

Thank you for registering for the live running of Campwannarun.

A portion of the proceeds from the race will be given to the White Bear Lake Historical Society to provide scholarships to kids who may not otherwise afford to go to camp.

Those of you who registered for the race in the last week and a half 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.

Weather as of right now is anticipated to be perfect running weather – overcast and in the 60's with light winds out of the east. I will send out one more email once the course is set with a final update on Friday night. In the event of rain or snow, 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 have already been 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 and cones, but you need to pay attention so you don't get lost. Course maps can be found on the website race page at: [Camp Wanna | 5k | 11k | 1/2 marathon | Midwest Multisport Races \(mmraces.com\)](#)

Shifting Distances–

If your training did not go as planned and you are signed up for either the 11k or the half marathon, and you would like to ratchet down the distance, you have until noon on Wednesday to do so for no additional charge. After Wednesday, to make the switch to a shorter distance will cost you \$10 - the fee I will be charged by the timing company.

If you are interested in switching to a longer distance, once again, you can do so up until noon on Wednesday. You will just need to pay the current difference in the cost of the distances - arrangements for this additional payment will be worked out with you when you let me know what you want to do.

Parking –

Free parking is available in the parking lot at the park.

Do not park in the area by the boat launch marked with no parking signs. You will be towed.

Once the parking lot is full, we will redirect you to park on the road outside the park.

Packet Pick-Up –

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

So that you do not have to stand around waiting for your race to start, we are offering a staggered packet pick up. Of course, you are welcome to come earlier if you prefer.

7 – 7:45 am – Half Marathon Packet Pick Up

8:30 – 9:00 am – 11k Packet Pick Up

9:30 – 10:00am – 5k Packet Pick Up

We will be adhering to the race start times 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.

Make your way to the race start line 5 minutes before the start. Races will start according to the following schedule:

Race Schedule

7:00am | Half Marathon Registration and Packet pick-up opens

7:45am | Half Marathon Registration and Packet Pick-up closes

7:50am | Half Marathon Athletes are on the road south of the finish.

8:00am | Half Marathon Starts – on the road south of the finish line.

8:30am | 11k Registration and Packet Pick-up opens

9:00am | 11k Registration and Packet Pick-up closes

9:05am | 11k Athletes are all on the road directly in front of the park.

9:15am | 11k starts

9:30am | 5k Registration and Packet Pick-up opens

10:00am | 5k Registration and Packet Pick-up closes

10:05am | 5k Athletes are all on the road directly in front of the park.

10:15am | 5k Starts

10:45am – 5k Awards (provided 80% of the field is in)

11:00am – 11K Awards (provided 80% of the field is in)

11:15am – Half Marathon Awards

12:00pm | All Courses CLOSE

Running Protocols

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). If you encounter a car leaving a driveway, please clear the driveway as quickly as is humanly possible. If you are walking, please let the car out ahead of you.

PLEASE DO NOT litter on the course! This includes leaving spent gels at races signs. I get that you don't enjoy having sticky hands but neither do I, especially not all over my signs, steering wheel, and car doors. 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.

SPECTATORS

We love an entourage BUT we have some rules to follow:

Parking – please save the spots in the park for the athletes. You can park on the road (ignore the no parking signs) to the north of the park entrance on the east side of the road.

This is an open course – driving the course has the potential to endanger athletes...best to find a spot and sit tight. When driving to locations, please watch for athletes.

Best places to view athletes 11k and half marathon:

Start/finish – at the park.

Otter Lake Road and East Cedar Street by the 3rd water stop. Park in the lot by the porta potty – not on the road.

West side of the lake at the 5th water stop (mile 7.5 on the half marathon). Very limited parking – but you can park by the water stop (off the road) just make sure not to block the runners path (running against traffic).

Join your athlete for breakfast. \$10 cash – just give it to the staff person who is preparing the food.

Breakfast includes all you can eat pancakes (within reason), 2 breakfast sausages (choice of pork or chicken), bananas, coffee, syrup, butter, water.

WATER STOPS

A water stop will be located at the turnaround for the 5k (Bald Eagle Ave.). This is also the first water stop for the half marathon. Additional water stops will be roughly every 1.5 miles on the half marathon and 11k courses. 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 5) and at Elmcrest Ave N and W Bald Eagle Blvd (around the 6.5mile mark). The Elmcrest and Bald Eagle Avenue porta potties will also be available

to 11k runners. Water stops are at both locations. Each water stop will have water and Hammer Heed electrolytes available in small cups and an assortment of Hammer gels.

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

4 LEGGED FRIENDS ON THE 5K COURSE

The most likely course for dogs is the 5k and they are certainly welcome as long as they are leashed and you are not letting them run more than a couple of feet from you.

Please make sure to bring along a poop sack just in case. Do not leave a poop sack on the course for someone in the neighborhood to pick up.

If you are running with a stroller – Great! We love that too. But please plan on starting at the back so that runners don't have to dodge you on the way out.

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 pancakes-pretty much as many as you would like within reason (butter and syrup) and chicken and pork sausages (2 per athlete) and bananas. We will also have hot coffee. Yogurt and gluten free pastries will also be available for athletes with dietary restrictions.

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

Spectators can purchase breakfast for \$10 cash.

Current Age Groups

5k	Female	Male
19 and Under	1	5
20-29	0	2
30-39	5	3
40-49	7	2
50-59	1	8
60-69	2	2
70-79	0	2

11k	Female	Male
19 and Under	0	0
20-29	2	3
30-39	9	0

40-49	5	3
50-59	3	2
60-69	3	2
13.1	Female	Male
19 and Under	1	1
20-24	8	8
25-29	4	6
30-34	7	7
35-39	7	7
40-44	4	2
45-49	1	0
50-54	1	2
55-59	2	1
60-64	2	0
65-69	0	1
70-74	1	0
75-79	0	1

Registration will remain open for a day or so, 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 for the half marathon. Because of the lower numbers and to ensure competition 10-year age groups for the 5k and 11k, 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.

Please share your photos with us as well.

Like us on Facebook and follow us on IG using the hashtag #campwannarun 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.