

SUBJECT: Personalized Race Information: September 20 Log Run Half Marathon

Below is the contents of the Thursday Email.

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## **Packet Pickup**

You have two options....

### **[Water Street Inn, 101 Water Street, Stillwater](#)**

**Friday, Sept. 19, from 3:00 to 8:00 p.m. (*Recommended*)** This will be a fun time. We hope you'll join us for some pre-race mingling with fellow runners and enjoy the afternoon in Stillwater.

**Saturday, Sept. 20, beginning at 6:15 a.m.** Staff will stay after the race starts until ~11:00 a.m.

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

Shout out to our Co-Title sponsors for this race, Public Lands of Woodbury – our official outdoor store – and Kwik Trip, providing delicious bananas at the finish line!

Be sure to stop by **Public Lands'** tent at the finish. They have giveaways, store coupons and info about lots of great outdoor fun going on in the community. It's more than an outdoor store! Pretty Cool!

## **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, Sept. 19. 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 you received your bib in the mail, a quick email to us will do the job too. *Note: Changing your distance can affect the speed with which your time appears online and in the app after the race. Please be patient as the system updates regularly with new information.*

## **Shoe Demos from HOKA**

HOKA will be onsite Friday at the Water Street Inn demoing their Mach X 3 style. It's the hottest shoe out there right now. Check it out courtesy of Wild River Runner – our official running store.

## **Wild River Running Store Hours**

Our official running store – Wild River Running – will be open Friday evening until 8:00 p.m. to help with all your last-minute race needs. The store is located at [224 Chestnut Street, Stillwater](#). From the Lift Bridge plaza, walk 2.5 blocks west.

## **Changing Your Shirt Size**

Shirt exchanges may be done after the race. Bring your unworn, clean shirt to packet pick up to make the switch. We do this to ensure everyone gets the size they've requested.

## **Race Day Information**

**Parking and where to go when you arrive:** Ample ramp, surface and street parking is available when you reach downtown, as shown on [this downtown map](#). Please obey ALL parking restrictions and postings. *Note: Passport Parking enforcement begins at 10:00 a.m.*

### **Start Times**

**8:00 a.m. SHARP – All distances**, Half Marathon, 10 Mile, 10K and 5K

### **Shuttle Buses – The LAST BUS leaves at 7:35 a.m. SHARP**

All runners must take the shuttle to their start area. Start areas are in remote locations with little room for additional vehicles. Congestion in these areas can cause delays starting of the race.

Runners are bused to the start lines from downtown Stillwater. Shuttles load on Mulberry St. two blocks north of the Water Street Inn. Shuttles run continuously beginning at 6:30 a.m. **Buses are marked for each distance. Check before you board.**

From the Water Street Inn/Package Pickup, take the paved walkway on the river side of the hotel north two blocks to the bus loading area on Mulberry St. You'll walk past the parking area on your left toward the north border of Lowel Park with the river on your right. Buses will be visible as you approach Mulberry St.

**The last buses leave at 7:35 a.m. SHARP to make the 8:00 start.**

**There will be water, portapotties and bag drop at each start**

### **Bag Drop: At the Starts**

- Clear bags are provided at the start locations that are 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 at the finish **no earlier than 8:45 a.m.** to allow for sorting
- Run Stillwater, Inc. is not responsible for lost or damaged items left in Bag Drop

### **Course Information**

**All distances share a common finish line in downtown Stillwater at the base of the flagpole in Lowell Park, south of the Stillwater Lift Bridge.**

Detailed course maps and Ride GPS guidance are available on the website. The course is fully paved with two exceptions: a short distance on Arcola Tr. affecting half, 10 Mile and 10K runners; and about 600 feet of grass as you cross Lowel Park North toward the Gazebo at the end of the race. Please note, the route is well marked, including the grassy area, and marshal staff and public safety will help guide you, but it is your responsibility to be aware of your surroundings and pay attention to those there to help you.

**Half Marathon:** The Half course has six water stops at approximately two-mile increments (2, 4, 6, 8, 10, 12)

**10 Mile:** The 10 Mile course has five water stops

**NOTE:** Due to construction at Square Lake Park this season, the 10 Mile race will start on

*Square Lake Trail*

**10K Race:** The 10K course has three water stops

**5K Race:** The 5K course has one water stop

## **Download Our Tracking App**

Run Stillwater offers race results and tracking using our mobile app available in the [Apple App Store](#) and on [Google Play](#). The app is updated during race week with all bib assignments and runner names. It 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. Your name and bib information will be uploaded to the app just before race day. Download it now and get set up before the big day.

## **Finish Information**

The finish area is in Lowell Park along the St. Croix River at the foot of the Stillwater Lift Bridge. There is plenty of room for spectators at and around the finish line.

Post-race refreshments, including bottled water, Gatorade, bananas, oranges, and salty snacks. In addition, product samples may be available along with other sponsor perks, etc.

## **Sponsor Support**

Sponsors at the finish include Public Lands – our official outdoor store and co-title sponsor of the Log Run. Bananas are provided by co-title sponsor Kwik Trip. Bottled water comes courtesy of Cub Foods.

Check out all the sponsors present as you enjoy the morning in Stillwater.

## **Post-Race SHOWERS and BEER!**

Available after the race at **River Valley Athletic Club** [1826 Northwestern Avenue](#), Stillwater – around the corner from Lift Bridge Brewing's Stillwater taproom! *Bring your own towel and show your bib!*

Lift Bridge Brewery's Stillwater taproom at 1900 Tower Drive will open at 12:00 noon Saturday so you can shower up, savor your accomplishment over a beer, then get out and enjoy Stillwater.

## **Weather and Safety**

Runner safety is our number one priority. Saturday is expected to be humid in the morning with the possibility of early showers. Sunrise is at 6:56 a.m. The race will happen rain or shine.

We have direct contacts with the national weather service in the Twin Cities and area meteorologists to track conditions. You'll find over 40 course marshals and public safety officers stationed around the course to help in good weather and bad. Know your limitations and stay safe.

Plenty of water and Gatorade is available on the course, lots of ice and water is stocked at the finish. Our experienced medical staff are there to help in case it's needed.

## **Results**

Find race results online at [Mtec Results](#). There is a link on the race website to access preliminary results as soon as possible after the event. Results are not finalized until after the race concludes. Please be patient if what you're seeing at first doesn't jive with your watch or the time clock. All will be well in the end! Top three finishers in each 10-yr age group will receive awards via USPS after the race. We will not have an awards ceremony.

## **Commemorative Coasters**

If you would like to commemorate your accomplishment - your first race, a personal record, etc. - you may purchase a commemorative coaster for \$18. [Here is a link](#) to order yours.

Each coaster is laser engraved with the race logo, your name, distance and time. Delivery can be expected within 2-4 weeks of race day.

## **Pictures**

Pictures can be found along with your race results at [Mtec Results](#), including your video finish. In addition, hundreds of photos are available free on our Facebook page. Download as many as you'd like.

## **Social Media!**

- Our X/Twitter handle is **RunStillwater**. Tag your photos with #LogRunHalf24 and #runstillwater
- Our Facebook page can be found here: [@runstillwater](#)
- Instagram is [@runstillwater](#)

## **Discover Stillwater This Weekend**

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

[Lift Bridge Brewing Co.](#) is always a great stop on a fall day.

Historic Stillwater is full of things to do. The Water Street Inn offers a fantastic breakfast. Grab some lunch at any one of the many restaurants along Main Street and the river. Get some coffee or ice cream. Stroll Main St. shops and boutiques. Or find a bench and take in the river.

Check out more Stillwater happenings at [Discover Stillwater](#).

Thank you for your participation and best of luck!

Run Stillwater 2025 Staff