

Good evening, Athletes,

I apologize for the late email. I will keep this short and sweet.

#### TRAIL CONDITIONS:

The word of the day is SLICK! If you own Yak Trax, you should plan to wear them tomorrow. The trail has been plowed but just like your driveway, there was ice under the snow and that is still on the trails. This will not be your fastest 5k or 10k if you want to stay upright. We cannot sand or salt because the trail is adjacent to the lake. So, take your time, watch the footing and enjoy the run.

Heads up, the trail along Hwy 61 will be more treacherous than the rest of the trail as the plows threw clumps of snow onto the trail after the trail had already been plowed.

Turn signs are located at all of your turns and straight aways along with bright orange cones. You will stay on the trail the entire time you are running.

Mile markers every mile – except mile 2 of the 5k which has been stolen.

#### WEATHER UPDATE:

It is going to be cold (20 degrees) and it sounds like wind will be a factor bringing windchill temperatures down. Make sure you are planning accordingly – wear a hat. I know there will be some of you who will be crazy enough to wear shorts. You guys know what your body can tolerate so plan accordingly. But make sure if you intend to brave the cold in that way that you have a car close by with warm clothes. Please, no hyperthermia tomorrow...you want to be able to enjoy the rest of your day.

#### RESULTS:

Because of the windy conditions, it is highly likely that we will not be posting results at the race. We will have awards as soon as 80% of the 5k or 10k field is in. Most likely, it will be the 5k awards first.

Results will be posted online later in the day. Please use the following link for the online results: [Frontrunner Events USA | Race timing](#)

If anything looks wonky with your results, please do not tell me – reach out to Randy at [randy@frontrunnerusa.com](mailto:randy@frontrunnerusa.com). I am going to be leaving to visit my parents immediately after we finish tearing down and will not have access to my email until Monday of next week. It will slow down your ability to see corrected results.

#### SWITCHING TO A SHORTER DISTANCE:

Given the conditions, I have had a couple of requests to switch from the 5k to the kids run (parents with strollers). If you are doing this switch, make sure you tell us at packet pick up because we will need to pull your chip so that you are not included in the 5k results.

If you would like to switch from the 10k to the 5k, you need to let me know tonight so that I can send an email before 4 am to our timer to update the data to reflect the new distance.

#### PICTURES:

We will have a professional photographer on hand snapping pictures. Please be patient with us posting these as Craig, Nicole and I will be enjoying time with our aging parents. I will send out a link to all of you once the pictures become available on our Facebook page. That should be sometime mid-next week.

#### 10K BATHROOMS ON ROUTE:

If you need to use the restroom while on course, the public bathrooms at Boatworks will be open (this is right across the street from the VFW).

Remember, you will turn around at the second water stop located at Bellaire Beach.

5k – remember you turn around at the first water stop on Hwy 61.

#### UPDATED AGE GROUPS:

Sorry 10k women – I somehow managed to leave blank the breakdown in my previous email. That has now been updated.

Registration will remain open through packet pick up so these numbers could continue to change.

5K	Male	Female
12 and Under	15	16
13-18	29	14
19-24	23	33
25-29	15	16
30-34	19	19
35-39	8	21
40-44	15	17
45-49	12	24

50-54	10	12
55-59	6	11
60-64	9	12
65-69	4	3
70-74	3	3
75-79	2	0
80-89	1	0

10K	Male	Female
18 and Under	2	2
19-24	3	2
25-29	0	6
30-34	9	5
35-39	6	8
40-44	4	3
45-49	4	3
50-54	1	0
55-59	1	2
60-64	1	0
65-69	4	1
70-74	0	0
75-79	1	0
80-84	0	0

#### SHIRTS AND MEDALS:

We are sold out of medals. If you do not have a medal in your packet, please stop by the awards table to see if there is a medal available from a packet that was not picked up.

If you ordered a shirt but it is not in your packet, please stop by the awards table once you are done running to see if a shirt in your requested size is available. If not, the shirt will be mailed to you to the address provided. Please allow 2 – 3 weeks for this as my vendor is still working orders for my upcoming races and will be putting the post race order into his work flow where he can. And with the holiday mailing frenzy, the postal service will be swamped also slowing down the mailing. I will get the shirts out to you just as soon as possible.

That's it for tonight. See you in the morning.