

Good afternoon, Camp Athletes!

We totally lucked out Saturday for the running weather. Sunday and Monday...we all would have been miserable. Thank you Mother Nature... Records were shattered, new PR's were set. YOU were amazing!

Congratulations to every one of you. You posted some of the fastest times in the history of this race. I provided you with the link to the results in the Athlete Guide but here are the direct links to each distance.

RESULTS:

Half Marathon Results:

ac99290b-5f34-47fc-8a68-12df7cf8882c.usrfiles.com/ugd/ac9929_684b5c1fddcc4d9393c3221361b723da.txt

Patrick Larson, the overall male winner of the half marathon **shattered the course record** by 10:31 with his finish time of 1:10:15.

Theresa Hall, the overall female winner also had an impressive finish time of 50:52 which was not quite enough to break the course record of 48:42 set by Allison Greenwood in 2023.

11k Results:

ac99290b-5f34-47fc-8a68-12df7cf8882c.usrfiles.com/ugd/ac9929_5bee8c87918244ceb324acef81f19bcc.txt

Edward Hudella took the **overall Male win for the third year in a row** with his finish time of 47:49! Congratulations Edward! Not only did you take the overall again this year, but you beat your time from last year by almost a full minute. Who said getting a year older made you slower?

Tatum Almquist's overall female finish of 50:52 was the best time posted since 2022 but not quite enough to beat the course record 47:01 set in 2022. An impressive finish never the less. And I am guessing Edward enjoyed being pushed by you.

5k Results:

ac99290b-5f34-47fc-8a68-12df7cf8882c.usrfiles.com/ugd/ac9929_96dcf00b856f4d8092d3580af3a8c87f.txt

Ryne Siebert took the overall male position with his time of 21:16. This time did not beat the course record set by a 15 year old in 2023 (18:10) but seriously – nice work!

Risa Heaton was right on Ryne's heels with an impressive **22:11 finish time which was enough to blow away the course record** set last year of 23:24.

This was also the highest number of 5k athletes racing this distance. Thank you for coming out to run. So much of the focus is on the half marathon but you guys brought it!

I saw and heard so many of you reaching your personal best or just having the time of your life. Congratulations to every finisher. Podium or not, every one of you came to play hard and it showed. For all of you, the "hay was literally in the barn". Great job of training!

PICTURES:

Our photographer captured 460 images of all of you and they are now available for you to download, share for free. Please tag MMRaces **@MMRaces** in your posts. We are working on bringing more of our community online so that we can cheer all of you on outside of race day. We love being part of your journey.

Here is the link for the pics:

<https://www.facebook.com/media/set/?vanity=mmraces&set=a.1590411139759762>

MMR NEEDS YOUR HELP!

Can you help us spread the word? All of you are part of an amazing racing community. We would appreciate your letting others know about your racing experience. Your Google review helps MMR stay vibrant in searches. It only takes a minute, and it makes a HUGE difference in our reach. Here is the link: [midwest-multisport-races - Google Search](#)

Help us get to 100 reviews before the next race...we are just 10 away. Thank you so much for your support of our races. It means the world to me and my team that you have a good time – we love doing this for you!

WHAT IS UP NEXT?

We have one more running race before we launch into the triathlon season. **Manitou Days 5k is brand new to our roster.** This race takes place on the south side of White Bear lake, a course that is new to those who frequently run in White Bear as most courses take place on the north end of the lake.

Consider making this your new Father's Day tradition, grab the kids and join us for either the 5k or the kids' fun run. Finish up at Admiral D's where the pints will be flowing (first one is on the house).

All the details can be found at [Manitou Days | Fun Run | 5k | Midwest Multisport Races](#)

The season is just heating up. So much more racing to be had. See the full lineup and all the details on our website: [Midwest Multisport Races | Minnesota](#)

Or for a quick look at the calendar here is that link: [Calendar | Midwest Multisport](#)

Newsletter/Email Updates

When you registered for Camp, you were automatically added to our mailing list. Weekly we send out updates on upcoming events, provide training tips for running and multisport and give recaps of the most recent run races. We hope you opt to stay on our mailing list, but of course you can easily opt out.

I love to hear from you. Please do not hesitate to reach out to me with comments, suggestions or other feedback. It is our athletes that make our races the best they can be. I read every response and reply to all.

I hope to see you racing again soon. Thank you once again, for a spectacular day of racing. Be well.