

Hello Chase Athletes!

Thank you for registering for the Great Pumpkin Chase to be held this Sunday, October 20th at Lake Elmo Park Reserve in Lake Elmo. The forecast as of right now, looks like it will be a great running weather with temps in the 50's to 60's – that post race bon fire is going to feel great while you are digging your way through the all you can eat pancakes. I want to remind all of you that 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 they are with us.

PARKING

The cost of the day park pass (\$7) is NOT included in your registration fee. Make sure you stop at the kiosk by the guard house on your way in to purchase a pass. There is a kiosk outside the building (the building is currently under construction but the kiosk is open). Make sure your pass is visible through your windshield to avoid the nasty \$180 ticket.

COURSE ROUTES – Different than what you see on our website!

Because this is a trail run, it is really difficult to provide a really accurate computer-generated map. The map on our website shows the outside loop of both the 10k and the 5k. So, I am providing a written description of where you will be running. I will have chalked heavily and will have signs on the courses to direct you. I have modified the map that is on the website with some hand drawn marks as to what the actual route will look like. They are attached. Because both distances involve multiple loops, you will have plenty of opportunities to pass by the water stop which will also have a portable toilet.

10K – the 10k course will be a 3 loop course. The first two loops will be the same, the third loop is inside the first two loops. The course will be marked with signs for each lap and I hope to have volunteers on the two intersections where you will turn on each subsequent loop. (Still short a couple volunteers so if you know of 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 configuration allows you to pass by the water stop three times on the route. Small glasses of water and Hammer Heed Electrolytes will be available at the water stop. Please do not litter your discarded glasses on the run course. Please drop your used glass within a short distance from the water stop.

5K – the 5k will be a two loop course with the second loop falling inside the first. Again, the intersection where the loops change will have signs to indicate the direction you need to run and hopefully a volunteer as well. You will pass by the water stop as you head out for your second loop on this route. Small glasses of water and Hammer Heed Electrolytes will be available at the water stop. Please do not

litter your discarded glasses on the run course. Please drop your used glass within a short distance from the water stop.

The start for both races will be a mass gun start. Numbers for the race 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 at the front of the line for the start so you can scamper off into the woods quickly.

PACKET PICKUP –NO EARLY PACKET PICK UP!

Race Day, October 20, 2024 from 7:30am until 9:30am.

(If you are running the 5k or the kids fun run, no need to arrive super early. 5k please arrive and have your packet picked up by 9:30. Kids fun run, please pick up your packet by 10:15)

Lake Elmo Park Reserve - 1515 Keats Avenue

Nordic Center

Lake Elmo, MN

Packets will contain the following items: your bib and chip to be worn in front, your shirt and finisher medal (if you ordered a shirt at least 2 weeks ago).

KIDS FUN RUN

Kids need to have picked up their packets by 10:30 at the latest. Kids packets will include their race number and finisher medal.

Start time will be 10:45 to allow parents running the 5k to cheer on or run with their kids.

This is a half mile out and back trail run. A staff member will be at the turn around.

DISTANCE SWITCHING:

No race day switching of distances will be allowed. If you would like to switch from the 10k to the 5k, please let me know no later than Wednesday by 5pm. After that, there will be a \$5 charge to reissue a 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 more details on how we can make that happen.

RACE SHIRTS:

Shirts will be available for athletes who registered 2 weeks ago and elected to add a finisher shirt to their order in their packets. Late registrants can expect to receive their shirts about two to three weeks after the race. The shirts will be mailed to you. WE ARE UNABLE TO MAKE ANY SIZE SUBSTITUTIONS AS WE ORDERED THE SHIRT SIZE YOU INDICATED.

Those of you who might be waiting for a shirt should check with me post race before leaving in case I have some that were not picked up.

RACE DAY SCHEDULE OF EVENTS

7:30am – Park and parking areas open

7:30am – 9:30 – Packet Pickup for Both Distances

Packet pick up for the kids fun run will continue until 10:30.

8:25am – 10K Race Announcements

8:30am – 10K Starts

9:30am – Packet Pickup Closes for the 5K

9:55am – 5k Race Announcements

10:00am – 5k Starts

10:45am – Kids Fun Run

FINISH:

Bottled water and pancakes and sausages will be available at the finish line.

The award ceremony for both distances will be at 11am – sooner if 85% of the field gets back to the finish line before 11. (The time for the awards allows for those running both the 10K and 5K to be present after finishing their runs.) Grab some pancakes and sausages while you wait for the awards and cozy up around the bonfire by the Nordic Center.

If you are unable to stay for the awards, you can make arrangements to stop by my office to pick your award up, or mail a check made payable to MMRaces for \$7 to 2370 County Road J, Suite 103, White Bear Lake MN 55110. Make sure you include a note telling me the full name of the race, the distance run, your age group and finishing position within the age group, your name and address. Once I receive your request, I will put the award in the mail to you.

CURRENT AGE GROUP BREAKDOWNS

Double Up –

Males: 1 male age 48

Females: 4 females, ages 36, 38, 40 and 48

5k	Male	Female
18 and Under	1	0
19-29	3	4
30-39	3	13
40-49	2	7
50-59	2	2
60-69	3	1
70-79	3	

10K	Male	Female
18 and Under	1	0
19-29	2	8

30-39	1	9
40-49	4	6
50-59	2	3
60-69	0	0
70-79	0	0

Awards for 5K and 10K, Overall then three deep per age group. No double dipping.

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

RESULTS:

Results will be available on race day and will be published later in the afternoon at [Trail Races, Triathlons, Duathlons and Running Road RacesFrontRunner \(frontrunnerusa.com\)](#)

PHOTOGRAPHY:

A professional photographer will be at the race snapping pictures at no additional charge to you. These photos will be made available on our social media in the next week or so. Our photographer will make every effort to capture shots of every athlete, but if by some chance he misses you, please do not be offended. This was not done on purpose. Please feel free to download and share the photos (again they are free to you) and tag MMRaces when you do so. Please be patient. We get hundreds of pictures and the rules for loading these files onto FB are very limiting in terms of how many we can load at one time. It literally takes hours to complete this.

SPECTATORS:

Spectators are welcome to join us to cheer you on at the start and the finish. They can also join the pancake breakfast for a \$10 cash fee. Athletes enjoy the breakfast for no additional cost.

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 of Saturday setting the course and making final preparations (no vehicles are being allowed on the course so I will be doing this on foot.) If you email me on Saturday, you will very likely not hear from me until very late in the day or not at all. If you need to reach out to me prior to race day, please email me at judi@mmraces.com.