

Welcome to the 8th Annual Minnesota Half Marathon & 5K

Thank you for your participation in the Saturday, August 6th Minnesota Half Marathon, Duathlon & 5K. We have a new beautiful staging area at Upper Landing and the same awesome race course with a different start and finish area. Please take the time to read through the race rules & regulations, start schedules and other information so you are tuned into what's going on come race day. We hope your inline skate, run or Du race is the best!

On race morning, please be at Upper Landing Park no later than 7:00 a.m. for the assembly and start of the races. Warm-ups are permitted on the paved paths along the river. For your safety, do not warm-up on the race-course.

SAFETY FIRST

Runners: Identification (race number) and timing chip are mandatory. Runners may use headphones or I-pods.

Inline Skaters: Identification (race number), timing chip, helmets and wrist protection are mandatory. You must wear a helmet and hand protection or be subject to disqualification and not allowed to skate. Elbow and knee guards are recommended. For your safety, please be aware that the roadways have storm grates along the shoulders and always be aware of blemishes in the road. For safety reasons, the use of **headphones, I-pods, roller-skis, and/or ski poles is prohibited (for skaters)**. Duathletes may not use head phones or I-pods for the skate portion, but may use either on the run.

PARKING & GETTING TO THE START

Parking is not available or allowed at the race start or staging areas. There is plenty of parking in and around St. Paul that is within easy walking distance to the start. The closest ramp is at the Science Museum, just north of the Upper Landing staging area. At the large staging area near the start there will be chairs provided for skaters to put on skates and for both runners and skaters to relax and wait for the start. The staging, start and finish areas are located at Upper Landing Park on Shepard Road at Eagle.

GEAR BAGS

For environmental concerns, plastic gear bags will NOT be provided. If you need a gear bag at the race site, please bring your own small backpack or other small & durable bag. **Be certain that your race number and last name are visible on your backpack or personally provided bag (Luggage tag and magic markers for bags will be provided)**. Gear bag drop and pick up site is located in the Finish Festival / staging area located between the start and finish lines. Securely tie your pack or bag and give to the volunteers at the backpack/bag drop area. Use for personal belongings and try to keep items to a minimum. Do not place sharp objects, valuable items or cherished clothing in your gear bag. After you finish, pick up your gear bag at the same area you dropped it off at. Bag pick up area will be open until just after the awards ceremony. Race officials will do everything they can to pick up gear that is left behind or lost. Race management is not responsible for any lost or stolen items.

TIMING

The Minnesota Half Marathon, 5K & Duathlon will be using the state-of-the-art chip strap system that you attach to your ankle. Pick up your race # at the Expo on Friday, August 5th. Or pick them up on race morning in the staging area starting at 6:00 a.m. for inline skaters and duathletes and at 6:30 a.m. for runners.

SKATER / DUATHLETE / RUNNER RACE NUMBERS

Skaters: Pin the large number / bib to your LEFT THIGH clothing. Remove or cover any old numbers on your helmet.

Duathletes / Runners / Walkers: Pin your race number to the front of your shirt.

All: Do not fold or alter your race number, as it is critical for identification. .

INLINE SKATE RACING RULES

All competitors are expected to skate safely and fairly and not interfere with other skaters (or runners). Interfering, impeding, and/or cross tracking fouls, whether intentional or not, may result in reduction in rank or outright disqualification at the discretion of the officials. Any action or threat that compromises the safety of competitors may result in disqualification. Official race videotapes may be used by officials to enforce penalties on offenders. Skaters are reminded to allow adequate space, and to give a verbal announcement when passing, and if finishing in a pack, skaters must stay in their lanes to prevent cross-tracking or interference fouls. Cross-gender drafting is not permitted in the Pro category. The Minnesota Half Marathon skate race rules are based on applicable FIRS/CIC regulations as well as the additional rules published here. **ALWAYS warn slower skaters that you are passing and on what side you are passing on.**

INLINE SKATE PENALTIES

At the discretion of officials, offenders may be issued warnings or penalized via reduction in rank (loss of place) or outright disqualification. The Chief Race Official will be the final arbiter on any protests.

INLINE SKATE CATEGORIES

The following are the inline skate race category definitions:

PRO: The top elite level skaters all ages

PRO MASTER: Elite level skaters age 35-44

PRO VETERAN: Elite level skaters age 45+

OPEN: Beginner to advanced level skaters all ages

PLEASE NOTE: Wave or category changes at race packet pickup are not allowed.

HALF MARATHON SKATE*, DUATHLON RUN & 5K Run / Walk START TIMES (START IN ASSIGNED WAVE)

*Skate, Du & Run start times will not start sooner than listed but possibly (a few minutes) later.

Sequence to the start	7:15 a.m.	Course cleared & calls to start to line up in assigned waves
Inline Skate & Du Half:	7:25	National Anthem
	7:29	60-second warning
	7:30	PRO ELITE, MASTER & VETERAN MEN
	7:31	PRO ELITE, MASTER & VETERAN WOMEN
	7:33	DUATHLETES
	7:34	OPEN
Start of the Run Half Marathon:	7:40 a.m.	Call to start half marathon run
	7:44	60-second warning
	7:45	RUNNERS IN HALF MARATHON START
Start of the 5K Run/Walk:	8:10 a.m.	Call to assemble in Upper Landing to walk to the 5K start area
	8:12	2 nd Call to assemble
	8:14	Follow leaders to 5K start area (1/4 mile down river to start line)
	8:25	All 5k runners & walkers in start area
	8:29	60-second warning
	8:30	RUNNERS & WALKERS START 5K

As you arrive at the start area, volunteers will help direct **inline skaters** into their proper start waves. Volunteers will carry signs specific for each wave assignment. The race number sequence on your bib / race number will correspond to the wave signs volunteers carry. Most (inline skate) timing errors relate directly to starting in the wrong wave so please **START IN YOUR ASSIGNED WAVE**. We will be working hard to see that everyone is correctly placed. Please be courteous to the volunteers as they are the ones who help this event come together! **Duathletes start with the Open In-line skaters, half marathon runners all start together at 7:45 a.m. and the 5K run & walk starts at 8:30 a.m.**

MEDICAL SUPPORT

First aid will be available along the course and at the start & finish lines. Stations are located at the staging area (near the start and finish) and at all water/aid stations on the route. Ambulances, official race vehicles and/or motorcycles may be on the course with medical personnel. Please move aside for these vehicles as participant safety is a priority. **All medical expenses incurred by participants are the responsibility of the participant.**

WATER & ENERGY DRINKS

Water and energy drinks will be available in the staging area, at aid stations on the route and at the finish area. Water & energy drinks on the course will be served in cups. **Please try to not spill any liquids as the surface becomes slippery** for those skating or running behind you. For all liquids, proceed slowly enough to easily receive it. **Discard sites for cups are located a short way past every aid station.** Please make a conscious effort to gently toss cups in the designated trash areas or as close to the edge of the road as possible so volunteers can easily pick them up. If you require more water, please bring your own and carry it along the route. If you slow or stop at a water / aid station, please stay on the side aid is being handed out. This will help avoid congestion. Food products are not allowed on the course for safety reasons, so plan accordingly. Six volunteer managed water / energy aid stations are

located near the 2, 4.5, 6, 8, 10, & 12 mile marks. A self serve station is located at the 8.75 mile turn-around at Alton on the west end of the course. **Hydrate before, during and after the race!**

COURSE & COURSE CONDITION

The half marathon is one loop on Shepard, Childs and Warner Roads, finishing on Shepard at Walnut, just west of Eagle and Upper Landing Park. The entire route runs along the Mississippi River. The roadway consists of freshly re-paved concrete, older concrete, smooth to older and cracked paved asphalt. Please exercise caution at the two turn-arounds. Running or skating on the bike paths during the race could result in disqualification (**Exception: if still racing after 11:30 a.m., you must run, walk or skate on the path (river side of Shepard Rd) from 35E, east to the finish line**).

FINISHER'S MEDAL

Finisher medals will be handed out to all racers friendly volunteers at the finish line area. Congratulations!

AWARDS

In-line Skate:

Pro Elite: Top 5 overall males & top 5 overall females

Pro Master & Pro Veteran: Top 5 overall males & top 5 overall females in both categories

Open: Top 3 male & top 3 female in the following age categories: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69 & 70+

Duathlon:

Top 3 overall males & top 3 overall females.

Top 3 overall master's men (age 40+) and top 3 overall master's women (age 40+).

Half Marathon Run:

Top 5 overall males & top 5 overall females.

Top 3 male & top 3 female in the following age categories: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69 & 70+

Timed 5K Run:

Top 3 overall males & top 3 overall females. Top 3 overall master's men (age 40+) & top 3 overall master's women (age 40+)

Awards Ceremony: Skate: 8:30 a.m., DU: 9:15 a.m. & Run: 10:30 a.m. in the plaza at Upper Landing Park.

Note: Short breaks may be taken during the ceremony as results are completed. Results will be posted in the Finish Festival area as they are compiled. Results will be posted on our website (www.minnesotahalfmarathon.com) within hours of the race and official results will be posted within two weeks of the event.

INLINE SKATE PROTESTS & RESULT CORRECTIONS

Should you have a protest, forms will be provided on the preliminary results board, found next to the Minnesota Half Marathon & 5K tent in the Finish Festival area. Pro Elite Men must have any protests in before 9:00 a.m. and all other protests must be entered by 10:00 a.m. on race day. All protest forms must be completed in full and accompanied by a \$25 fee to be considered by officials. The race judges will resolve protests involving awards prior to the ceremony. All other timing problems will be corrected by the end of the race weekend. If individual results are contested due to verified errors in electronic timing or transponders, the \$25 protest fee will be waived.

TOILETS

Portable toilets are located in the staging area, at the start, at water /energy aid stations, and the Finish Festival area. Please respect the property and rights of area residents and businesses by using the toilets provided by the event.

**SLOWER SKATERS & RUNNERS STAY TO THE FAR RIGHT
PASS OTHERS TO THEIR LEFT & ANNOUNCE THAT YOU ARE PASSING
Welcome to the Minnesota Half Marathon, Duathlon & 5K.**