

## The Course

The course is the Lake Wobegon® Regional Trail from Melrose to St Joseph in central Minnesota. The course travels through rural Minnesota encountering interesting small towns, lakes, wet lands and farms. This is the area of Minnesota that provided the foundation for Garrison Keillor's "The News from Lake Wobegon."

In the middle of May, central Minnesota is green and growing. You'll have a chance to see a wide variety of birds, common farm animals, and if you are lucky a hawk, heron, beaver, muskrat, or deer. Most of all, you'll get to experience the peace of rural Minnesota.

You'll encounter the main streets of small town Minnesota as you traverse Melrose, Freeport, Albany, and Avon before finishing in St Joseph. Just off the trail you'll see small shops, cafés and city parks. You might be tempted to stop for a snack, or to rest for a bit under a shade tree.

The Lake Wobegon Regional Trail is a 10 foot (3 meter) wide asphalt trail built on a no longer used railroad right-of-way. The trail surface is in good condition, providing a smooth walking surface. There are no steep hills. The whole trail is pretty flat, with the longest uphill gaining only 75 feet (23 meters) over 3½ miles (5.6 km). Not only that, but the start is at a slightly higher elevation than the finish, with a nice, long and gentle downhill taking you the last 5 miles (8 km) into the finish. There is no camber (side to side slope), making the course easier on the ankles.

There are no sharp turns or corners. It is next to impossible to get lost.

The marathon course has USATF certification MN-8011-RR. The half marathon course has USATF certification MN-8010-RR. Certification ensures that the course is accurately measured.

## The Finish

Mile marker 82 on the Lake Wobegon trail is the finish line. This is just west of College Ave in St. Joseph. The trailhead building is located on the east side at 572 College Ave, about 100m east of the finish line.

## Getting to the Start

Bus transportation is provided from the trailhead building in St Joseph to the starting line. The buses for the marathon and 50km leave for the starting line in Melrose at 6am. The buses for the half marathon leave for the starting line in Albany at 7:45am.

Everyone should take the buses to the starting line, as parking is extremely limited in these small towns and there is no shuttle service back to the start from the finish.

## Aid Stations & Water Stops

Every 2-3 miles, you'll encounter an Aid Station or Water Stop.

The Aid Stations are every 4-6 miles (usually in the heart of a small town) and are staffed with volunteers. Aid Stations are stocked with water, sports drinks, fruit and energy snacks. For walkers where time is of the essence, we have a splash & go section in each Aid Station. Some Aid Stations have a real bathroom and the others have a port-a-potty.

Water Stops are located approximately equidistant between each of the Aid Stations. Water stops have water, sports drink, but no volunteer.

In each of the small towns, you can also drop into a quick mart for a snack, or into restaurant for some real food while you rest your feet.

## Spectators

The towns of Melrose, Freeport, Albany, Avon and St Joseph provide the best viewing points. All other access points to the trail are rural crossroads, and should be used with care.

## Questions? Contact Us!

Event Director: Dave Daubert  
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Phone: 952-446-9321

# We Walk! Marathon & Half

Saturday, May 21, 2011

7am start time  
9 hour time limit!

An event for WALKERS  
of all styles  
of all speeds



**For More Information**

walkonmn.org/marathon



walkonmn.org/marathon

# We Walk! Marathon, Half Marathon & 50km

May 21, 2011 St Joseph, MN

## Styles of Walking

**Walking** means that at least one foot appears to be touching the ground at all times. Strolling, hiking, fitness walking, power walking and ordinary walking all follow this rule, as do Nordic walking and race walking.

**Power Walking** means that you plan to walk fast, but don't want to worry about the rules of race walking.

**Race Walking** means that you must follow USATF rule 232.2: "[...] a progression of steps so taken that the [race] walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position."

**Nordic Walking** means that you must walk and use one walking pole in each hand on every step.

**Walk/Run** means that you walk part of the time and (gasp) run or jog part of the time.

## Select Your Style

You select a walking style and follow your selected style for the entire distance of your event.

## Walking Judges

We have USATF certified walking judges on the course. If a judge sees anyone running, they move them into the walk/run style. If a judge sees a Nordic walker carrying their poles instead of using them, they move them to the walking style. If a judge sees a race walker violating the "straightened at the knee" rule, they move them to the power walking style.

Walking judges are on the course to make the styles of walking mean something, not to ask you to change how you walk.



**For More Information**

walkonmn.org/marathon



## 15 Reasons to Enter

- 15 Inexpensive housing at the event hotel
- 14 Top-3 age group awards in each walking style
- 13 Pasta dinner the night before
- 12 Finisher medal and certificate to all finishers
- 11 Shower after the event if you stay at the event hotel
- 10 Course is open for 9 hours (marathon and 50km) and 7½ hours (half marathon)
- 9 Water stops and Aid Stations are fully stocked and fully staffed for everyone
- 8 Course has no hills, no corners, flat, smooth, no camber. USATF certified for accurate distance
- 7 Shelter & Aid Station at the start and finish
- 6 Excess clothing pickup at the start and at the Aid Station 5 miles from the start. You bag your clothes and we bring them to the finish.
- 5 Finish Line Pictures
- 4 Women's cut or Men's cut wicking t-shirt lets you chose a shirt that fits
- 3 The only competitive, walkers only marathon in the USA
- 2 Minnesota friendly people
- 1 A goal event will help you keep walking!

## Awards

Finisher awards for all finishers of the marathon, half marathon and 50km. First 3 finishers in each walking style, in 5 year age groups, receive place medals.

## Event Hotel

The College of Saint Benedict in St Joseph is serving as the event hotel. Dorm rooms are available for rent on Friday and Saturday evenings. The College not only provides complete linen service, but also allows late checkout so you can shower after you finish.

## Walking Events



<b>Marathon</b>	26.2 miles
<b>Half Marathon</b>	13.1 miles
<b>50km</b>	31 miles

**Friday, May 20 Events:** the Student Union at the College of Saint Benedict, in St Joseph, MN.

**5:30pm-7:30pm - Packet Pickup**

**6pm-7:30pm - Pre-Race Dinner**

Both vegetarian and meat selections are available. Dinner is a \$10 extra cost option.

**7pm - Lake Wobegon Costume Contest**

All those wonderful characters in Lake Wobegon® created by Garrison Keillor. Could you be Ralph? Wally? Evelyn? Father Emile? Pastor Ingquist? Bertha? or perhaps Garrison himself?

To register for the contest, come in costume to the pre-race dinner and signup at the door. You must give the name of your character. If you want to say something "in character" or have a brief introduction we can read, our announcer will handle it all.

The contest winners receive Lake Wobegon awards.

**Saturday, May 21 Events:** the Lake Wobegon trailhead building, 572 College Ave, St Joseph, MN.

5am	Packet Pickup opens
6am	Bus to Marathon/50km Start leaves
7am	Marathon/50km starts in Melrose
7:45am	Bus to Half Marathon Start leaves
8:30am	Half Marathon starts in Albany