



Course Corner: Marathon Miles 1 – 4

Start Line: UW-Fox Valley, Menasha

We have continued to maintain the Start Line in front of the UW-Fox Valley campus in Menasha. The 4-lane Midway Road allows us ample staging space to start a race of 5,000+ participants. As in prior years, the UW-Fox Valley field house and Baehman Theatre will be open prior to the start. The additional space allows more race participants pre-race indoor comfort. This is the same area as where you will have picked up your race packet the days prior – and is still only a short walk to the actual Start Line. In between the field house and the Start Line you will have the opportunity to drop your gear off at the ‘Gear Check’, use the restroom one more time and fuel up with water/Gatorade if needed.

Miles 1 & 2: Menasha & Appleton

The first couple of miles will look very familiar to those of you who have participated in the past; the wide width of the road not only allows a safe and efficient start of the race, but since Midway Road will be closed to all traffic during this sections of the course, race participants will also have time to settle into their desired pace and ‘sort themselves out’ before the road narrows. Road construction at the intersection of Midway Rd. and Oneida St. has long been finished and now features smooth pavement and sure footing.

Turn-by-Turn Directions

- East on Midway Road (passing through Oneida St and Kernan Ave intersections)

Course Features & Aid

- Water Station #1 – Midway Rd/Kernan Ave intersection

Just prior to Mile 2, the Full and Half Marathon will split with the HM turning north on Telulah Ave and the FM continuing east on Midway Rd.

Miles 3 & 4: Appleton

After the races split, marathoners will continue east through the Midway Rd/Plank Rd roundabout. Midway Rd will continue to be completely closed to all non-race traffic, but I would suggest staying to the north side of Midway Rd; the distance might be a little bit shorter, plus the next Water Station will be on the north side...and eventually you’re going to have to turn to the north as well. Some past participants have referred this section of the course as ‘boring’ because of the lack of homes, parks, trails, etc. However, think positive – it’s early in the race yet, you’re still feeling good (or at least you hope to be!) and trust me, you’ve got more exciting miles ahead of you! It’s a great opportunity to settle into your desired pace for the day...if you are out too hard due to all of the excitement of the Start

Line and early miles, or maybe got caught running too fast with one of those half marathoners, now is the time to get back on pace to set yourself up for a good day down the road. Relax and enjoy it –

Turn-by-Turn Directions

- Continue east on Midway Road (passing through the Plank Rd roundabout, the Lake Park Rd roundabout & the Eisenhower Dr intersection)
- Turn left (north) on Coop Road

Course Features & Aid

- Water Station #2 – Midway Rd/S Quest Dr intersection

As you turn north on Coop Rd, the road will still be closed to all vehicles. However, it would be in your best interest to merge to the right (east) side of Coop Rd as you will eventually be turning east on Garnet Dr.

Up Next Month: Full Marathon Miles 5 – 8