Fast Before the Feast | 2026 Athlete Guide

Good afternoon, Fast Before the Feast athletes!

Thank you for registering for Fast Before the Feast! As in years past, a portion of the proceeds will support the Hugo and White Bear Lake food shelves.

Important start instructions

ALL ATHLETES: Please check your start time and be at the start line five minutes early. This is a GUN start, not a chip start: everyone in your distance receives the same start time. Faster runners should line up toward the front.

Race-day location, parking & packet pickup

PLEASE NOTE THE RACE LOCATION: White Bear Lake County Park (also known as Ramsey Beach), 5050 Lake Avenue, White Bear Lake, MN 55110. Free parking is available in the park lot.

Map:
https://www.google.com/maps/search/?api=1&query=White+Bear+Lake+County+Park+5050+Lake+Avenue+White+Bear+Lake+MN

Packet pickup: 7:00–8:30 a.m. Look for tent signs identifying alphabetical pickup lines. The FUN RUN has its own line, all the way to the right when facing the tables.

Running the 5K or 10K with a stroller? Please let us know by Wednesday noon so we can provide a waiver for your child.

Race morning schedule

- 7:00 a.m. — Race-day registration opens
- 8:30 a.m. — Race-day registration closes
- 8:05 a.m. — Final course updates near the start/finish line
- 8:10 a.m. — 10K start
- 8:30 a.m. — 5K start
- 8:35 a.m. — Kids Fun Run (half mile)
- Approximately 9:30 a.m. — Awards in the finish area; awards begin once 80% of the 5K field has finished

Parents participating only in the half-mile Kids Fun Run: You may arrive at 8:15 a.m. for packet pickup. No need to arrive earlier and get cold! Please pick up your packet by 8:30 a.m.

5K and 10K courses

Both courses use paved trails in excellent condition. The 5K turnaround is at the FIRST water stop on Highway 61. The 10K turnaround is at the SECOND water stop, just past Bellaire Beach.

Courses will have chalk markings, mile markers at every mile, directional signs and orange cones highlighting turns. There will NOT be volunteer course marshals, so please watch for the markings.

Water is available at both turnarounds. The 5K turnaround serves small, 4-ounce cups of water. The 10K turnaround water stop is at Bellaire Beach. 10K athletes pass the 5K turnaround water stop twice: once heading toward Bellaire Beach and again on the return to White Bear Lake County Park. Additional bottled water will be at the finish. Feel free to carry your own water if you prefer.

Age groups and current registration counts

These counts may change: registration remains open through race morning.

10K

Age group	Male	Female
19 and under	1	3
20–29	5	5
30–39	10	5
40–49	4	6
50–59	2	3
60–69	1	2

5K

Age group	Male	Female
9 and under	8	0
10–14	15	6
15–19	21	10
20–24	9	19
25–29	23	30
30–34	22	25
35–39	14	20
40–44	6	12
45–49	12	15
50–54	5	10
55–59	9	14
60–64	12	13
65–69	1	7
70–74	5	1
75 and above	1	3

Awards

Overall male and female winners in each distance will be removed from age-group awards—no double dipping! First, second and third place will be recognized for males and females in each age group. You must attend the awards ceremony to claim your prize, or pay $7 shipping to have it mailed.

Awards are place ribbons that attach to your finisher medal. We chose this cost-effective way to celebrate your accomplishments while preserving as much of the proceeds as possible for the food shelves.

Results and bib placement

Results will be printed at the race site approximately every 15 minutes and posted later Thursday at https://www.frontrunnerusa.com/our-events/results. The race is chip timed with a gun start.

Wear your bib on the FRONT, no higher than your waist, so the chip triggers the timing mat and backup timers can see your number as you finish. If your time looks a bit wonky, email Randy directly at randy@frontrunnerusa.com and ask him to investigate and update it.

Finisher shirts

If you registered late (within the last week or two) and requested a finisher shirt, we will mail it after the race. Expect approximately 2–4 weeks: our vendor fits smaller follow-up orders into the queue alongside shirts for upcoming events. Before leaving, stop by the awards table to see whether an unclaimed shirt is available for you to take home.

Free race photography

Our professional photographer, Craig, will be taking photos. This service is FREE! Photos will be shared on our social media when ready, most likely around the middle of next week. Download and share them, and please tag MMRaces. You are also welcome to post your own photos on our Facebook page:

https://www.facebook.com/mmraces. Craig does his best to capture everyone, so please do not be offended if he misses you!

Supporting the Hugo and White Bear Lake food shelves

As in past years, net race proceeds benefit the Hugo and White Bear Lake food shelves. Thanks to generous athletes like you, MMR has donated thousands of dollars to these organizations every year we have hosted this race.

Please consider an additional donation of any amount. We will accept cash donations at packet pickup. The food shelves prefer cash because they can stretch $1 into $6 worth of food through wholesale purchases. Food and personal toiletries are also welcome on race day, though cash goes further. Especially needed: diapers, wipes, cereal, peanut butter and coffee.

One last note

Thank you again for helping us feed our community. We look forward to seeing you on Thanksgiving! Please reach out with questions ahead of time. I will leave the office at 10:00 a.m. Wednesday to set the courses and finish preparations, so I may not answer emails until very, very late that evening—if at all. I will not have email access on Thursday.