



2021 Bemidji Blue Ox Marathon Events – October 8th & 9th – **IMPORTANT INFORMATION**

Based on the COVID plan that is in place and posted to our main webpage, here is what to expect at this year's events (It will feel different than in the past, but it will be an IN-PERSON event!):

Volunteering: If you, or anyone that you know, would like to volunteer, visit: VolunteerBemidji.org

All Events:

Packet Pick-up: Sanford Center Gate 4 – October 8th 2:00pm-8:00pm & October 9th 7:00am-8:00am

- Mask-wearing requirements may be in effect, except while racing
(The Blue Ox Marathon asks that masks are worn in the Sanford Event Center)
- Please social distance when possible
- Reduced vendor presence
- Use indoor facility only as needed, when possible have one person pick up multiple packets
- You may also be picking up other items at packet pick-up including:
 - Medals

Gear Check: NO Gear Check in 2021

Courses/Distances:

- Kids Events:
 - A 1/2K and 1K distance will be measured out along the trail directly north of the Country Inn and Suites. Kids will not run on the normal course at the main Start/Finish Line
 - There is not gun start for these events, so kids can start anytime between 3:00pm & 7:00pm
- 5K/10K:
 - Out and Back starting at the main Start/Finish Line in front of the Sanford Center
 - Rolling Start: You can start anytime between 3:00pm & 5:00pm
 - Course closes at 7:00pm
 - These events are timed with timing chips on your bib numbers, so your time starts when you cross over the starting mat and ends when you cross the finish.
- Half Marathon:
 - Loop around the lake starting on the East side of Lake Bemidji approximately 3 miles north of the Sanford Center by Waville Road
 - With a limited number of volunteers helping at this year's event, runners should be on alert when running through any intersections. We may not be able to man all intersections.
 - Rolling Start: You can start anytime between 8:00am & 9:00am
 - Buses will leave the from the front of the Sanford Center and go back and fourth to the starting line between 7:45am & 8:45am
 - Feel free to be dropped off at the Starting Line by friends/family, however there is no parking near the start
 - Participants will be encouraged to be self-sufficient and run with their own fluids and nutrition



- The number of on-course locations where fluids are provided may be reduced to 2-3 refill stations (there would be cups at stations for those not carrying a water bottle or other hydration device), and nutrition (gels) will not be distributed on-course
 - Currently, plan to have a water/Gatorade stations at approximately mile 4 & mile 9
 - Currently, plan to have aid stations at approximately mile 4, mile 6 & mile 11
 - A final aid station will also be available at the Sanford Center in Lake View Room 4
 - Course closes at 2:00pm
 - Pacers for the HALF MARATHON (all will start at 8:00am) will be running at the following paces: 1:45, 2:00, 2:15, and 2:30
 - These events are timed with timing chips on your bib numbers, so your time starts when you cross over the starting mat and ends when you cross the finish.
- 26K:
 - Loop around the lake starting at the Sanford Center at the main Start/Finish Line
 - With a limited number of volunteers helping at this year's event, runners should be on alert when running through any intersections. We may not be able to man all intersections.
 - Rolling Start: You can start anytime between 8a & 9a
 - Participants will be encouraged to be self-sufficient and run with their own fluids and nutrition
 - The number of on-course locations where fluids are provided may be reduced to 2-3 refill stations (there would be cups at stations for those not carrying a water bottle or other hydration device), and nutrition (gels) will not be distributed on-course
 - Currently, plan to have a water/Gatorade stations at approximately mile 8 & mile 13
 - Currently, plan to have aid stations at approximately mile 8, mile 10 & mile 15
 - A final aid station will also be available at the Sanford Center in Lake View Room 4
 - Course closes at 2:00pm
 - These events are timed with timing chips on your bib numbers, so your time starts when you cross over the starting mat and ends when you cross the finish.
- Full Marathon:
 - Loop around the City of Bemidji and then around Lake Bemidji starting at the main Start/Finish Line
 - With a limited number of volunteers helping at this year's event, runners should be on alert when running through any intersections. We may not be able to man all intersections.
 - Mass Start at 8a – ALL Runners must start at 8a as there will NOT be a rolling start option for the Full Marathon
 - Please spread out and keep distance while waiting to start. All races are CHIP TIME, so timing for you won't start until you pass over the Starting Line
 - Participants will be encouraged to be self-sufficient and run with their own fluids and nutrition
 - The number of on-course locations where fluids are provided may be reduced to 2-3 refill stations (there would be cups at stations for those not carrying a water bottle or other hydration device), and nutrition (gels) will not be distributed on-course
 - Currently, plan to have a water/Gatorade stations at approximately mile 7, mile 17 & mile 22
 - Currently, plan to have aid stations at approximately mile 17, mile 19 & mile 24
 - A final aid station will also be available at the Sanford Center in Lake View Room 4
 - Course closes at 2:00pm

- Pacers for the FULL MARATHON will be running at the following paces: 3:30, 4:00, 4:15, 4:30, and 5:00
- These events are timed with timing chips on your bib numbers, so your time starts when you cross over the starting mat and ends when you cross the finish.

Finish Area:

- A couple pre-packaged food items will be available
- Water bottles will be available
- Space Blankets will be available for those that request them (Saturday events)

Transfers, etc:

- If you are looking to do a race transfer, you have until 9/30/21 to do so.
- If you registered for the event using runreg.com, then you do the transfer through the website.
- If you registered for the event using the old signmeup.com system, you need to email us at info@bemidjiblueoxmarathon.com

Canadian Runners:

- We will be mailing your packets to you, since the border is closed
- We won't mail until after the event, so if you happen to make it to Bemidji, you will be able to pick up your packet at the event and take part

Please Note: We will continue to update this document, post it to our website main page, and send it via email multiple times prior to race day, as some things may change.

We are doing our best to be able to host an IN-PERSON event, but in doing so we have to pay attention to the availability of medical providers in the community as well as the number of volunteers that we can expect to help at the event. In planning an IN-PERSON event, we also made the decision to only be an IN-PERSON event. We are not mailing packets or hosting a virtual event.