

Running for a cause

Proceeds from The Home Run race will go towards the efforts of The Coulee Recovery Center to further work they do within the Coulee Region.

The Mission of The Coulee Council on Addictions is to provide confidential help to individuals and families impacted by addiction and leads the community in prevention, education and awareness.

Course Description

Both the 5K and 10K routes begin and end at beautiful Copeland Park. Both routes take you across the Black River and wind through scenic portions of French Island. Surrounded by woods and waterways.



Picturesque Copeland Park
800 Copeland Park Drive • La Crosse



La Crosse Loggers will be on hand to get you started and cheer you on to the finish line!

The Home Run now has timed results

Register online at: bit.ly/HomeRun18

The Home Run 5K/10K Course Map



5K Course **10K Course**

Proceeds of the Home Run benefit:



Coulee Recovery Center
Bridging the Gap Between Addiction and Recovery

Saturday • August 4
Copeland Park



In partnership with the La Crosse Loggers to benefit Coulee Recovery Center

5K/10K
Fun Run
& Walk



Register online at:
bit.ly/HomeRun18

Timed Race

Proceeds benefit:
COULEE RECOVERY CENTER

HOME RUN Race Entry

All races lead off at home plate in Copeland Park, just like our very own La Crosse Loggers! As you return, the crowd can watch you coming home to cross the finish line on the high-definition video board just like their favorite players on game day. Participants will receive an event T-shirt and a ticket voucher good for any Loggers home game for the rest of the summer! Stick around for the Little Leaguers race where each youth participant will get a free baseball and autographs from players and coaches down on the field.

The Complete Game • 10K..... \$25

Are you up for the challenge? Go the distance and complete your run by running across home plate.

Run/Walk • 5K \$20

Run, walk or run and walk—you choose!

Little Leaguers Race (Ages 3-10) FREE

Future big leaguers race around Copeland Park as their favorite Logger players cheer them on! They'll get the chance to slide home safely as the crowd goes wild! Then, spend some time with Logger coaches and players. Ages 3-6 run the bases and ages 6-10 run the warning track.

Race Awards

Awards will go to the top three men and women running the 5K and 10K.



Step up to the plate...
Join in the fun of the Home Run races!

**Questions? Call 608.784.4177
 or visit CouleeCouncil.org**

More than just a run!

Event Schedule

Friday, August 3. Coulee Recovery Center
 933 Ferry Street, La Crosse
 Packet pickup 4:00-7:00pm

Saturday August 4. Copeland Park
 Packet pickup 6:00-7:30am
 10K Run 8:00am
 5K Run/Walk start 8:05am
 Little Leaguers' Race start following awards

- Awards presented after all participants finish race
- Enjoy the Loggers bounce house, inflatable batting cage and inflatable pitching cage

Volunteers needed

If you are interested in volunteering please contact our Coulee Council volunteer coordinator at cca@couleecouncil.org or call us at 608.784.4177.

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Consider forming a team to recognize someone in long term recovery or honoring a loved one!



Earlybird Rates

Race Participation	Fee	Entry
Complete Game 10K	\$25 each	
Run/Walk 5K	\$20 each	
Little Leaguers Kids Race	FREE	
Total Cost		\$

Prices increases \$5 for the 10K & 5K on the day of the race.

Team/Company: _____

Name: _____ Size _____

Name: _____ Size _____

Name: _____ Size _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: (_____) _____

E-Mail: _____

5K/10K Shirt sizes in Adult Small-XXL and Youth sizes. Please specify size. T-shirts are guaranteed to all paid registrations. Must be registered by July 15 to guarantee shirt size. No t-shirts provided for Little Leaguers Kid Race.

No exchanges or refunds

Payment Method: Cash ___ Check ___ VISA ___ MC ___

Card # _____ Exp date: _____

Signature: _____ Sec. Code: _____

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