

Good afternoon, Fast Before the Feast Athletes!

Thank you for registering for the Fast Before the Feast. As in year's past, a portion of the proceeds will be donated to the Hugo and White Bear Lake Food Shelves.

ALL ATHLETES, PLEASE NOTE YOUR START TIMES! Plan to be at the start line five minutes before the official race start. The start is a GUN start – not a chip start – everyone will have the same start time. Faster runners should be up front.

PARENTS – THE KIDS FUN RUN IS GOING OFF AT 8:35. IF YOU ARE REGISTERED FOR THE 5K OR 10K AND WANT TO RUN WITH YOUR KIDS ON THE FUN RUN, YOU WILL BE STARTING YOUR 5K/10K LATE (and we will note your start time manually).

RACE DAY Packet Pick Up: PLEASE TAKE NOTE OF RACE LOCATION!

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

Athletes running the 5k or 10k with strollers, please let us know so that we can provide you with a waiver for your child.

WHERE: White Bear Lake County Park (aka, Ramsey Beach)

5050 Lake Avenue

White Bear Lake MN

<https://www.google.com/maps/place/White+Bear+Lake+County+Park/@45.0923102,-93.0019364,17z/data=!4m15!1m8!3m7!1s0x52b2d08c628474ad:0x758dbd513c624c72!2s5050+Lake+Ave,+White+Bear+Lake,+MN+55110!3b1!8m2!3d45.0939039!4d-92.9971676!16s%2Fg%2F11c1ghs643!3m5!1s0x52b2d08c8a1fa113:0x9d5ce7ed8ca979bd!8m2!3d45.0938889!4d-92.9972222!16s%2Fg%2F1tfd20x3?entry=ttu>

WHEN: 7:00 a.m. until 8:30 a.m.

Packet pick up will be divided into alphabetical lines with tent signs indicating the letters of the alphabet for each line. FUN RUN will be in a separate line all the way to the right as you are looking at the tables.

- 7:00am - Race day registration opens
- 8:00am - Race day registration closes
- 8:05am - Final course updates (near start/finish line)
- **8:10am - 10k starts**
- **8:30am - 5k starts**
- **8:35am – kids fun run**
- **Parents just running the half mile – you can arrive at 8:15 to pick up your kid's packets. No need to arrive earlier and get cold. Please have your packet picked up no later than 8:30am.**

- 9:30am (approximately) - Awards ceremony in the finish area – Awards will start when 80% of the 5k distance is in.

5k AND 10K COURSES

The entire race takes place on paved trail. The trail that all courses will be running on is in excellent condition.

5K YOUR TURN AROUND IS THE FIRST WATER STOP LOCATED ON HWY 61.

10K YOUR TURN AROUND IS THE 2ND WATER STOP LOCATED JUST PAST BELLAIRE BEACH.

Both courses will be marked with chalk, mile markers every mile and directional signage will also include orange cones to draw attention to corners as there will not be volunteers acting as course marshals on the course.

A water stop will be located at the 5k and 10k turnarounds. 10k athletes will pass through the 5k turnaround water stop twice – once on their way out as they go past it on their way to Bellaire Beach and again upon their return to White Bear Lake County Park. Small 4 ounce glasses of water will be served at the 5k turnaround. Water and Hammer Heed electrolytes will also be available at the 10K turnaround water stop located at Bellaire Beach. Additional bottles of water will be available at the finish line. Athletes are welcome to bring their own water source if preferred.

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

Age Groups:

5K	Male	Female
12 and Under	13	11
13-18	23	12
19-24	15	29
25-29	14	15
30-34	13	17
35-39	6	17
40-44	14	17

45-49	10	21
50-54	10	11
55-59	7	10
60-64	7	12
65-69	4	3
70-74	3	3
75-79	2	0
80-89	1	0

10K	Male	Female
18 and Under	2	
19-24	3	
25-29	0	
30-34	7	
35-39	6	
40-44	4	
45-49	2	
50-54	1	
55-59	1	
60-64	1	
65-69	3	
70-74	0	
75-79	1	
80-84	0	

Registration will remain open through race morning, so numbers are subject to change.

Overall male and female winners of both distances will be pulled out of the age groups (no double dipping). First, second and third place will be awarded to each male and female in each age group. You must be present at the awards ceremony to claim your prize or if you would like your award mailed to you, you will need to cover the \$7 shipping fee. Awards will consist of place ribbons to be attached to your finisher medal. This award was chosen as the most cost effective way to recognize your

accomplishment without taking away significantly from our ability to donate to the max to the food shelves.

RESULTS:

Results will be printed out roughly every 15 minutes at the race site. All results will be up later Thursday at <https://www.frontrunnerusa.com/our-events/results> . This is a chip timed race with a gun start. Please wear your bib number **in front** no higher than your waist to ensure that the chip triggers the mat and that back up timers can catch your number and time as you cross the finish line.

If anything looks a bit wonky with your time, please reach out to Randy directly at randy@frontrunnerusa.com to ask him to research the issue and provide an update.

SHIRTS:

If you registered late (in the last week two weeks) and requested a finisher shirt, your shirt will be mailed to you following the race. This typically takes about 2-4 weeks as the subsequent smaller shirt orders get put into que by my vendor where he can fit them in as he continues to produce shirts for upcoming events. Make sure you stop by the awards table after you are done running to see if we had a shirt that was not picked up that you could take with you.

PHOTOGRAPHY:

A professional photographer will be present at the race taking pictures. This is a free service to all of you and pictures will be made available on our social media when available (most likely middle of next week). Please feel free to download the pictures and share them. Make sure you tag MMRaces when you do so. Also please feel free to share your own pictures with us on FB at [\(3\) Midwest Multisport Races | Facebook](#) . While Craig makes every effort to capture everyone in a photo, please do not be offended if he missed you.

FOOD SHELF AS BENEFICIARY:

As in past years, net proceeds of the race will benefit the Hugo and White Bear Lake food shelves. Thanks to the generosity of athletes just like you, we have been able to give thousands of dollars to these food shelves every year MMR has been running this race.

Please consider making an additional monetary contribution in any amount. Cash donations to the food shelves will be accepted at packet pickup and are preferred by the food shelves as they are able to stretch a dollar to \$6 by purchasing food wholesale. If you are planning to donate food or personal toiletries, please bring them on race day but keep in mind that cash goes much further for the food banks. If you are considering a food donation, the food shelves are most in need of diapers, wipes, cereal, peanut butter and coffee.

Thanks again for supporting our efforts to feed our community. We look forward to seeing you on Thanksgiving. If you have any questions, do not hesitate to contact me. I will be out of the office starting at 10am on Wednesday setting the courses and making final preparations so will not likely answer emails until very, very late in the evening if at all. I will not have access to email on Thursday.