

Ham Run Half Marathon and 5k Fun Run

May 4, 2008

Pasta Feed- Saturday, May 3, 2008: Carb up before the big race at Birch Terrace Restaurant 601 West Highway 61 in Grand Marais, MN from 5pm to 8pm. The meal is free for participants and non-racers are welcome to join for \$8.00 per adult and \$4.00 per child.

Meal tickets for the Pasta Feed and lunch at Trail's End are included in your packet. If you want your belongings transported to the race finish then please use your race bag and keep your tag with the bib number attached to the bag. This will allow you to pick it up at the race finish.

Bib Numbers-All registered participants will receive a bib number that must be worn on race day for the entire race. Your bib must be pinned on the **front** of your shirt to aid in participant identification and must be turned in at the end of the race to receive your race t-shirt.

Starting Locations-The *Half-Marathon* will begin at 10:00AM at Gunflint Pines Resort and Campground on County Road 50. County Road 50 is a gravel road accessed from the Gunflint Trail approximately 43 miles from Grand Marais, MN. This road is also known as South Gunflint Lake Road and is marked by a sign for Gunflint Lake. Gunflint Pines is one mile from the Gunflint Trail on the left hand side of the road. The *5k* will begin at 10:00AM at Seagull Creek Fishing Camp on the Gunflint Trail. Seagull Creek is approximately 54 miles from Grand Marais, MN.

Parking- Due to road closures and traffic concerns parking will be limited to Gunflint Pines Resort and Campground, Blankenburg Landing and Trail's End Campground. Please refer to the transportation sheet for detailed information.

Bathroom Facilities- Gunflint Pines Resort and Campground has toilets and showers available for your use(fee of \$5.00 can be paid at the office for showers). Port-a-potties will be available at each of the stations along the race course as well as at Trail's End.

Aid Stations-Water and medical aid will be provided along the race course.

Runner Rules and Etiquette- The Ham Run welcomes runners of all levels. We want you to have the most rewarding experience you can and will ask you to respect your fellow runners and the volunteers working for you. While this race is small we ask you to please keep the following things in mind.

- If you need to slow down for any reason- to eat, drink, relieve a cramp- move to the side of the course. Watch out for people behind you.
- Move to the side if the person behind you calls out, "Coming through" or "Excuse me." Follow classic race protocol for passing.
- Due to safety concerns all runners must remain in the same lane avoiding the center line. A center line disqualification rule will be enforced and cutting tangents is not allowed.
- If you know you cannot finish, then notify a course volunteer. Give your name and bib number for notification to the finish line and ask for a sweep vehicle to pick you up.
- Please keep in mind you are running along a Scenic Byway so please do your best to help keep it a pristine wilderness and leave no trace.

Post Race Party- The Ham Run Half Marathon and 5k Fun Run party will be held on Sunday, May 4, 2008 at Way of the Wilderness and Trail's End Café at the race finish. The party will begin at 10:00AM and last until

3:00PM. Participants will be treated to a free lunch, live music and massages. Spectators may eat for a nominal fee of \$5.00.

- Race Photos will be available for purchase after the race.
- Award Ceremony will begin at approximately 1:00PM at Trail's End Café. In lieu of race medals, all participants will receive a special participation gift during the ceremony.
- Awards will be given to the overall first place finishers in both the Men's and Women's Division of the Ham Run Half Marathon. The top female finisher and male finisher in the 5k Fun Run will receive an award. There will also be awards for the top male and female finishers in each of the following age divisions.

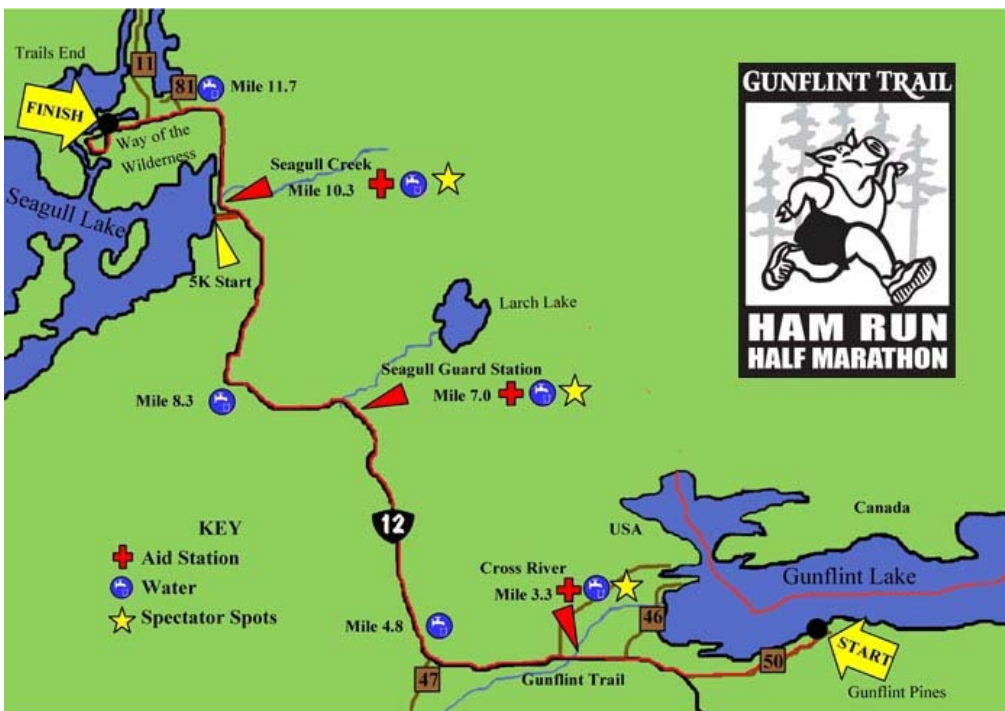
- Under 20
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

Schedule of Events for the Ham Run Half Marathon and 5k Fun Run

This schedule is subject to change and listed times are approximate.

- 10:00AM Races Start
- 11:30AM Food Service Begins
- Noon-1:00PM Trail's End Band
- 1:00-1:30PM Awards Ceremony
- 1:30PM Food Service Ends
- 1:30-3:30PM Trail's End Band

Free food and massages for participants at the finish. Friends and family are welcome to enjoy the food for \$5.00 per person. Beer will be available for purchase.



Three aid/medical stations will be available throughout the course as follows:

- Start
- Mile 3.3
- Mile 7
- Mile 10.3
- Finish

Six water stations will be available throughout the course as follows:

- Start
- Mile 3.3
- Mile 4.8
- Mile 7
- Mile 8.3
- Mile 10.3
- Mile 11.7
- Finish