

LAKE WOBEGON TRAIL MARATHON MAY 6TH 2023

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Sponsored by:



Friday Packet Pick-up 5/5/2023

Packet Pick-up

- Packet pick-up will be 4:00pm-7:00pm at Resurrection Lutheran Church, 610 County Road 2, St. Joseph
- Packets can only be picked up by the registered runner
- All runners will need to sign a medical consent form when picking up their packet, in the event that they need to be given any medical treatment during the race
- Our packet pick-up does not offer any vendors selling supplies for your race, if you need gels or other products, we recommend:
 - The Endurance Shop
 - 5th Ave South, St. Cloud
 - Friday Hours: 10:00am-6:00pm
 - Scheels
 - In Crossroad Mall: 30 Waite Ave N Suite 94, St Cloud
 - Friday Hours: 9:30am-9:00pm
- A limited amount of Lake Wobegon Trail Marathon merchandise will be available for purchase

Pasta Feed

- Avon Women of Today will be hosting a pasta feed at packet pick-up
- Cost is \$10 cash
- Door prizes will be drawn for those in attendance



Race Morning

Buses

- Bus pick-up is near the finish line, at Resurrection Lutheran Church starting at 5:30am, the last bus will leave at 6:00am
- There is ample parking on city streets and nearby lots in St. Joseph. **Do not park in the church parking lot**
- There are no buses that return to the start line. If you park at the start line you will need to find your own transportation back

Last Minute Packet Pickup

- Race packets will be available at Holdingford High School prior to the start of the race from 5:45-6:45am

Start

- The race starts at the Holdingford High School track
- Prior to the start of the race, runners will have access to Holdingford High School, including indoor restroom
- After the National Anthem at 6:50am, runners will proceed outside to start the race on the running track

Drop Bags

- Drop bag service is offered at the start line, with your bags waiting for you at the finish line
- You can utilize your own bag or pick one up at packet pick-up on Friday night or Saturday morning. Clearly mark your drop bag with your bib number. Tags will be available at packet pick-up if needed.



On Course

Safety

- On course, the Lake Wobegon trail crosses several roads
- All major road crossings are manned by volunteers to ensure your safety, yet runners should exercise caution during all road crossings
- Our race takes place on a country trail that is open to the public during the race. Generally, traffic is light on race day, please be respectful to those sharing our trail

Water stops

- After starting the race, there are 13 water stops, which will also have lemon lime Gatorade
- Water will always be first, Gatorade will be second in Gatorade branded cups
- Please see map below for details on locations on water stops and toilets

Nutrition

- 3 water stops will have nutrition
 - Mile 9.9: Gu
 - Mile 15.7: Variety of nutrition including gels, candy, pickle juice, fruit, and coke
 - Mile 20.4 Gu

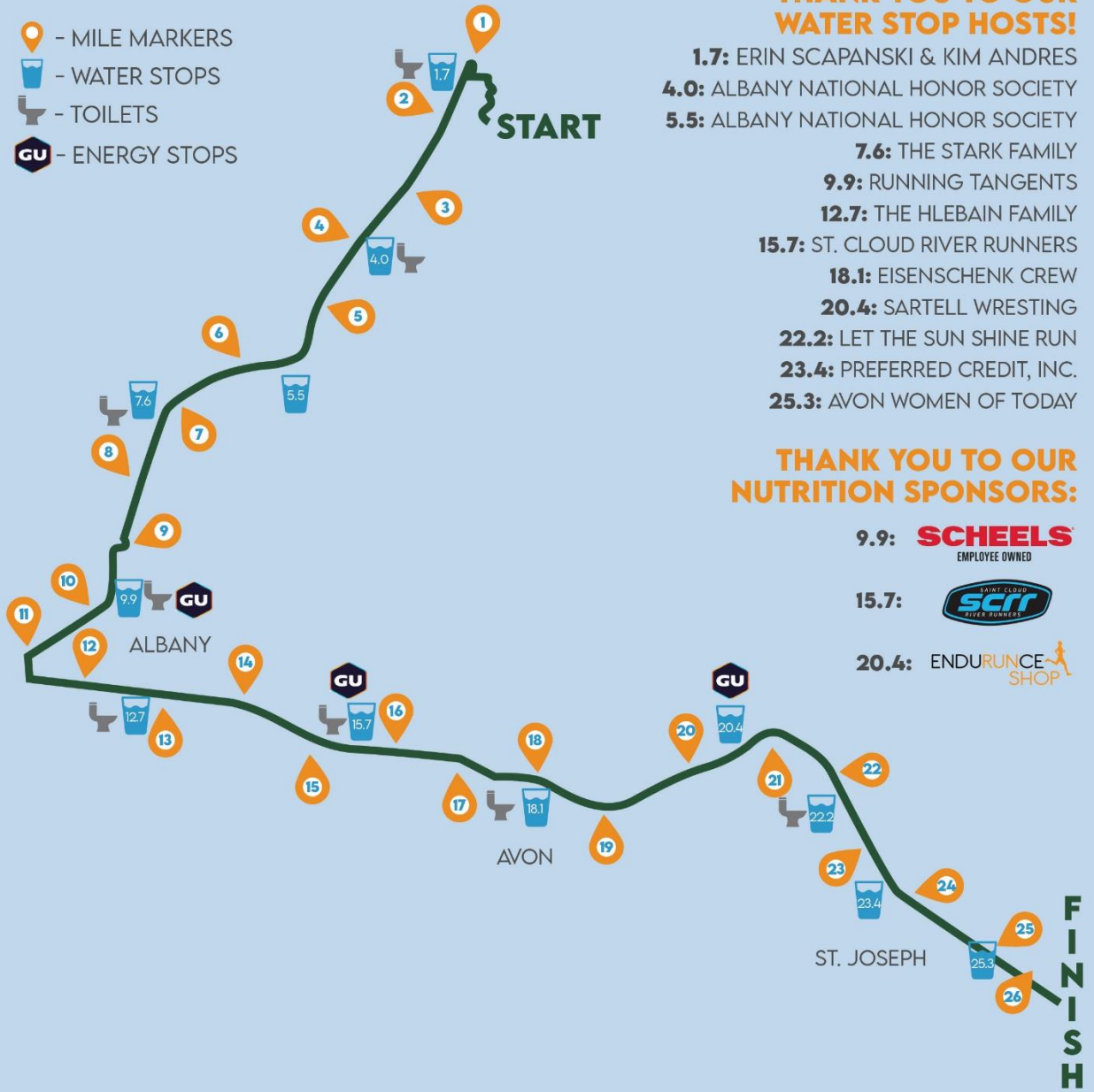
Photography

- Dane Nelson Photography will be joining us again this year as our course photographer
- There will be multiple locations throughout the course where photos will be captured
- High resolution photos will be available for free download after the race

Pacers:

- We will have the following pacers:
 - 3:00 Brian
 - 3:15 Ben
 - 3:30 Evan
 - 3:45 Jim
 - 4:00 Adam
 - 4:15 Scott
 - 4:35 Gwen
 - 4:50 Heather
 - 5:00 Lisa

-  - MILE MARKERS
-  - WATER STOPS
-  - TOILETS
-  - ENERGY STOPS



THANK YOU TO OUR WATER STOP HOSTS!

- 1.7: ERIN SCAPANISKI & KIM ANDRES
- 4.0: ALBANY NATIONAL HONOR SOCIETY
- 5.5: ALBANY NATIONAL HONOR SOCIETY
- 7.6: THE STARK FAMILY
- 9.9: RUNNING TANGENTS
- 12.7: THE HLEBAIN FAMILY
- 15.7: ST. CLOUD RIVER RUNNERS
- 18.1: EISENSCHENK CREW
- 20.4: SARTELL WRESTING
- 22.2: LET THE SUN SHINE RUN
- 23.4: PREFERRED CREDIT, INC.
- 25.3: AVON WOMEN OF TODAY

THANK YOU TO OUR NUTRITION SPONSORS:

- 9.9:  **SCHEELS**
EMPLOYEE OWNED
- 15.7:  **SAINT CLOUD SCR**
RIVER RUNNERS
- 20.4:  **ENDURANCE SHOP**

Finish

Awards

- Overall and age group awards will be presented, with the top 3 in each category recognized
- Awards will be presented to overall and masters winners at approximately 11:00am

Medical

- Williams Integracare and Dr. Mark Halstrom will be available at the finish line should you need any medical attention

Finisher Shirts

- Upon your finish, you will be awarded a finisher shirt
- This year's finisher shirt will be a unisex cut. To accommodate for this change, women's shirts sizes had to be modified. Runners who registered for a women's small shirt will be given a unisex small, all other women's shirts will be sized down one size. The size marked on your bib has already been modified to accommodate this change
- A small number of additional shirts will be available for size swaps

Food

- A variety of post-race food will be available at the finish, including pizza, fruit, chips, Gatorade and chocolate milk, brought to you by Coborn's, Kemps, Bernick's, and Frito-Lay



Community Partners:

Milk and Honey Ciders:

- Just 5 minutes from the finish line, Milk and Honey Ciders is an award winning cidery with an amazing outdoor space, perfect to relax after the race. They are offering runners one free cider anytime on race weekend just by showing your race bib
- <http://www.milkandhoneyciders.com/>

The LaPlayette:

- The LaPlayette is a casual bar a quick walk from the finish line and is excited to offer \$5 craft pints or Bloody Marys for runners and spectators on race day
- <http://laplayettebar.com>

Jupiter Moon Ice Cream

- Cool down with a refreshing ice cream at Jupiter Moon! They offer a variety of unique flavors, including gluten free and vegan options. Grab your coupon at the finish line for a great discount!
- <https://www.jupitermoonicecream.com/>

Flour and Flower

- Get a gourmet pastry, bread or coffee a short walk from the finish line. Flour and Flower will offer runners 15% off any purchase if they show their finishers medal
- <https://www.flowerandflour.co/>

