



2017 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 12th

11:59 pm: Registration Deadline for ALL Races

Friday, October 13th

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: Free Candlelit Yoga

Presented by Fusion Center (Bring your own mat)

7:07 pm: Beaver Men's Hockey vs. University of
Minnesota Duluth

Saturday, October 14th

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

9 am: 26k Start

9 am: Full Marathon Start

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

1 pm: Awards Ceremony for Full Marathon
Overall Winners



www.bemidjiblueoxmarathon.com

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 13th from 2 pm-8 pm

Saturday, October 14th 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.

Candlelit Yoga by Fusion Center

Lakeview Room #5

Friday, October 13 at 6:30 p.m. This gentle session will focus on letting you escape from your busy life, while helping you release tight muscles and restricted joints. Bring a mat. (Ages 12 and up.)

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.

Pasta Feed

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 13 from 4:30-7 pm. The menu includes pasta with marinara 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.

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.

Be Active Expo

2-8 Friday the 13th and 8-2 Saturday the 14th.

Great River Rescue will be accepting donations for dogs and cats. You'll receive a \$5 discount code good for the 2018 Blue Ox Event.

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.

Post-Race Massage (Saturday)

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

Post-Race Showers (Saturday)

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 13th

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

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

Saturday, October 14th

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. Fleece blue ox hats will also be available for \$14.99 plus sales tax. Cash or checks preferred. However, both vendors accept credit cards. Previous year's shirts available with a goodwill donation. Proceeds benefit Bemidji Cross Country.

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 (Vehicle permit required)**
- **Diamond Point Park**
- **Paul and Babe Statue**
- **Finish Line at the Sanford Event Center**

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.





Bemidji Blue Ox Marathon Road Closures

There will be temporary lane closures and detours on Saturday for the races.

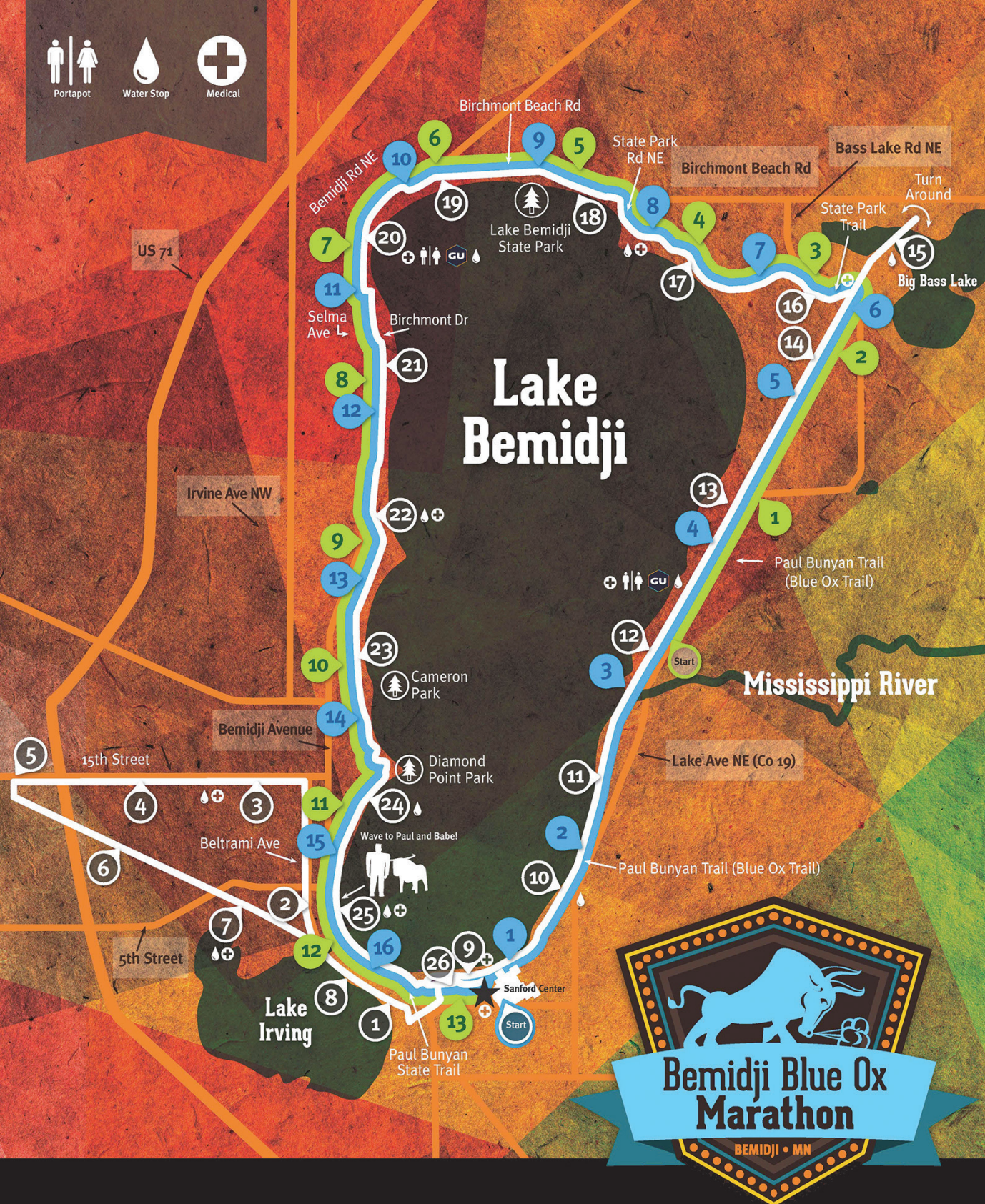
Blue Ox Marathon officials will place traffic cones and barricades throughout the race course to accommodate the event. The cones and barricades will be removed after participants finish that portion of the course. Motorists are asked to use extreme caution in and around race event areas.

Temporary lane closures, lane diversions and detours will include portions of County Road 20 (Birchmont Beach Road Northeast), County Road 21 (Bemidji Avenue North), and the junction of County Road 11 (Adams Avenue Southwest) at 15th Street Northwest (County Road 6).

Traffic will resume using both lanes of traffic from the Country Club Road Northwest intersection of Birchmont Beach Road Northwest. To assist motorists, deputies will be posted at the intersections of County Road 21, (Bemidji Avenue), and County Road 20, (Birchmont Beach Road) and at the intersection of Country Club Road at Country Road 20 (Birchmont Beach Road).

In the area of County Road 11, (Adams Avenue) and Fifteenth Street Northwest (County Road 6), the eastbound turn lane from Adams Avenue onto Fifteenth Street Northwest will be temporarily closed with traffic being asked to proceed with caution when making eastbound turns. A deputy will also be posted at this intersection to assist with any traffic control issues.

For maps of the routes, visit bemidjiblueoxmarathon.com



Marathon, 26K, and Half Marathon Courses

A Boston qualifying course www.bemidjiblueoxmarathon.com



Friday Night 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 UMD at 7:07 p.m. Friday.

Enter the Sanford Center parking lot off of 1st St. at Central Ave or Grant Ave.

Lake Shore Dr. will be CLOSED.

\$12 tickets with 2017 Blue Ox Race Shirt (limit 2)

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.



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. We at Sanford Health are excited to celebrate with you and are honored to be the exclusive sports medicine provider, since it started five years ago.

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 orange vests that say MEDICAL VOLUNTEER on them. These volunteers are all trained Sanford Health employees and clinicians and 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.

Dr. Mark Carlson
Sanford Health
Orthopedic and Sports
Medicine



From the Director:

On behalf of 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 Fifth Annual Bemidji Blue Ox Marathon Weekend.

We hope this event is runner-friendly, while showing off the beauty of the North Woods and Lake Bemidji.

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

