The Scare in White Bear – 2026 Athlete Guide

Saturday, October 24, 2026

Good evening, Scare Athletes!

Thank you for registering for **The Scare in White Bear!** I'm looking forward to seeing all of you this Saturday evening for a little running, a little Halloween fun, and hopefully some pretty spectacular costumes!

You'll find detailed race information, including the course profile, on our website:

Scare in White Bear Race Website

Rather than repeat everything that's already there, I'm going to focus on information that is different from, or in addition to, what's on the website.

Please consider this Athlete Guide your most current source of race information. If something here differs from the website, follow the instructions in this guide.

GENERAL RACE INFORMATION

A few important things everyone should know:

- **Packet pickup is on race evening ONLY.** There is no advance packet pickup.
- **Race bibs must be worn on the FRONT** of your clothing so our timing crew can identify you.
- **Dogs are absolutely welcome!** We encourage you to bring your four-legged running buddies. Just make sure they remain on a leash and that you bring a poop sack to clean up after them.

And speaking of dog poop...

There are several receptacles along the course where you can dispose of your dog's little contributions. Please carry your poop sack until you reach one of them.

Please do NOT leave filled bags at the base of a course sign or next to one of our torches. Trust me, when I'm taking down torches in the dark at the end of the night, the last thing I want to do is carry someone's dog poop to a garbage can! Chances are excellent you'll pass a receptacle during your run.

Thank you for helping us keep the course clean!

PACKET PICKUP

Saturday, October 24 – Beginning at 5:00 p.m.

Location: Memorial Beach
Across the street from West Park
4958 Lake Avenue
White Bear Lake, MN

Your race packet will include:

- Race bib
- Glow sticks
- Race T-shirt (if you selected the shirt option)

A note about T-shirts: If you registered within the last couple of days, your shirt will be included in our next order and mailed to you in approximately 2–4 weeks.

Packet pickup closes promptly at **5:55 p.m.**, so please plan accordingly.

SCHEDULE OF EVENTS

Time	Event
5:00 p.m.	Packet Pickup Opens
5:15 p.m.	Kids Trick or Treat on the Beach *(time to confirm)*
By 5:45 p.m.	Professional Photographer Arrives
5:55 p.m.	Packet Pickup Closes
6:00 p.m.	Kids Fun Run
6:25 p.m.	5K Race Announcements
6:30 p.m.	5K Race Start
Approximately 7:00 p.m.	Awards on the Beach, once 85% of the field has finished
7:45 p.m.	Course Closes

Professional Photo "Booth": Photos will be available before the race once our photographer is set up. I strongly recommend getting your pictures taken before you run, as our photographer will be busy capturing finish-line photos once the race begins.

KIDS TRICK OR TREAT & FUN RUN

Our younger athletes have some Halloween fun of their own!

Trick or Treat on the Beach begins at 5:15 p.m. *(Please confirm this time.)*

We're holding this activity while there's still enough daylight for the kids to see and enjoy the challenges.

Each child will receive a trick-or-treat bag. **Please make sure your child uses the bag provided.** This is how our volunteers and staff will identify the children participating in the Kids Fun Run.

The **Kids Fun Run begins at 6:00 p.m.**

5K COURSE INFORMATION – SLIGHT CHANGE

We've made a slight change to the course this year, with athlete safety in mind.

You will NOT be running around West Park.

Instead, runners will remain on the paved running path for the entire race.

Because of this change, the turnaround has been moved farther out, closer to the VFW, rather than its former location at Highway 96 and South Shore Drive.

Here's what you need to know:

- The course is an **out-and-back 5K**, entirely on the paved trail.
- Mile markers will be posted at miles 1 and 2.
- Corner markers and chalk markings will be used wherever necessary to help keep everyone on course.
- The turnaround point is also the water stop.

Please pay attention to the course markings and stay on the designated trail.

WATER STOP

Water will be available at the turnaround in small, 4-ounce cups.

Please dispose of your cup near the water stop or in the garbage can provided. This makes cleanup much easier for our staff and helps keep the trail clean.

Thank you!

RACE RESULTS

Results will be available online Saturday evening at:

FrontRunner USA – Race Results

Click the **Results** button and select *Scare*.

We'll also have race results available at the race.

If you notice something that looks scary wrong with your results, please contact Randy at **randy@frontrunnerusa.com**.

He'll track down what those pesky goblins did with your results and make the appropriate corrections!

AGE GROUPS & AWARDS

2026 AGE GROUP BREAKDOWN –

Registration will remain open through midnight Friday.

We are currently planning on 10-year age groups, with a couple of exceptions for the women due to smaller participation numbers. If registration numbers increase enough, we'll move more divisions to 5-year age groups.

Age groups and participant counts are subject to change.

5K Age Groups

	Male	Female
18 and Under	5	5
-29	2	13
30-39 Males	10	17
30-34 Females		10
35-39 Females		7
40-49	5	8
50-59	2	3
60-69	5	2
70-79	2	0
80-89	0	0

Awards

Awards will be presented as follows:

- Overall Male and Female
- First through Third Place in each age group

- **No double dipping!** Overall winners will not also receive age-group awards.

Rather than handing out traditional awards, we're doing something a little different.

Age-group winners will receive a **placement ribbon that attaches directly to their finisher medal**.

Why the change?

Traditional awards are frequently left behind at races, creating unnecessary waste and adding to the cost of producing events. Our placement ribbons are a much greener alternative, allowing us to recognize your accomplishments without creating more stuff that might end up in the trash.

We think it's a pretty good solution!

PROFESSIONAL PHOTOS & HALLOWEEN "PHOTO BOOTH"

Be sure to stop by our Halloween "photo booth"! ("Photo Booth" – it may not be an actual photo booth. We may be using the hillside to stage decorations as a background to you and your ghoulish friends and family.)

We'll have a tent or decorated area for the occasion, weather permitting. (That means as long as the winds are manageable enough to keep the decorations where they belong!)

Our professional photographer will be taking pictures at the race start as well as out on the racecourse and at the finish line.

A few things to know:

- Photos are professionally taken and **completely FREE** to our athletes.
- We expect to have the photo album uploaded to our Facebook event page sometime next week.
- Once posted, you're welcome to download your photos at no charge.
- Our photographer will make every effort to capture everyone on the course, but we cannot guarantee an individual race photo of every participant.

My recommendation? Visit the photo booth BEFORE you run!

Once the race starts, our photographer will be busy capturing athletes crossing the finish line, so you may have to wait if you want a photo afterward.

Besides, wouldn't it be nice to have a picture of your costume before you've run 3.1 miles in it?

Of course, you're welcome to visit the photo booth after the race as well, when the photographer is available.

COSTUMES, DOGS, STROLLERS & HALLOWEEN FUN!

This is The Scare in White Bear, after all, so I encourage you to get creative with your costumes!

Whether you're coming as a ghost, goblin, superhero, or something entirely unexpected, we'd love to see your Halloween spirit.

As always, **all abilities are welcome**, along with dogs and strollers. Whether you're running for a personal best, enjoying an evening walk, or just coming out for some Halloween fun, we're happy to have you.

Thank you again for choosing to spend your Saturday evening with us and for supporting MMRaces.

I look forward to seeing all of you on **Saturday, October 24**, for a ghoulishly good time!

See you on the beach! 🎃 👻