

Hello Chase Athletes!

Thank you for registering for the **Great Pumpkin Chase**, taking place this Sunday, **October 11**, at Lake Elmo Park Reserve in Lake Elmo!

The forecast right now looks like great running weather, with temperatures in the 50s to 60 and the start, warming to a high of 78 with partly cloudy skies. We will have the bonfire going for the race start and while you're digging your way through the all-you-can-eat pancakes!

And a reminder: **dogs are absolutely welcome on this run**. Just make sure you have a poop sack with you in case they need to go potty at any time while they are with us.

PARKING

The cost of the **\$7 day park pass is NOT included in your registration fee**.

Make sure you stop at the kiosk by the guard house on your way into the park to purchase your pass. The building is currently under construction, but the kiosk outside the building is open.

Make sure your pass is visible through your windshield to avoid the nasty \$180 ticket!

COURSE ROUTES –

Because this is a trail run, it is really difficult to provide a completely accurate computer-generated map. I have modified the website maps with some hand-drawn markings showing what the actual routes will look like. **Those maps are attached to this email.**

The courses will be heavily marked with chalk and signs to help direct you.

Because both distances involve multiple loops, you will have multiple opportunities to pass the water stop, which will also have a portable toilet.

10K

The 10K will be a **three-loop course**. The first two loops will be the same, with the third loop falling inside the first two loops.

The course will have signs directing you for each lap, and I hope to have staff at the two intersections where you will turn for the subsequent loops.

We are still short a couple of volunteers, so if you know someone who can help out, please send them my way. As of right now, I do not have volunteers or staff for the course.

This course configuration allows you to pass the water stop **three times**. Small glasses of water and **Hammer HEED Electrolytes** will be available.

Please do not litter your discarded cups on the trail. Drop your used cup within a short distance of the water stop so we can easily pick them up.

5K

The 5K will be a **two-loop course**, with the second loop falling inside the first.

The intersection where the loops change will have signs indicating the direction you need to run and, hopefully, a volunteer as well.

You will pass the water stop as you head out for your second loop. Small glasses of water and **Hammer HEED Electrolytes** will be available.

Again, please do not litter your discarded cups on the trail. Drop them within a short distance of the water stop.

RACE STARTS

Both races will have a **mass gun start**.

Our numbers are fairly small, but if you are a fast runner and don't want to get slowed down behind a slower runner, make sure you line up toward the front so you can scamper off into the woods quickly!

PACKET PICKUP – NO EARLY PACKET PICKUP!

Race Day – Sunday, October 11, 2026
7:30 AM–9:30 AM

Lake Elmo Park Reserve
1515 Keats Avenue
Nordic Center
Lake Elmo, MN

If you are running the 5K or Kids Fun Run, there is no need to arrive super early.

5K runners: Please arrive and have your packet picked up by 9:30 AM.

Kids Fun Run: Please have your packet picked up by 10:30 AM.

Your packet will contain:

- Race bib and chip, to be worn in front
- Finisher shirt, if you ordered one at least two weeks ago
- Finisher medal

KIDS FUN RUN

Kids need to have their packets picked up **no later than 10:30 AM**. Kids' packets will include their race number and finisher medal.

The Kids Fun Run starts at **10:45 AM**, allowing parents running the 5K time to finish and either cheer on or run with their kids.

This is a **half-mile out-and-back trail run**, and a staff member will be stationed at the turnaround.

DISTANCE SWITCHING

No race-day distance switching will be allowed.

If you would like to switch from the **10K to the 5K**, please let me know no later than **Wednesday at 5:00 PM**. After that, there will be a \$5 charge to reissue your chip and set you up for the shorter distance.

This rarely happens, but if you would like to switch from the **5K to the 10K**, please reach out to me for details on how we can make that happen.

RACE SHIRTS

Shirts will be included in the packets of athletes who registered at least two weeks ago and elected to add a finisher shirt to their registration.

Late registrants can expect to receive their shirts approximately **two to three weeks after the race**. Those shirts will be mailed to you.

WE ARE UNABLE TO MAKE SIZE SUBSTITUTIONS. We ordered the shirt size you indicated when you registered.

If you are waiting for a shirt, check with me after the race before you leave. I may have shirts available that were not picked up.

RACE DAY SCHEDULE

7:30 AM – Park and parking areas open

7:30–9:30 AM – Packet pickup for both distances

Until 10:30 AM – Kids Fun Run packet pickup continues

8:25 AM – 10K race announcements

8:30 AM – 10K starts

9:30 AM – 5K packet pickup closes

9:55 AM – 5K race announcements

10:00 AM – 5K starts

10:45 AM – Kids Fun Run

FINISH

Bottled water, coffee, hot cider, pancakes and sausages will be waiting for you at the finish line.

The awards ceremony for both distances will be held at **11:00 AM—or sooner if 85% of the field has returned to the finish line before then.**

The timing of the awards allows those who are running **both the 10K and 5K** to finish both races and be there for the ceremony.

Grab some pancakes and sausages while you wait and cozy up around the bonfire by the Nordic Center!

If You Cannot Stay for Awards

If you are unable to stay for the awards ceremony, you can make arrangements to stop by my office to pick up your award.

You can also have your award mailed to you. Send a **\$7 check payable to MMRaces** to:

MMRaces

2370 County Road J, Suite 103

White Bear Lake, MN 55110

Please include a note with:

- Full name of the race
- Distance you ran
- Your age group
- Your finishing position within your age group
- Your name
- Your mailing address

Once I receive your request, I will put your award in the mail.

CURRENT AGE GROUP BREAKDOWNS

Double Up

Males: 3 – ages 25, 34 and 49

Females: 4 – ages 25, 29, 35 and 46

10K

Age Group	Male	Female
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19 & Under	0	0
20–29	1	5
30–39	8	10
40–49	7	9
50–59	2	1
60–69	1	2
70–79	0	0

5K

Age Group	Male	Female
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19 & Under	2	1
20–29	4	8
30–39	4	14
40–49	3	8
50–59	4	9
60–69	1	2
70–79	1	1
80–89	1	0

Awards for the 5K and 10K will be **Overall, followed by three deep in each age group. No double dipping.**

Registration will remain open until **Saturday at 11:45 PM**, so these numbers are likely to change.

Age groups will move to **five-year age groups once registration numbers allow for competition within the age group.**

RESULTS

Results will be available on race day and published later in the afternoon through **FrontRunner USA.**

PHOTOGRAPHY

A professional photographer will be at the race taking pictures **at no additional charge to you.**

Photos will be posted to our social media in the week or so following the race. Our photographer will make every effort to capture shots of every athlete, but if by some chance he misses you, please don't be offended—it wasn't done on purpose!

Please feel free to download and share your photos—they are free to you—and **tag MMRaces** when you do.

Please be patient while we get them posted. We receive hundreds of photos, and Facebook limits how many files we can upload at one time. It literally takes hours to get them all loaded.

SPECTATORS

Spectators are absolutely welcome to join us and cheer you on at the start and finish.

They are also welcome to join us for the pancake breakfast for **\$10 cash per person.**

Breakfast is included for athletes at no additional charge.

ONE LAST THING...

Thank you all once again for coming out for this race! I look forward to seeing all of your smiling faces on race day!

I will be out of the office much of Friday and all day Saturday setting the course and making final preparations. No vehicles are being allowed on the course, so I will be doing all of this **on foot.**

If you email me on Saturday, there is a very good chance you won't hear back from me until very late in the day—or possibly not at all.

If you need to reach out to me before race day, please email me at judi@mmraces.com.

See you Sunday!