

# RUN FOR THE LAKES



2019

BRAINERD JAYCEES



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**GRAND VIEW LODGE PRESENTS**

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**saturday, may 4<sup>th</sup>**

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# WELCOME

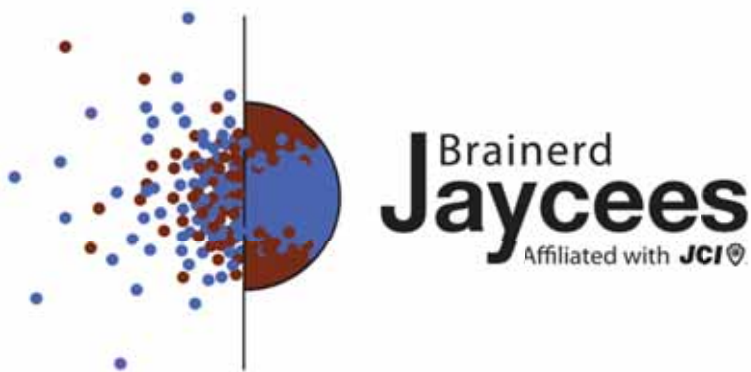
We're excited to have you join us for the 12th annual Run for the Lakes! Please look at the back of this booklet and verify that your name, address, age, gender and race division are correct.

Report any corrections by emailing  
[registration@runforthelakes.com](mailto:registration@runforthelakes.com)  
(please include "Registration Correction"  
in the subject line)

See page 13 for more information on packet pick-up.

**To receive race updates**  
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and visit us at [www.runforthelakes.com](http://www.runforthelakes.com)





# ABOUT THE BRAINERD JAYCEES

The Brainerd Jaycees provide development opportunities that empower young people to create positive change.

The Brainerd Jaycees Run for the Lakes has grown tremendously since the first event in 2008. Despite the unforgettable first year blizzard, the event now draws more than 1,500 runners who wind their way through remarkable Northwoods scenery.





# A MESSAGE FROM THE 2019 RACE DIRECTOR

Welcome to Nisswa, MN!

I love the Brainerd Lakes area and love sharing our beautiful community with all of you! The beautiful lakes, sunrises and sunsets are a few of my favorite things and inspired the 2019 shirt designs and medals.

Run for the Lakes has always held a special place in my heart as it was the first Brainerd Jaycees event that I was a part of. After six years on the committee, it is my turn to wear the race director jacket. I am very honored and will do my best to ensure Run for the Lakes has a banner year.

I would not be able to chair this event without an amazing committee beside me. They are all hard working and dedicated to putting on the 12th Annual Run for the Lakes Marathon weekend!

I would like to thank all the volunteers that make this race possible, and the city of Nisswa and surrounding neighborhoods for allowing us to run through your beautiful space. I would also like to thank all the friends, family, and Jaycee members who work hard and volunteer countless hours to put on this event.

Most importantly I want to thank you. It is because of participants like yourself that the Jaycees are able to raise thousands of dollars every year for charitable causes.

Whether this is your first 5K or your 50th marathon, all are welcome! We will see you at the finish line!

Kara Schaefer  
2019 Race Director





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# RUN FOR A CAUSE

Throughout the past 11 years, we have donated more than \$80,000 to charity.

**The Run for the Lakes is proud to support the following groups:**

Ally's Wings  
BMX Club  
Baxter Kiwanis  
Boy Scout Troop 45  
Brainerd Amateur Radio  
Brainerd Junior Jaycees  
Brainerd Lakes Area Women of Today  
Brainerd Public School Foundation  
Brainerd Restoration  
Brainerd Warrior Cheer Team  
Brainerd Warrior Fishing Team  
Central Lakes ATV Club  
Crow Wing County Beyond the Yellow Ribbon  
Crow Wing County Mounted Patrol  
First Lutheran Church  
Junior Achievement  
LAMS  
LAYS  
LAYS  
Lakes Area Habitat for Humanity  
Lowell PTA  
Minnesota Adult & Teen Challenge  
Mounted Eagles  
Nisswa Fire Department  
Nisswa Legion  
Nisswa Parks & Rec  
Nisswa Scholarship Pageant  
Nothing But Nets  
Oak Street Christian School  
Operation Sandwich  
Pequot Lakes Fishing Team  
St. Francis of the Lakes Catholic School  
Verge Ministries

# Pasta Buffet



GRAND VIEW LODGE  
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**\$15**  
per person

**Friday, April 26**

5:30pm - 8:30pm

Grand View Lodge

Main Lodge - Heritage Room



**Pit Happens Catering will be near the finish line  
with their award winning BBQ!**

Food will be available for purchase

Friday 5:00pm - 8:00pm | Saturday: 11:00am - 2:00pm

# 2019 RUN FOR THE LAKES SCHEDULE OF EVENTS

## Friday, April 26

- 2:00-8:00pm Registration and Packet pick-up sponsored by  
Essentia Health - Gull Dam Brewing
- 6:30pm 1K Kids Fun Run - Nisswa Community Center
- 6:45pm 5K Run/Walk - Nisswa Community Center
- 7:45pm 5K Awards - Nisswa Community Center

## Saturday, April 27

- 6:30-8:00am Late packet pick-up only - Nisswa Community Center  
(no registration available)
- 8:00am Full, Half, and Relay Marathon Start
- 8:30am 10K Start
- 10:00am 10K Awards - Nisswa Community Center
- 11:30am Half Marathon Awards - Nisswa Community Center
- 12:00pm Zer0K Start
- 12:30pm Relay Marathon Awards - Nisswa Community Center
- 1:00pm Full Marathon Awards - Nisswa Community Center

# THANK YOU ---

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# TO OUR SPONSORS

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## Mile Marker Sponsors



## Supporting Sponsors



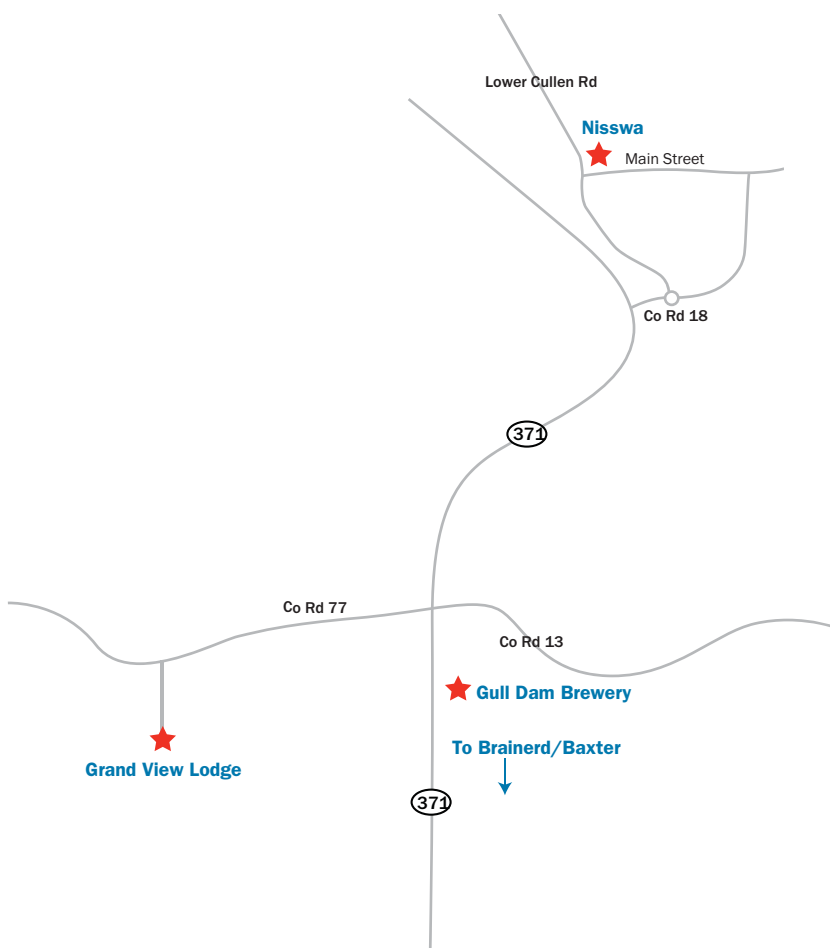
# EVENT LOCATIONS MAP

## DIRECTIONS FROM GULL DAM BREWERY TO NISSWA

Gull Dam Brewery - 23836 Smiley Rd | Nisswa, MN 56468

- Head north on Smiley Rd
- Turn left toward MN-371 N
- Turn right onto MN-371 N
- Turn right onto Nisswa Ave
- Turn left onto Lower Cullen Rd
- Turn right

*Destination will be on the right*





# PACKET PICK-UP

## SPONSORED BY ESSENTIA HEALTH

### Hours/Location

Packet pick-up is Friday from 2:00-8:00pm at Gull Dam Brewing. Even though the Brewery has closed, the owners have generously allowed us to use their space for our event. There will be late packet pick-up available on Saturday from 6:30-8:00am at the Nisswa Community Center. We strongly encourage runners to pick up their packets on Friday. Please be at your designated start line at least 15 minutes prior to the start of the race.

### Bib Number/Timing Chip

At packet pick-up you will receive your bib number. There will be a disposable timing chip on the back of your number. Please verify that all the information assigned to your chip is correct including, but not limited to; name, gender and age. To ensure you receive an accurate time, your bib must be correctly worn.

- Your race number must be worn clearly and visible on the front of the torso
- Do not wear your race number on your back, side arm or leg

### Last Minute Registration

Last minute registration is available from 2:00-8:00pm on Friday. Registration for the 5K will close at 6:00pm on Friday, no exceptions.

# ZEROK

**Location:** Nisswa Community Center

**Time:** Saturday, April 27th • Noon

If your loved ones or friends want to participate, but don't particularly enjoy running, this event is for them.

ZerOK registration is \$20.00. Participants will receive a t-shirt and a beer (other drinks available).



# SOCIAL MEDIA

## DOWNLOAD THE FREE MOBILE APP "ITS YOUR RACE".

Search Run for the Lakes to find up to date registration and results.



Be sure to swipe to find our Run for the Lakes snapchat filter available over race weekend!



Use our hashtag: #RFTL2019 on Twitter, Facebook & Instagram

# NEW THIS YEAR!



## SAY "UFFDA" AT RUN FOR THE LAKES THIS YEAR!

Take on our new running experience and try the Uffda Challenge. Complete the 5K on Friday and the Full Marathon on Saturday and bring your Run for the Lakes experience to the next level. Participants in the Uffda Challenge will receive extra swag which includes a bonus Uffda Challenge **1/4 zip** shirt and an additional clip on the medallion for completing.

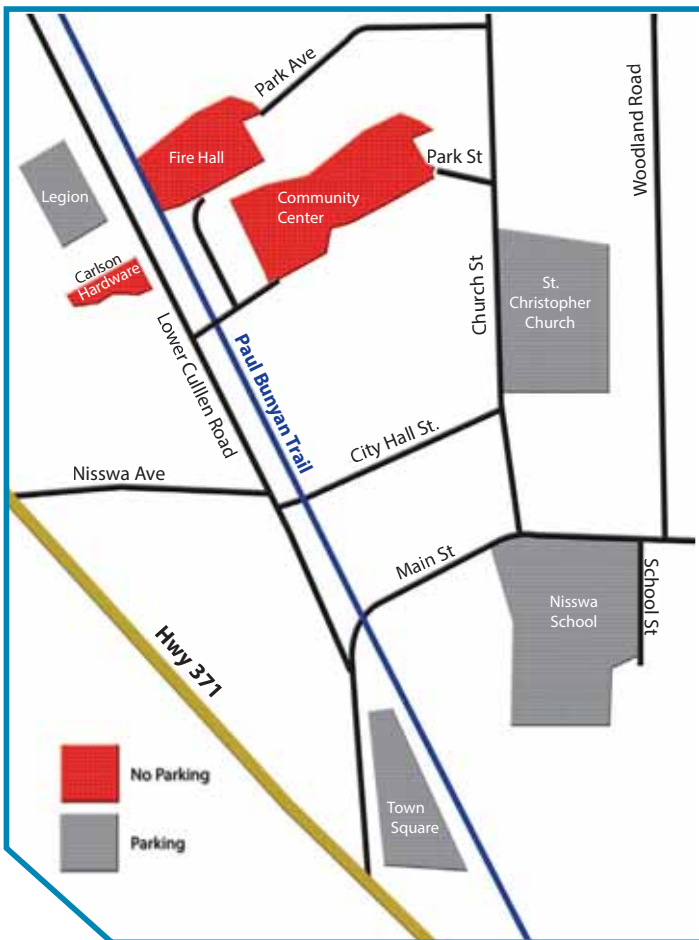
## REGISTRATION

You'll need to register by Friday, April 19th  
in order to be eligible for the extra swag.




# PARKING

Please utilize the parking areas highlighted below. NO parking allowed in the **RED Areas** on the map. Vehicles are subject to being towed at owners expense; the Brainerd Jaycees Run for the Lakes is not responsible for towed or ticketed vehicles.

Be aware of normal parking rules and fees (if applicable). We ask that you please respect private property and be careful where you park.



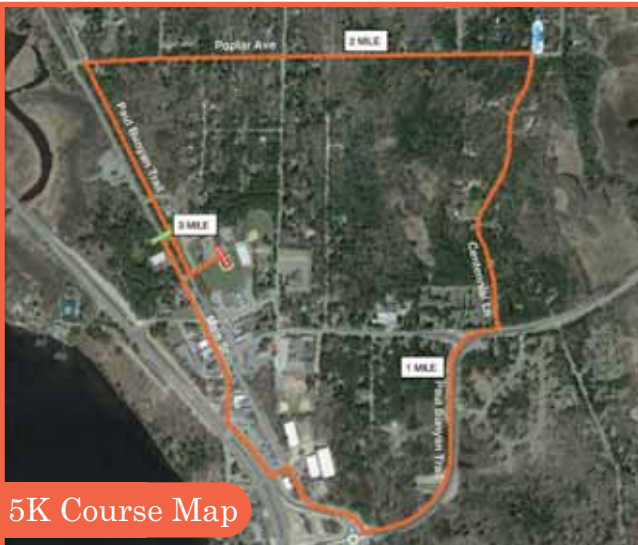
# 1K & 5K MAP

Start Line  Finish Line  Route 

1K Course Map



5K Course Map



# 1K - 5K INFORMATION

## Kids 1K

### *Sponsored by Essentia Health*

The Kids 1K Fun Run will take place near the Nisswa Community Center on Friday at 6:30pm. It is open to all youth. Each runner will receive a race number and t-shirt at registration and a Dairy Queen ice cream coupon and a finisher token at the finish line. Registration and packet pick-up will take place at Gull Dam Brewing from 2:00 - 6:00pm. Please allow yourself extra time due to increased traffic.

## 5K

The 5K Run/Walk will take place Friday at 6:45 pm. The start and finish line will be located near the Nisswa Community Center. Runners must register and pick up their race packet by 6:00pm at Gull Dam Brewing. Please note that 5K registration closes at 6:00pm and no new registrations will be taken after that time. Please allow yourself extra time due to increased traffic.

### **Schedule Friday, April 26**

2:00-6:00pm Registration & Packet pick-up at  
Gull Dam Brewing

6:30pm 1K Kids Fun Run - Nisswa Community Center

6:45pm 5K Run/Walk - Nisswa Community Center

7:45pm 5K Awards - Nisswa Community Center

### **5K Awards**

Awards will be given to the top three male and female overall finishers as well as the top three male and female finishers in each age category.

13 and under | 14-19 | 20-29 | 30-39  
40-49 | 50-59 | 60-69 | 70+



# 10K MAP

Start Line  Finish Line  Route



# 10K INFORMATION

## 10K

The 10K will take place in the city of Nisswa, Saturday morning at 8:30am. The start line is located on Church Street, north of St. Christopher's Church.

Runners are encouraged to pick up their race packet held at Gull Dam Brewing on Friday from 2:00-8:00pm.

## T-shirts and Awards

10K runners will receive a triblend t-shirt and a finisher medal. Awards will be given to the top three male and female overall finishers as well as the top three male and female finishers in each age category. Awards will take place at the Nisswa Community Center, located near the finish line at 10:00am. This is also where you can go to receive your free beer or soda using the coupon on your bib number.

## Award Age Categories

19 and under | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+



# FULL, HALF & RELAY MAP



# FULL, HALF & RELAY INFORMATION

## Start Line Logistics

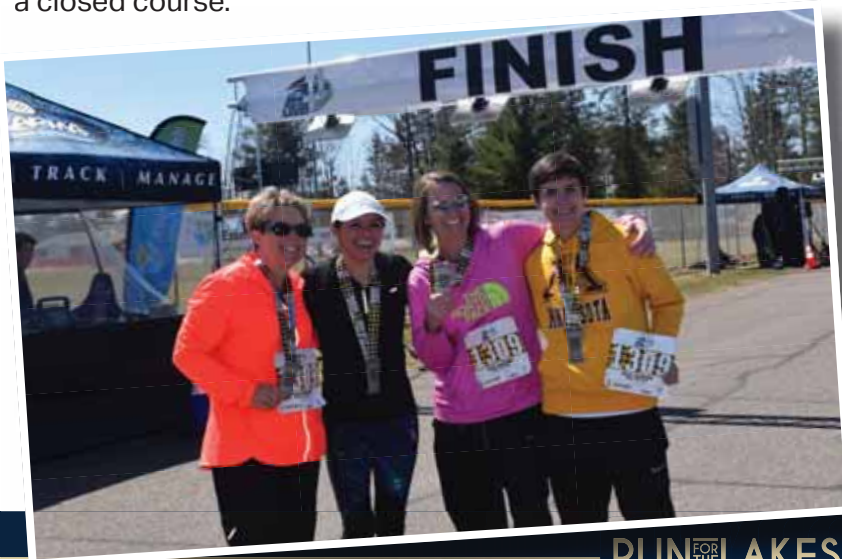
The start line for the full, half and relay marathon is on Lower Cullen Road, just past Carlson Hardware and before the Fire Station entrance. There will be water, Powerade and portable restrooms available near the start line.

## Bag Check

Before the race, participants may check a bag with their warm-up/post-race gear. Runners may drop their bag directly in the bag check tent at the finish line or in the bag drop vehicle located at the start line. After the race begins, the bags will be transported to the bag check tent at the finish line. Your bib number has a tear off portion to use for checking your bag. Please use the race bag provided at packet pick-up. You may go to the bag check/pick-up tent after the race to retrieve your bag.

## Split/Mile Markers

Each mile will be marked with signs placed on the right side of the course. Clocks are available at the half-way point of the full marathon and the finish line. You must run under the timing antennas to ensure an accurate time. **Note:** This is not a closed course.





# RELAY EXCHANGE

At packet pick-up, each team will receive one race belt that will be exchanged at each relay exchange point. Along with the belt, each team will receive information including:

- A list of official rules
- Relay belt instructions
- Directions to relay exchange zones
- Car transport vehicle marker

## Relay Rules

- Relay transitions must be made at the relay exchange zones which are at miles 6.5, 13.1 and 19.75.
- Runners must wear the race belt until they get to the relay transition area. If taken off earlier, it may cause your team to be disqualified.
- Relay teams will transport themselves to the trade-off sites.
- Each team is allowed one car for transporting on the course.
- Relay officials will be at each transition to verify the exchange, assist runners and answer any questions.
- Relay teams must return your race belt at the finish line.

## Location

- Exchange zones 1 & 3 are located on East Lake Hubert Drive, directly across from Shadow Lane.
- NOTE: The 1st and 3rd exchange zones are located at the same point.
- Exchange zone 2 is located on Church Street, just past St. Christopher's Church.

Water and portable restrooms are available at the Relay Exchange Zones

## Relay Team Awards

Each relay runner will receive a medal and tri-blend t-shirt. Awards will be given to the 1st place male, female and co-ed relay teams.

# COURSE SUPPORT

MILE	INFORMATION
1.75/14.5	Water, Powerade, GU @ mile 14.5
3.25/16.5	Water, Powerade
4.75/18	Water, Powerade, First Aid
6.5/19.75	Water, Powerade, Food
8.25/21.5	Water, Powerade, GU @ mile 21.5
10/23.25	Water, Powerade, First Aid
11.75/25	Water, Powerade
13	Water, Powerade
Finish Line	Water, Powerade, First Aid, Food

# PACING ASSISTANCE

The Midwest Pacers will be offering the following time goals in the full marathon:

Full	Half	Pace/Mile
3:30:00	1:45:00	8:00
3:40:00	1:50:00	8:23
3:50:00	1:55:00	8:46
4:00:00	2:00:00	9:09
4:15:00	2:07:30	9:43
4:30:00	2:15:00	10:18
5:00:00	2:30:00	11:27

All half marathon runners can run with one of these pace groups since both races will start together and complete the first lap of the marathon together. Thus, any half marathoner with a time goal listed above can plan on lining up at the start line with the full marathon pacers.

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# CHEER ZONES

Endurance runners depend on support from spectators to help them get refocused and energized - so come watch, clap, hoot and holler!

In addition to shouting your support, make a sign and purchase your official Run for the Lakes cowbell! Cheer signs and cowbells will be available during registration & packet pick-up Friday evening and near the start/finish line Saturday morning.

There are many great spots along the course to watch runners, but below are some suggested locations for the marathon and half marathon.

- Start Line on Lower Cullen Road
- Lower Cullen Road & Poplar Avenue
- County Road 13 & East Clark Lake Road
- County Road 115 (Ojibwa Road) & Camp Lincoln Road
- Clark Lake Rd. & S. Clark Lake Rd.  
(adjacent to Paul Bunyan Trail)
- Finish Line at the Nisswa Community Center

When driving to cheer zones or areas around the course, please be mindful of the runners and any detours. Runner's safety is our number one priority.

**See page 22 for a map of the cheer zones.**

# ETIQUETTE

## Headphone Policy

While the Brainerd Jaycees Run for the Lakes does not prohibit the use of portable listening devices, it is discouraged for your safety and the safety of others. Please be mindful of the other participants and race personnel to ensure a safe and enjoyable race for everyone. You must be aware of your surroundings at all times. This includes hearing all warning or instructions from course officials and fellow participants. We must consider the safety of all of our participants, volunteers and spectators and your cooperation is greatly appreciated.

## Respect Property

There are portable toilet facilities located within the start/staging area. Portable toilets are also located throughout the course and there for your use. Trees, shrubs and buildings are for your viewing only. You are expected to respect private and public property and may be disqualified if you are found abusing it in any way.

## Race Course Courtesy

You will be sharing the race course with hundreds of runners; if you are running with a group of friends, please be aware of others and let passing runners through. You should also be aware of other runners when passing aid stations and water stops. If you are slowing down, move out of the way of passing runners. Please be careful not to throw water or cups on another runner or require them to make a sudden stop.



# SAFETY/MEDICAL

## Medical Aid Stations

Sponsored by Essentia Health

There will be medical spotters throughout the course and medical aid stations available at the following locations:

4.75, 10, 18, 23.25 and at the finish line. (see map on p. 22)

## Listen to your body

A well-trained runner can tell the difference between stress and a serious problem. Do not continue running with:

- Chest pain, chest pressure, severe shortness of breath
- Other symptoms that are not familiar to you

If you cannot finish ask any race official for drop out zones located at or near the Medical Aid Stations beginning at mile 4.75.

## Weather Information

In the days leading up to race day, be sure to check your email and visit [www.RUNFORTHELAKES.com](http://www.RUNFORTHELAKES.com) for information regarding warmer/cooler than expected temperatures or impending inclement weather.



# POST RACE INFORMATION

## **Crossing the Finish Line**

In order to provide a safe and enjoyable finishing experience, the finish area is secure for runners, designated race officials, credential media and volunteers only. Heat blankets, water, sports drink and food are available in the finish area. Once you have crossed the finish line, please keep moving so other runners can safely get through the area.

## **Lost and Found**

Lost and found items should be brought to the Nisswa Community Center. We will make our best efforts to bring any items found along the course there as well. Anything left after race day will be donated to charity.

## **Massage Therapy**

Sazama Family Chiropractic will be offering complimentary post-race massage treatments to participants inside the Nisswa Community Center.

## **Post Race Celebration**

### ***Sponsored by Michelob Ultra***

Enjoy food, music and one free Michelob Ultra (for participants over 21) or a free soda after the race near the finish line. Results will be posted and awards giving inside the Nisswa Community Center.

# FULL, HALF & RELAY AWARDS

## Race T-shirts, Medals and Awards

All full, half and relay marathon participants will receive a finisher medal and a triblend t-shirt. Awards will be given to the top three male and female overall finishers for the half and full marathoners. Relay awards will be given to the first overall relay team in the men's, women's and co-ed categories.

## Age Category Awards

The top three male and female finishers

19 and under | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+

## Awards

Awards will take place at the Nisswa Community Center, located near the finish line.

10:00am - 10K

11:30am - Half Marathon

12:30pm - Relay Marathon

1:00pm - Full Marathon

## Race Results

Results can be found online after the race at [www.runforthelakes.com](http://www.runforthelakes.com).

Results will be updated throughout the event and posted inside the Nisswa Community Center



SAVE THE DATE!

**APRIL 24 & 25**  
**2020**

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