

## Personalized Race Information: June 28 Lift Bridge Road Races

If you did not receive the Thursday email with your bib number, no worries. You may look up your number at packet pickup. Following is the content of the email.

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We're ready for you and hope you're excited for the Lift Bridge Road Races this Saturday, June 28. Please READ CAREFULLY.

### **Packet Pickup**

You have two options....

**(Recommended)** Friday from 3:00 to 8:00 p.m. at [Lift Bridge Brewing Company, 1900 Tower Drive](#).

This will be a fun time. We hope you'll join us for some pre-race mingling with fellow runners

**Saturday beginning at 5:20 a.m.** at the brewery

**FYI, In-Person registration** is available both Friday and Saturday at packet pick up.

**PERKS!** A free beer from Lift Bridge Brewery, your shirt, finisher medal, race support, finish area recovery food, and more.

We "pack" packet pickup with all kinds of race information.

- Check out the course maps
- See where you'll catch the shuttle
- Get fit at the **Saucony shoe demo**, hosted by [Wild River Running](#) – Stillwater's own local running store. They'll be featuring the Saucony *Endorphin Speed 5* onsite both Friday and Saturday.

### **In-Person Registration and Will Call**

Registration is available at packet pickup for any buddies who decide to join you at the last minute. In addition, Will Call registration is available online until noon Friday, June 28. See the website for details.

### **Changing Your Distance**

If you must change your distance, we've got you. Pick up your bib **first**, then check in with us at the "In-Person Registration and Changes" table to make the switch. If (and only if) you received your bib in the mail, a quick email to us will do the job too. There is no charge to go down in distance. You'll just pay the difference to move in distance.

## **Race Day Information**

### **Parking and Where to Go When You Arrive**

Lift Bridge Brewing Company is located in a commercial business district. Parking the morning of the race is available in the surrounding area. We recommend parking south of the brewery between Tower Drive and Hwy 36. [See map for details](#). Please obey ALL parking restrictions and postings and be aware of businesses that may be open on Saturdays.

### **ALL RUNNERS MUST TAKE THE SHUTTLE**

No drop-offs. Shuttles load on Northwestern Ave. and Tower Dr., east of the Brewery. As you exit the brewery facility, go left (east) to catch your bus. Buses are marked with each start area. Check before you board. Shuttle times are:

**Half and 10 Mile – 5:45 to 6:40**

**10K and 5K – 5:45 to 6:45**

Start areas can get congested and many are in residential areas. **Please!** Take the bus to avoid congestion and start-time delays. If you live in the vicinity of your start area, you're welcome to walk to the start line.

**Start Times – ATTENTION! Start times have been updated**

**7:00 a.m. sharp** – Half Marathon and 10 Mile

**7:15 a.m. sharp** – 10K and 5K

**Bag Drop**

Bag Drop is available at the start areas

- Bags are provided at each start location and are clear, 15" x 18"
- All Bag Drop items must fit in the clear bag provided
- Race bibs have a tear-off tag with your bib number to be used for Bag Drop
- Place the Bag Drop tag **INSIDE** the clear bag so it is **VISIBLE**
- **SECURELY** tie the bag closed
- Your race bib and Bag Drop tag must match to pick up your items
- Bag Drop pick-up begins **no earlier than 7:45 a.m.** to allow for sorting
- Run Stillwater, Inc. is not responsible for lost or damaged items left in Bag Drop

**Important Course Information**

Courses are all new this year with the addition of a half marathon distance. [See course maps](#) for details, including printable maps and interactive maps on RideGPS.

All courses are USA Track & Field (USATF) certified and sanctioned. All results will be sent to USATF and the Minnesota Distance Running Association (MDRA)

**Aid Stations**

Aid stations are located every two miles, based on the half marathon course and are marked on the course maps. Water, Gatorade and toilets are available throughout the course, primarily at or near aid stations.

**Finish Area Information**

The finish line is on Tower Drive at Lift Bridge Brewing Company.

Post-race refreshments, including bottled water, Gatorade, bananas, oranges and salty snacks are available for runners.

Lift Bridge Brewing will be serving tap beer throughout the morning with nonalcoholic options available, including Lift Bridge Root Beer. In addition, a food truck will be onsite with additional food option available for purchase.

Finish line photos are available to download free following the race. Photo ops at the finish also include a timing clock showing your name and time and a banner backdrop for additional photo opportunities with friends and family.

**Changing Clothes and Post-race Showers**

**Please note, restrooms inside the brewery are NOT to be used for changing clothes.** Please respect this request from our hosts to minimize wait times and keep restrooms available throughout the morning.

If you'd like to change clothes, locker rooms and showers are available after the race at **River Valley Athletic Club** [1826 Northwestern Avenue](#), Stillwater; a short distance from Lift Bridge Brewing! *Bring your own towel and show your bib*, then get out and enjoy Stillwater!

### **Download Our Tracking App**

Run Stillwater offers race results and tracking using our new mobile app available in the [Apple App Store](#) and [Google Play](#). The app provides live results, allowing participants to see their performance seconds after crossing the finish line. Spectators can track the progress of participants on the course and stay updated via Race Update notifications, interactive course Maps, and real-time Leaderboards. Download it now and get set up before race day.

### **Weather Considerations:**

Runner safety is our number one priority. It is expected to be very warm later in the day Saturday. We will have plenty of water and Gatorade available and lots of ice and cold water stocked at the finish. We are in direct contact with the National Weather Service in the Twin Cities and area meteorologists to track conditions and have 50 course marshals and public safety officers stationed throughout the course to help runners in good weather and bad. Our medical team is available to help should you need any assistance. The race will occur rain or shine. Any updates will be communicated to runners via our website, social sites (Facebook and Instagram) and email.

### **Results**

Find race results online at [www.mtecresults.com](http://www.mtecresults.com). There is a link on the race website to access results as soon as possible after the event. Top three finishers in each 10-yr age group will receive awards via USPS after the race. We will not have an awards ceremony.

### **Social Media!**

- Our Instagram is **RunStillwater**.
- Look for finish line photos on our **Facebook** page and share them with family and friends
- Tag your photos with #LiftBridgeRace and #runstillwater

### **Discover Stillwater This Weekend**

There's always a lot going on in Stillwater on a summer weekend.

Find more events happening Saturday, June 28 and Sunday, June 29 at [Discover Stillwater!](#)

Thank you for your participation and best of luck!

See you soon !

Run Stillwater 2025 Staff