

2016 Bemidji Blue Ox Marathon Weekend

Runner & Spectator Guide



Event Dates and Times

All Events Take Place at the Sanford Event Center Unless Noted

Thursday, October 6th

11:59 pm: Registration Deadline for ALL Races

Friday, October 7th

2 pm-8 pm: Be Active Expo & Packet Pick-up

4:20 pm: Kids Fun Run 1/2K

4:30 pm: Kids Fun Run 1K

4:30 pm-7:00 pm: Pasta Feed (tickets available online & at door)

5 pm: 5K Run/Walk

5 pm: 10K Run/Walk

5:45 pm: Award Ceremony for 5K Overall Winners

6:15 pm: Award Ceremony for 10K Overall Winners

6:30 pm: Speaker (Dan LaPlante – Journey to the 2016 Western States® 100-Mile Endurance Run)

Saturday, October 8th

7 am: Doors Open

7 am-8:45 am: Packet Pick-up

7 am-3 pm: Gear Check

8 am-2 pm: Be Active Expo

8:20 am: Shuttles Depart from Sanford Event Center for Half Marathon Start

9:00 am: Half Marathon Start at Paul Bunyan Trail, 3-miles N of Sanford Event Center

9:00 am: 26k Start

9:00 am: Full Marathon Start

12 pm: Awards Ceremony for Half Marathon & 26K Overall Winners

1 pm: Awards Ceremony for Full Marathon Overall Winners

7:07 pm: Beaver Men's Hockey vs. Bowling Green State (discount tickets for finishers)



Welcomes

From the Director:

On behalf of myself and the Bemidji Blue Ox Marathon Race Committee, we would like to extend a warm, 'Minnesota Nice' welcome to new and returning participants and volunteers to the Fourth Annual Bemidji Blue Ox Marathon Weekend.

We are continually striving towards our mission of 'Promoting Health and Wellness through Being Active.' We hope this event is runner-friendly, while showing off the beauty of the North Woods and Lake Bemidji.

This year, we are proud to bring a new and improved Full Marathon course, taking runners through Beautiful Downtown Bemidji, as well as an added 10K event.

Finally, thank you to all of the community businesses that have partnered with, and sponsored this event. We take pride in building this event with our great local businesses.

Good luck to all the runners!

Philip Knutson
Executive Director
Bemidji Blue Ox Marathon



From the Medical Director:

On behalf of the Sanford Health medical team I want to congratulate you on completing all your hard work training for the Bemidji Blue Ox race! Preparing for a long race is, in itself, a great accomplishment.

Nine Sanford Health aid stations are located along the course under canopy tents and one is located inside the Sanford Center. The medical volunteers at the aid stations are wearing blue shirts with MEDICAL TEAM on them and RED vests. These volunteers can help you with medical concerns and questions. If you are unable to continue the race due to illness or injury, look for a water station or aid station for help. Be aware that the closest help may be behind you on the course. If needed, a transport van can bring you back to the medical station at the finish line.

We are excited to see you run. Best wishes for a great race!

Dr. Mark Carlson
Sanford Health
Orthopedic and Sports Medicine



From the Mayor:

Welcome to Bemidji!

The entire community is looking forward to hosting runners, families and friends at the Blue Ox Marathon. In Bemidji, you will find a beautiful race route and friendly hospitality to make your stay memorable. Good luck and come back soon.

Rita Albrecht
Bemidji Mayor



From the University President:

Dear Blue Ox runners,

Bemidji State University and Northwest Technical College are proud to support the Blue Ox, both as sponsors and through the volunteer efforts of our students and employees. We'll be equally proud to welcome you as the race routes cross through BSU's beautiful lakeside campus. Have a great run!

Dr. Faith Hensrud
President
Bemidji State University
Northwest Technical College



Packet Pick-up-Ballroom

Race packets will be available at the Sanford Event Center, 1111 Event Center Drive Bemidji, MN 56601. The packets will be available at the back of the Be Active Expo by entering Gate 4 and proceeding to the Ballroom during these days/times:

- Friday, October 7th from 2 pm-8 pm
- Saturday, October 8th from 7 am-8:45 am

All runners must show a photo ID to pick-up their race packet. *If you are picking up a packet for someone else, you must show a copy of their photo ID along with their consent.*

Native Nations Gathering Space

This year one of the booths in the Be Active Expo will be designated as a gathering space for our runners from Native Nations. It is intended to be a family reunion area pre or post-run. In addition, the Bemidji State University Council for Indian Students will be staffing the booth from 4-7 pm on Friday evening to greet runners and give away door prizes.

Gear Check-Lakeview Room #6

Gear Check will be available for endurance races on Saturday from 7 am until 3 pm.

Clear gear check bags and labels will be available at packet pick-up and the half marathon start, if you need one. In the interest of the environment, gear check bags will not be provided automatically. Half marathon drop bags will be transported to Lakeview Room #6. Please write your race number on the label and place it centrally on the bag. Do not leave valuables in your bag. Make sure your bag is tightly secured. Items stored at your own risk.

Pre-Race Pasta Dinner-Lakeview Room #6 & #7

The Blue Ox Pasta Feed is sponsored by Bemidji Rotary Club, the Sanford Center, and the Bemidji Blue Ox Marathon. The event will be held on Friday, October 7 from 4:30-7 pm. The menu includes pasta with marinara, meat sauce, or Bodien's Bodacious BBQ Brisket Sauce; Salad and Breadsticks. *Gluten-free pasta available upon request.* \$12 per person. Kids 5 and under eat FREE! Proceeds will benefit the Paul Bunyan Inclusive Playground Project!



Blue Ox Pacers:

We will be offering pace groups for the following time goals in the full marathon – 3:25, 3:35, 3:45, 4:00, 4:15, 4:30, and 5:00. Half Marathon Pacers - 1:45, 2:00, 2:15, 2:30. Pacers will line up 20-minutes prior to the start. No advance notice is needed for those planning to run with a pacer. Pace times are subject to change.

Blue Ox Pacers:



Timing

The 5k, 10k, 13.1, 26k, and 26.2 races will be timed by Pickle Events and will be posted to the Bemidji Blue Ox Marathon and Pickle Events websites. Disposable chips will be on the back of the race number. Runners must wear their race number on the outer layer of clothing. The marathon course is USATF certified and a Boston Qualifier. For information about awards, please continue reading.

Water/Aid Stations

Aid stations will be located along the course, as well as the Main Medical Tent at the Sanford Event Center. Water and Gatorade stations will be located on the course about every 2-3 miles (See Map for locations). Energy Gel will be available at Mile 12 and 20 for the Full, Mile 11 for the 26K, and Mile 7 for the Half. Use discretion if accepting fluids from sources other than official water stations.



Finisher Area

The Finisher Area will be located just inside Gate 4 of the Sanford Event Center after the race. This space and refreshments are designated for race participants only. Finisher Area Sponsor:



Post-Race Massage

Post-Race Massages will be available in Lakeview Room #5.

Post-Race Showers

Showers will be available at the Department of Campus Recreation located at 220 19th St. NE at Bemidji State University. Please park in a meter or on the street. The parking lot is monitored 24/7. Runners must bring their race number for access.

Awards

Medals: Medals will be handed out after crossing the finish line.

Awards Ceremony: Overall Winners will be presented with awards at the following times in the Ballroom:

- Friday, October 7th
 - 5:45 pm: Award Ceremony for 5K Overall Winners
 - 6:15 pm: Award Ceremony for 10K Overall Winners
- Saturday, October 8th
 - 12 pm: Awards Ceremony for Half Marathon & 26K Overall Winners
 - 1 pm: Awards Ceremony for Full Marathon Overall Winners

Age Group Awards: Preliminary results will be posted throughout the day near the stage in the Ballroom. Age Group Awards will be available after the awards ceremonies for respective races. The categories for the age group awards for the 5K, 10K, Half Marathon, 26K, and Marathon are as follows: Male & Female 01-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & UP

Race Photography

Photos will be taken by Golden Eye Studio and made available on Flickr for runners to view or print. In addition, Pickle Events will be videoing at the finish line. Videos will be available online as an option when viewing your results. We encourage all runners and spectators to share photos on social media using **#bemidjiblueox**.

Information Center / Lost & Found An information table will be available in the Ballroom during the Be Active Expo. On Friday, Lost & Found will be available at the information table On Saturday, Lost & Found will move to the Gear Check room, Lakeview Room #6.

Merchandise

A limited amount of merchandise will be for sale during the Expo. Glass stein mugs, and wine glasses will be available for \$10 each or 2 for \$18. Fleece blue ox hats will also be available for \$14.99 plus sales tax. Cash or checks preferred. However, both vendors accept credit cards.

Cheer Zones

Along the course we have specific cheer zones for spectators. This will keep traffic along the race route to a minimum.

- Lake Bemidji State Park
- Diamond Point Park
- Paul and Babe Statue
- Finish Line at the Sanford Event Center

For more runner and spectator information, visit www.bemidjiblueoxmarathon.com or email info@bemidjiblueoxmarathon.com

Be Active Expo Speaker

6:30 pm – Dan LaPlante

Dan lives in Minneapolis, Minnesota and has been running for 7 years. Dan started running when he met a group of friends that were looking for a challenge. That challenge was called a Marathon. Dan started by completing a half marathon in 2008, and signed up for his first full marathon that same day. After finishing his first marathon and nearly qualifying for Boston, he trained harder and qualified the next spring at his next race. Since then, Dan has ran 3 Boston marathons and has qualified more than 15 times. He also got into Ultrarunning and has finished more than 15 50K's, 10 50 milers, 2 100K's, and 3 100 milers. He trains with many local groups in Minneapolis and his two dogs, a German Shorthair Pointer and Plott hound. Dan has paced dozens of races in the past 5 years, usually the 1:30 group for half marathons and 3:15 group for full marathons. Typically, he comes within 10 seconds under the pace group's goal time. Registered participants are invited to join Dan for the Bemidji Blue Ox Marathon on Saturday to run the 3:35 goal time. He enjoys pacing because he likes to help and motivate others reach their goals! His talk will go into more detail about his running journey, what it took to qualify for and finish the 2016 The Western States® 100-Mile Endurance Run, the world's oldest 100-mile trail race (Squaw Valley, CA to Auburn, CA).



Starting Line

The starting line is outside the Country Inn and Suites adjacent to the Sanford Event Center for all races, except for the Half Marathon Start. The Half Marathon Start is located at Paul Bunyan Trail, 3-miles N of Sanford Event Center. Half Marathon runners must take the buses from the Sanford Event Center. Buses will depart promptly at 8:20 am.

Friday, October 7th:

4:20 pm: Kids Fun Run 1/2K

4:30 pm: Kids Fun Run 1K

5 pm: 5K Run/Walk

5 pm: 10K Run/Walk

Runners should give themselves plenty of time to pick up their race packets prior to their events. Runners should be at the start line at least 15 minutes prior to start.

Saturday, October 8th:

9:00 am: Half Marathon Start at Paul Bunyan Trail, 3-miles N of Sanford Event Center.

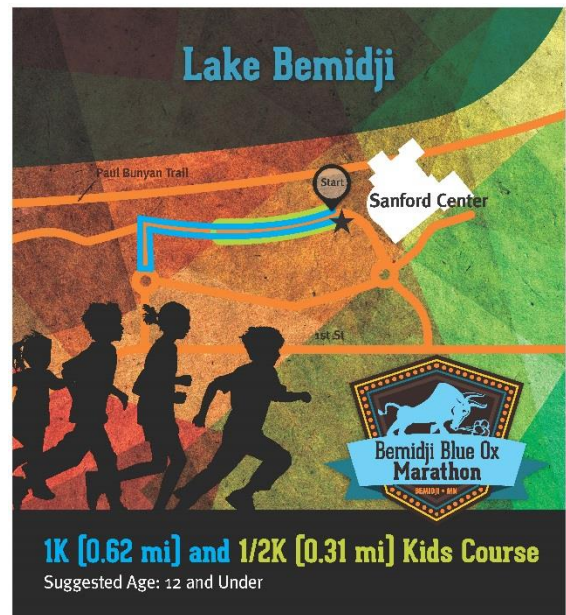
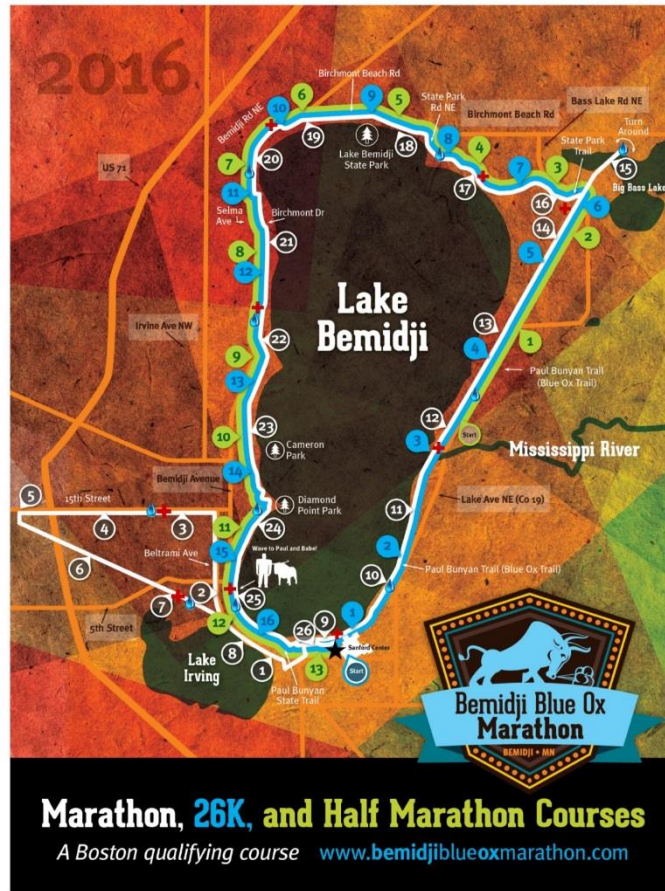
9:00 am: 26k Start

9:00 am: Full Marathon Start

Runners should give themselves plenty of time to pick up their race packets prior to their events. Runners should be at the start line at least 15 minutes prior to start.

Half Marathon runners must take the buses from the Sanford Event Center. Buses will depart promptly at 8:20 am.

MAPS:



For safety purposes, please keep traffic to a minimum on the race routes from 9 am to 3 pm. Do not follow a runner with you vehicle. If this happens, the runner may be disqualified and must leave the race.

Post-Race Entertainment:

Don't let the Blue Ox running events be the end of this special weekend in Bemidji. The Bemidji State University men's hockey team invites you to be its guest, just steps beyond the finish line inside Sanford Center, as the Beavers host Bowling Green at 7:07 p.m. Saturday. All participants who wear a 2016 finisher medal at the Sanford Center Box office will be eligible to purchase \$12 tickets (limit 2 tickets per medal). The Beavers will honor and celebrate the accomplishments of runners from all events and categories throughout the marathon-themed evening. Come for the races, then kick back, relax and enjoy an action-packed night of hockey in one of the greatest venues in all of collegiate sports.



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