

Thank you for registering for The Bald Eagle Half Marathon.

Those of you who registered for the race in the last two weeks and requested a shirt may not have a shirt in your packet at pick up (as you missed the order deadline.) HOWEVER, make sure you stop by after you are done running to see if we have any in your size that were not picked up. If so, I will give you the shirt to take with you. If not, a shirt will be ordered for you next week and mailed to the address provided.

The weather as of right now is anticipated to be decent running weather – overcast and in the mid 40's with very light wind. I will send out one more email once the course is set with a final update on Friday night. But for right now, plan on 40 – 45 degrees for the race start. In the event of rain, the race will go on. The race will only be cancelled if the weather is so severe as to put athletes, staff and volunteers in danger. A decision to cancel the race will happen at 5am on race morning. Because all plans have been put in place and all costs already covered, refunds and transfers are not possible.

DO NOT ASSUME THE PERSON RUNNING IN FRONT OF YOU KNOWS WHERE THEY ARE GOING. MAKE SURE YOU REVIEW THE COURSE MAPS SO YOU KNOW THE COURSE. The course will be chalked and there will be signs, but you need to pay attention, so you don't get lost. I have attached the course map for your convenience to review.

Virtual Option –

If for any reason, you would prefer to run the race virtually on your own **you need to let me know no later than noon on Wednesday** so that I can get you set up. If you would like your virtual results published with the live results under the virtual division, you will need to provide me with a screenshot of your distance, time, date run no later than November 10th. I will reply with a confirmation email. Your finisher medal (and shirt if you chose that option) will be mailed to you at the address provided at the time you registered.

Parking –

Free parking is available in the parking lot at the park. There will be an area by the boat launch that will be marked as not available for race parking. Be aware that if you do park in that area there is an extremely high chance you will be towed at your expense. Given the current registration numbers, there should be no issue with parking availability. Should the lot fill before you arrive, additional parking will be made available on the road outside the park, north of the park entrance.

Packet Pick-Up –

Race Morning Only - at the race start area – 5767 Hugo Road, White Bear Township

7 – 7:45 am – Half Marathon Packet Pick Up – 7:45 is a hard shut down so make sure you are there before 7:45!

We will be adhering to the race start time strictly so plan to pick up your packet within the allotted time.

Your race packet will include your bib and chip, and your race shirt and finisher medal (if you opted to include a shirt with your registration). Pins will be available if you need them.

There is no bag drop area, so plan on bringing your packet back to your car prior to racing. Parking is right at the start so it should be just a short walk to your car.

You can hang out in your car to stay warm but make your way to the race start line 5 minutes before the start. This is a certified course, so the start line is firm. It is located 69 feet south of where the finish is. Large cones will be set up as markers, so you know where to start. You will need to cross the timing mat to start your time.

Running Protocols

This is a USAT certified course. This means we need to provide not only a chip file, but also a manually collected finish time. To do this accurately, you must have your bibs in front and visible when you cross the finish line.

This is an open road course, and you will be **running against traffic the entire time. Please be aware this roadway is open to traffic so make sure you pay attention.** Remember it will be hard to hear cars behind you if you are wearing earbuds (although earbuds are allowed during the race).

PLEASE DO NOT litter on the course! For the past couple of years, I have had to pick up used gel packets and empty water bottles on the course when I am picking up signs. I realize you don't enjoy having sticky hands but neither do I, especially not all over my signs, steering wheel, and car doors. You need to carry your trash with you and drop it at the water stops where there are garbage cans. Water stops are located every mile and a half or so to allow you to easily plan your nutrition intake so that you can dispose of your waste at the stops.

Mile markers every mile through mile 12. Corners are marked with signs and are chalked (provided it doesn't rain). I will also have cones on the corners where there are no police officers or water stops.

SPECTATORS

Spectators are welcome to come and cheer you on. Having said this, there are not a lot of spots on the course for people to park their cars and cheer. Spectators are welcome to join the pancake breakfast at a cost of \$10 cash.

The best place to watch is at the start finish. If wanting to head out on the course, the only other area that offers some parking will be at water stop number 5 on the west side of the lake (there is room there for about 5 cars max).

WATER STOPS

Additional water stops will be roughly every 1.5 miles on the half marathon course. Porta potties for the half marathon are located at Bald Eagle Ave (miles 1.5 and 11.5). Otter Lake Road and E Cedar St (right

before mile 7) and at Elmcrest Ave N and W Bald Eagle Blvd ((at about mile 8.25). Each water stop will have water and Hammer Heed electrolytes available in small cups and a variety of Hammer gels.

You are welcome to bring your own water and electrolyte source if you prefer.

Again, please dispose of your gel waste at the water stops NOT some random place on the run. Remember that these are neighborhoods where people live so dropping your trash along the way will be very upsetting to those who live there. I am not planning on walking 13.1 miles looking for your trash. We want to be able to keep using this course in the future, so your cooperation is much appreciated.

Finish Area

Weather permitting (and right now it looks good), we will be hosting a pancake breakfast at the finish area. Staff will be serving all you can eat pancakes- and chicken and pork sausages (2 per athlete), bananas and hot coffee.

Water in sealed water bottles will be provided at the finish line.

Spectators can purchase breakfast for \$10 cash.

Current Age Groups

Half Marathon	Male	Female
19 and Under	6	2
20-24	3	7
25-29	12	13
30-34	15	9
35-39	9	10
40-44	9	10
45-49	5	10
50-54	5	8
55-59	8	3
60-64	8	3
65-69	3	1
70-74	0	1
75-79	1	0

Registration will remain through packet pick up, so these numbers are subject to change.

Awards will be given for the overall male and female for each distance. Age group awards for five-year age groups, three deep. No double dipping so overall male and female are not included in the age groups. Awards consist of a ribbon to be attached to your finisher medal (we have gone to this award because it is the greenest option).

Shirts, Pictures, and Results

Pictures:

A professional photographer will be on site to snap pictures of athletes at no additional cost to you. We make every effort to capture all athletes but cannot guarantee that we snapped each of you. Please feel free to ask the photographer to snap a photo of you and your pals. Photos will be posted to our Facebook page within a week of the race. Feel free to link and copy photos and make sure you tag MMRaces when you do so.

Pictures typically post 5-7 days after the race. I will send an email with the link once the pictures go live.

Please share your photos with us as well.

Like us on Facebook and follow us on IG using the hashtag #baldeaglehalf for your photos.

Shirts:

If you ordered a shirt after the final order was placed, your shirt will be mailed to you at the address provided when you registered. Shirts typically come in about 2-3 weeks after the race. (Our vendor tries to fit these smaller subsequent orders where he can in his production line.)

Make sure you see me after you are done running to see if there is a shirt in your size that was not picked up.

Results:

Results will be available at the race and will be updated every 20 minutes or so.

Race results will be posted at <https://www.frontrunnerusa.com>.

If anything looks a bit wonky, please reach out to Randy via email randy@frontrunnerusa.com so he can research the issue and make the appropriate adjustments. Please reach out directly to Randy as the timing is above my pay grade and given the high volume of emails I receive daily (I am usually answering emails for 4-5 hours daily), I may not get to your email for some time and all I am going to do is forward it to him anyway.

Sponsors

A very special thank you to these sponsors who help us make it possible to provide you with the best of race experiences. Please support them!

Midwest Events - <https://www.midwestevents.com>

If you are registering for races offered by MMRaces, make sure to check out Midwest Events. This local registration platform offers more modestly priced registration fees. Furthermore, you are supporting a local small business. Win/win for everyone!

Hammer Nutrition - <https://www.hammernutrition.com>

If you have historically had difficulty consuming race nutrition products because they upset your stomach, you might want to give Hammer a try. In my experience, Hammer is much easier to digest than so many products on the market and has been my go to race nutrition for the past 30 years (yes, I am that old...ugh). Hammer electrolytes and gels will be served on course.

North Star Medical - [Pain Management Clinic Near me St Paul MN | North Star Medical](#)

I am waiting on confirmation that North Star will be present in the race finish area and providing trigger point massages. We are very excited to have North Star as a sponsor. This unique chiropractic service focuses on pain management and non-surgical treatment of injuries. They have some really exciting options for athletes who have suffered from chronic pain. You will have discount card in your packet with additional information. I highly recommend taking advantage of a consultation.

I will have one final update email on Friday evening once I have the course set and we have a better idea of temperatures. Until I see you on Saturday, be well – enjoy your taper.