

The Fourth Annual Festival Foods La Crosse Fitness Festival is this weekend and event planner, Pam Pfister, explains what it's all about.

New this year is the La Crosse Omnium Championship. Stage one racing begins on Saturday near Nodine Minnesota at the Ridgeway Community School. Stage two launches Saturday evening from the foot of the world famous Grandad Bluff. This closed course, race of truth against the clock, goes virtually straight up Grandad, climbing 686 feet in 2.37 miles. Stage three is a classic Criterium race--flat, fast, and furious with final runs going through downtown La Crosse.