Bald Eagle Half Marathon

ATHLETE GUIDE

Hello, Bald Eagle Half Marathon Athletes! Thank you for registering! We look forward to welcoming you Saturday for a great morning of running.

If you registered within the last two weeks and requested a shirt, it may not be in your packet because the order deadline had passed. Stop by after your run to check for an unclaimed shirt in your size. If we have one, it is yours! Otherwise, I will order one next week and mail it to your registration address.

Weather and Race Status

The current forecast looks promising: overcast skies, around 50°F, and very light winds. Plan for 40–45°F at the 8:00 AM start. I will send a final update Friday evening after the course is set and we have a better forecast.

The race will take place rain or shine. Cancellation will occur only if severe weather endangers athletes, staff, or volunteers. Any cancellation decision will be made at 5:00 AM on race morning. With preparations completed and expenses incurred, refunds and transfers are not available.

Know Your Course!

DO NOT ASSUME THE PERSON RUNNING IN FRONT OF YOU KNOWS WHERE THEY ARE GOING! Review the attached course map before race morning. The route will have signs and chalk (weather permitting), but you are responsible for knowing the course and following its markings. We want everyone finishing after 13.1 miles—not 14 because they followed a wrong turn!

Virtual Race Option

If you prefer to complete the race virtually, notify me no later than noon Wednesday so I can set you up. To have your virtual result published with the live results in the virtual division, email a screenshot showing distance, finishing time, and date completed no later than November 10. I will reply with confirmation. Your finisher medal and shirt (if ordered) will be mailed to your registration address.

Parking

Free parking is available in the park lot. The area near the boat launch will be marked NO RACE PARKING; vehicles parked there are very likely to be towed at the owner's expense. Additional parking is available on the east side of the frontage road, beginning at the boat launch parking lot entrance and continuing north of the park. A staff member will help direct parking.

Packet Pick-Up and Race Start

Race morning only | Start area: 5767 Hugo Road, White Bear Township

Packet pick-up: 7:00–7:45 AM (7:45 is a hard stop!) | Race start: 8:00 AM SHARP

Please arrive in time to collect your packet and prepare. Your packet includes your bib and timing chip, plus your shirt if ordered and available. Safety pins will be available. There is no bag drop, so return belongings to your car; parking is a short walk from the start.

You may stay warm in your car, but be at the starting line by 7:55 AM. The certified-course start is fixed, exactly 69 feet south of the finish, and will be marked with large cones. You must cross the timing mat to start your time.

Running Protocols

Certified course and bibs: We must collect both electronic chip times and manually recorded finish times. Wear your bib on the FRONT of your body, clearly visible at the finish. Because the course is certified, we cannot change the route, including to bypass construction.

Open roads: Traffic will continue throughout the race. Run against traffic for the entire course and remain alert. Earbuds are allowed, but can make vehicles and hazards harder to hear.

Markings: Mile markers will be chalked on the roadway every mile through mile 12. Turns will have signs and chalk (weather permitting), with cones at corners without officers or water stops.

PLEASE DO NOT LITTER! For the past couple of years I have picked up used gel packets and empty bottles while collecting signs. I know you dislike sticky hands, but I do too—especially when the stickiness ends up on my signs, steering wheel, and car doors! Carry waste to water stops with trash cans, roughly every 1.5–2 miles. These are residential neighborhoods; keeping them clean helps us continue using the course. I am not planning to walk another 13.1 miles collecting wrappers!

Road Construction — County H2

Approximately half a mile of County H2 is under construction. As of today, about half has been paved. Athletes will run on the left side, currently closed to vehicles. The remaining unpaved portion is rough; consider the completed sidewalk for a smoother surface. Weather permitting, construction may finish before race day. I will update you Friday evening.

Roundabout — County Road J and Otter Lake Road

A new roundabout has been installed. An officer will control traffic coming off the freeway. Use the designated pedestrian crossing to navigate the roundabout, ending on the proper side of Otter Lake Road to continue against traffic. Follow markings and officer directions.

Extra Caution — Otter Lake Road

The approximately two-mile stretch alongside the freeway has a very narrow shoulder. Cones will run the entire stretch to provide additional running space. You will face oncoming traffic. PLEASE STAY BEHIND THE CONES; vehicles often travel at higher speeds here.

Spectators

Spectators are absolutely welcome! We love having friends and family cheering. Parking along the course is extremely limited, so the best viewing spot is the start/finish area. The only other area with some parking is Water Stop #5 on the west side of the lake, with room for approximately five cars.

MAKE A SIGN AND CHEER THEM ON! While waiting for your athlete to return, visit our spectator sign-making station near the start/finish area. We provide the space and all the supplies to create fun, encouraging signs. Get creative and help us welcome every runner back to the finish!

Spectators may join the post-race pancake breakfast for $10 cash per person.

Water Stops and Restrooms

Water stops are approximately every 1.5–2 miles. Exact spacing varies with road conditions and safe setup locations. Each stop will offer water and Hammer HEED electrolytes in small cups, plus a limited variety of Hammer gels. You may carry your own water or electrolytes.

Portable restroom: Bald Eagle Avenue, approximately miles 1.5 and 11.5

Portable restroom: Otter Lake Road and East Cedar Street, just before mile 7

Portable restroom: Elmcrest Avenue N and West Bald Eagle Boulevard, approximately mile 8.25

Dispose of gel packets and other waste at water stops, not in neighborhoods along the route. Your cooperation helps us preserve this course for future races.

Finish Area and Pancake Breakfast

Weather permitting, we will celebrate with all-you-can-eat pancakes, chicken and pork sausages (two per athlete), bananas, and hot coffee, served by staff. Sealed bottled water will be available at the finish. Spectator breakfast is $10 cash per person.

Current Age Groups

Registration remains open through packet pick-up, so these counts may change. Awards go to overall male and female for each distance, plus three deep in five-year age groups. No double dipping: overall winners are excluded from age-group awards. Age-group awards are ribbons that attach to finisher medals, a greener option.

Race Photos

A professional photographer will take photos at no additional cost. We try to photograph everyone but cannot guarantee every athlete is captured; feel free to request a photo with your running buddies. Photos typically begin appearing within three days and the full collection should be posted within a week in the Bald Eagle Album on the Midwest Multisport Races Facebook page. Find our Facebook link at the top of the website homepage. Download, copy and share photos, tag MMRaces, and share your own! Follow us on Facebook and Instagram and use #baldeaglehalf.

Race Shirts

If you ordered after the final shirt order, your shirt will be mailed to the address provided at registration. Follow-up orders typically arrive two to three weeks after the race because our vendor fits smaller orders into his production schedule. Check with me after your run for an unclaimed shirt in your size so you may be able to take one home that day.

Race Results

Results will be available at the race and updated approximately every 20 minutes. Official results: https://www.frontrunnerusa.com

If something looks wonky, email Randy directly at randy@frontrunnerusa.com. He can research and correct timing issues. Timing is above my pay grade! I already spend four to five hours daily answering emails; if you send timing questions to me, I will simply forward them to Randy, potentially delaying a response.

One Final Update

I will email one last update Friday evening after the course is set and we have better information on temperatures and construction. Until Saturday, be well, enjoy your taper, and get ready for a great day of running!

MMRaces

Age Group	Male	Female
19 and Under	3	4
20–24	13	18
25–29	18	16
30–34	21	29
35–39	16	14
40–44	14	25
45–49	14	7
50–54	9	5
55–59	2	4
60–64	5	1
65–69	4	0