbluffrunning.com.

(Subject to change, pending new trails)

